



DUAL CREDIT – PROFESSIONAL COOK 1 – TERRACE AUGUST 2018 TO MARCH 2019

“Cook” means a person who 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.

A Professional Cook 1 usually works in a supervised environment and performs basic cooking and food preparation tasks utilizing knife skills, correct terminology, and a variety of cooking methods. They must be able to follow recipes, weigh and measure food accurately, and have an understanding of the major techniques and principles used in cooking, baking, and other aspects of food preparation. At this level, a Professional Cook should have a solid foundation of culinary skill.

**Contact your
school counsellor
for more details
on how to apply.**

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YOUTH TRAIN IN TRADES PROGRAM



CAREER OPPORTUNITIES

Graduates have the opportunities to obtain employment in local restaurants, five star tourist lodges, mining and logging camps, cruise ships and catering companies. Past graduates have worked in Fairmont Hotels, Holland America Cruise Lines, and have gone overseas to work in Europe.

<http://www.nwcc.bc.ca/program/professional-cook-apprenticeship-1-2-3>

FREQUENTLY ASKED QUESTIONS

What are the minimum admission requirements?

- English 10
- Foundations & Pre-Calculus Math 10 or Apprenticeship & Workplace Math 10

What are the costs?

- **Tuition** – A Dual Credit student’s tuition is fully paid by the School District.
- **Equipment, Textbooks & Clothing are paid by the student. The following items at the approximate cost are required:**
 1. Shoes that conform to Worker’s Compensation Board regulations – \$100
 2. Knife Set: Pro Cook Knife Kit – \$425
 3. Books – \$713 + tax
 4. Uniforms: Pro Cook Uniform Set – \$195

What are the dates this program runs?

This program runs from August 07, 2018 to March 01, 2019 at the Northwest Community College campus in Terrace. Application Deadline is May 31, 2018 for the August program start.

The Professional Cook 1 Program will follow the NWCC schedule. The Coast Mountains School District calendar is not applicable. Spring break, non-instructional days and administrative days do not apply to students in the Professional Cook Program. The college will be closed for Christmas from December 17, 2018 to January 1, 2019, inclusive.