



What exactly does a Professional Cook do?

“... performs all phases of kitchen activities including the preparation and presentation of vegetables, soups, sauces, meat, fish and poultry, cold kitchen items; desserts, baking, pastry; basic menu planning/costing as well as knowledge of safety, sanitation and food storage, and who has a knowledge of human and customer relations”

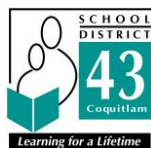
Why is this a wonderful opportunity to do in my grade 12 year?

It saves you about \$4,000 in tuition
You earn your Level 1 technical training while still in high school.

A fully certified (‘Red Seal’) **Professional Cook** will take **3 levels of technical training** and **5,000 hours of employment in this trade**... you are well on your way on your career path!

Technical Training Partner

This “Youth TRAIN in Trades” post-secondary training program is a partnership between the **Coquitlam School District 43** and **Industry Training Authority (ITA)**. Feel free to contact any of the people below to ask questions or receive more information.



Contact Us

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More Info, including Apps

Please visit our website:

www.sd43.bc.ca/CareerPrograms



PROFESSIONAL COOK

Post Secondary Training
TUITION FREE!



Pre-Requisites

You **must** have the following courses completed before entering the program:

- Food Safe – Level 1
- English 11
- any Math 11 (“C+”)
- a Foods & Nutrition 11, or Cook Training 11 class... ideally 2 of them

Since you will be preparing and cooking in kitchen environment, it would be **suggested** to have experience in one or more of the following courses or areas:

- paid job as a cook in a restaurant
- another food-based course
- an Art class (or another ‘creative’ class)

Equipment & Costs

Tuition: Free! SD43 will cover this fee.

Student fee: approximately **\$350-400**.
(textbook, study materials and other resources)

Students must supply their own **non-slip shoes** (good runners are fine).

Program Schedule

This **5-month program** is taught at **Centennial** or **Gleneagle** for **all of semester 2**.

Program Credits

Students who successfully pass this Trades Training program will gain:

- **16 high school credits** (grade 12 level) that count towards graduation
- **Level 1 technical training** recognized by the Industry Training Authority (ITA) and **300 certification hours**

Application Process

Go to:

www.sd43.bc.ca/CareerPrograms (select the trade) to **learn more about the program** and to **print off an application** (top link in right column).

Completed **application forms**, which include a **letter of reference** and an **updated resume**, are submitted to their **counselors**.

Applications are taken on a “**rolling basis**”, meaning **students can apply any time after Sept. 1st of the current school year** for the **following school year’s intake**

The **Coquitlam coordinator will do a personal interview once a completed application is received**, Final decisions are made in mid-May but early offers of acceptance will be granted in some areas where there is strong application.

Program intake limited to 6-7 students per school site



Is this Professional Cook Program right for me?

This amazing opportunity is appropriate for students who demonstrate the following:

- Passion with working with their hands to prepare, cook and serve food
- Ability to work safely at all times
- A drive to get a cooking job in a restaurant to experience the fast-paced environment
- Ability to multi-task
- Good interpersonal skills
- Strong reading comprehension and study skills
- Good math skills
- Critical thinking and ability to solve problems
- Almost perfect attendance and punctuality record
- Physical and mental abilities to perform the daily tasks associated in working in the industry