

**Record of Work Experiences
Trade Qualifier or Pre-Apprenticeship Credits**

COOK

Note to Apprenticeship Applicants

The work experiences on this form are for credit only and must have been performed prior to your registration as an apprentice.

Applicant Information

Name: _____			
<i>Surname</i>	<i>First</i>	<i>Initial</i>	
Address: _____ / _____ / _____ / _____			
<i>P. O. Box/Street</i>	<i>City/Town</i>	<i>Province</i>	<i>Postal Code</i>
Telephone: (____) _____		Cell: (____) _____	
Email address: _____			

Employer Information & Verification

<u>Note to Employer</u>			
By completing the section below you are confirming that the hours indicated for the applicant are specific to employment in the <u>Cook Occupation</u> .			
Verified By: _____			
<i>Company Name</i>			
Address: _____ / _____ / _____ / _____			
<i>P. O. Box/Street</i>	<i>City/Town</i>	<i>Province</i>	<i>Postal Code</i>
Telephone: (____) _____	* CRA Business #: _____		
	<i>9 Digits</i>		
_____ <i>Employer or Representative Signature</i>	_____ <i>Employer or Representative (Print)</i>		
Date of applicant's employment from: _____ / _____ / _____ to: _____ / _____ / _____			
	<i>Month Day Year</i>		
Total Hours of Employment the applicant worked in the <u>Cook Occupation</u> : _____ Hours			
* CRA - Canadian Revenue Agency			

Please check the appropriate box:

<p>Trade Qualifiers</p> <p><input type="checkbox"/></p>	<p>The <u>signature of the Journeyperson</u> following each of the required skills acknowledges the applicant has met the competencies in each of the skill areas according to the Industry Standard associated with this occupation.</p>
<p>Pre- Apprenticeship Credits</p> <p><input type="checkbox"/></p>	<p>The <u>signature of the Journeyperson</u> following each of the required skills acknowledges the applicant has performed in each of the skill areas appropriate for this occupation.</p>

- The Occupational Advisory Committee in the Cook Occupation has identified the work experiences or skills listed below as those required for the occupation.
- Journeypersons must be certified in the occupation stated by this document. A Journeyperson in another occupation may sign certain sections if the skills are common to both occupations.

Skills Required For Certification	Journeyperson Signature	Verified By Applicant
KITCHEN TOOLS AND EQUIPMENT		
Select and store kitchen tools in a safe and hygienic manner		
Operate kitchen tools in a safe and hygienic manner		
Select kitchen equipment in a safe and hygienic manner		
Operate kitchen equipment in a safe and hygienic manner		
Utilize WHMIS principles		
Apply sanitation codes		
FRUITS, VEGETABLES AND FUNGI		
Select fruits, vegetables, and fungi		
Store fruits, vegetables, and fungi		
Handle fruits, vegetables, and fungi		
Clean fruits, vegetables, and fungi		
Prepare fruits, vegetables, and fungi		
Cook fruits, vegetables, and fungi		
HOT AND COLD SALADS		
Identify and select ingredients for various hot salads		
Prepare various hot salads		
Present various hot salads		

Skills Required For Certification	Journeyperson Signature	Verified By Applicant
Identify and select ingredients for various cold salads		
Prepare various cold salads		
Present various cold salads		
EGGS		
Store eggs		
Handle eggs		
Pre-prepare eggs for a variety of dishes		
Prepare eggs for a variety of dishes		
Cook eggs for a variety of dishes		
Serve eggs in a variety of dishes		
MEATS AND POULTRY		
Identify and select cuts of meat		
Cut meats (to be obtained either at the training institution or in the workplace)		
Trim meats		
Store meats		
Prepare meats for a variety of dishes		
Present meats in a variety of dishes		
Identify and select poultry		
Cut poultry		
Trim poultry		
Store poultry		
Prepare poultry		
Cook poultry for a variety of dishes		
Present poultry in a variety of dishes		
STOCKS, SOUPS AND SAUCES		
Identify various stocks, soups, and sauces		
Select various stocks, soups, and sauces		
Store various stocks, soups, and sauces		
Handle various stocks, soups, and sauces		
Prepare various stocks, soups, and sauces		
Cook various stocks, soups, and sauces		
Present various stocks, soups, and sauces		
FISH AND SHELLFISH		

Skills Required For Certification	Journeyperson Signature	Verified By Applicant
Identify various fish and shellfish		
Select various fish and shellfish		
Store various fish and shellfish		
Handle various fish and shellfish		
Clean various fish and shellfish		
Prepare various fish and shellfish dishes		
Cook various fish and shellfish dishes		
Present various fish and shellfish dishes		
PASTA AND FARINACEOUS FOODS		
Identify pasta and farinaceous foods for a variety of dishes (to be obtained either at the training institution or in the workplace)		
Select pasta and farinaceous foods for a variety of dishes (to be obtained either at the training institution or in the workplace)		
Store pasta and farinaceous foods for a variety of dishes (to be obtained either at the training institution or in the workplace)		
Handle pasta and farinaceous foods for a variety of dishes (to be obtained either at the training institution or in the workplace)		
Prepare and cook pasta and farinaceous foods for a variety of dishes (to be obtained either at the training institution or in the workplace)		
Present pasta and farinaceous foods in a variety of dishes (to be obtained either at the training institution or in the workplace)		
SANDWICHES		
Identify sandwich ingredients		
Select sandwich ingredients		
Store sandwich ingredients		
Handle sandwich ingredients		
Prepare various sandwiches		
Fill various sandwiches		
Cook various sandwiches		
Present various sandwiches		
MENU PLANNING AND COSTING		
Identify location and types of menus		

Skills Required For Certification	Journey person Signature	Verified By Applicant
Plan and cost menus taking into consideration cooking crew		
Identify conditions and plan and cost menus taking into consideration types of customers		
Plan and cost menus taking into consideration sales volume		
Plan and cost menus taking into consideration service hours		
APPETIZERS, HORS-D'OEUVRES AND GARNISHES		
Identify various appetizers, hors-d'oeuvres, and garnishes		
Select various appetizers, hors-d'oeuvres, and garnishes		
Store various appetizers, hors-d'oeuvres, and garnishes		
Handle various appetizers, hors-d'oeuvres, and garnishes		
Prepare various appetizers, hors-d'oeuvres, and garnishes		
Cook various appetizers, hors-d'oeuvres, and garnishes		
Present various appetizers, hors-d'oeuvres, and garnishes		
Select ingredients for baked products		
Store ingredients for baked products		
Handle ingredients for baked products		
Mount baked products utilizing a variety of decorating methods and techniques		
Portion baked products utilizing a variety of decorating methods and techniques		
Plate baked products utilizing a variety of decorating methods and techniques		
CAKES		
Identify and select ingredients for various types of cakes (to be obtained either at the training institution or in the workplace)		
Store various types of cakes		
Handle various types of cakes		
Portion various types of cakes		
Scale various types of cakes (to be obtained either at the training institution or in the workplace)		
Pan various types of cakes (to be obtained either at the training institution or in the workplace)		
Bake various types of cakes (to be obtained either at the training institution or in the workplace)		

Skills Required For Certification	Journeyperson Signature	Verified By Applicant
Rack various types of cakes (to be obtained either at the training institution or in the workplace)		
Decorate various types of cakes (to be obtained either at the training institution or in the workplace)		
Plate various types of cakes		
PASTRIES		
Identify ingredients for various pastries (to be obtained either at the training institution or in the workplace)		
Select ingredients for various pastries (to be obtained either at the training institution or in the workplace)		
Store various pastries		
Handle various pastries		
Portion various pastries		
Scale various pastries (to be obtained either at the training institution or in the workplace)		
Pan various pastries (to be obtained either at the training institution or in the workplace)		
Bake various pastries (to be obtained either at the training institution or in the workplace)		
Prepare filling for various pastries (to be obtained either at the training institution or in the workplace)		
Cool various pastries (to be obtained either at the training institution or in the workplace)		
Decorate various pastries (to be obtained either at the training institution or in the workplace)		
Plate various pastries (to be obtained either at the training institution or in the workplace)		
YEAST RAISED PRODUCTS		
Identify ingredients for various yeast raised breads and other products (to be obtained either at the training institution or in the workplace)		
Select ingredients for various yeast raised breads and other products (to be obtained either at the training institution or in the workplace)		
Store various yeast raised breads and other products		
Handle various yeast raised breads and other products		
Proof various yeast raised breads and other products (to be obtained either at the training institution or in the workplace)		
Scale various yeast raised breads and other products (to be obtained either at the training institution or in the workplace)		

Skills Required For Certification	Journeyperson Signature	Verified By Applicant
workplace)		
Mix various yeast raised breads and other products (to be obtained either at the training institution or in the workplace)		
Knead various yeast raised breads and other products (to be obtained either at the training institution or in the workplace)		
Bench various yeast raised breads and other products (to be obtained either at the training institution or in the workplace)		
Proof various yeast raised breads and other products (to be obtained either at the training institution or in the workplace)		
Pan various yeast raised breads and other products		
Bake various yeast raised breads and other products		
Dock various yeast raised breads and other products (to be obtained either at the training institution or in the workplace)		
Glaze various yeast raised breads and other products (to be obtained either at the training institution or in the workplace)		
Rack various yeast raised breads and other products		
Serve various yeast raised breads and other products		
DESSERTS		
Identify ingredients for various desserts (to be obtained either at the training institution or in the workplace)		
Select ingredients for various desserts (to be obtained either at the training institution or in the workplace)		
Handle various desserts		
Store various desserts		
Portion various desserts		
Fold various desserts (to be obtained either at the training institution or in the workplace)		
Whip various desserts		
Blend various desserts		
Plate various desserts		

For Office Use Only

Credit: _____

Approved by: _____ Date: _____
month / day / year

Note To Trade Qualifier Applicants

If employer verification is not possible please contact the nearest Institutional and Industrial Education Office to discuss available options.

Contact Information

email: app@gov.nl.ca

Toll-Free Telephone: 1-877-771-3737