Apprenticeship Manitoba

Level Chart: Cook - Technical Training

Level One (12 Weeks)				Level Two (12 Weeks)			
Code	Unit Title	Т	Р	Cod e	Unit Title	т	Р
A1	Orientation I: Structure and Scope of Cook	7	0	A10	Cooking Principles II	4	30
A3	Trade Safety Awareness	10	0	A12	Menu Planning and Costing	28	6
A4	Communication	5	2	B4	Specialty Soups and Secondary Sauces	2	12
A 5	Trade-Related Documents	5	2	E2	Meats II	21	35
A6	Tools and Equipment	5	8	E4	Specialty Poultry	8	20
A7	Personal Hygiene and Kitchen Sanitation	6	2	F3	Specialty Fish and Seafood	6	50
A8	Weights and Measures	5	2	G4	Condiments and Accompaniments	3	4
A9	Cooking Principles I	10	25	G5	Aspics, Jellies and Glazes	2	5
A11	Receiving and Storage	5	2	G6	Hors D'oeuvres	2	27
B1	Stocks and Soups	4	17	G7	Marinades, Rubs and Brines	2	5
B2	Thickening and Binding Agents	4	10	G8	Charcuterie	7	37
В3	Sauces	6	15	12	Pastries	2	13
C1	Vegetables and Fungi	5	9	16	Cakes and Tortes	4	11
C2	Potatoes	2	5	17	Icings, Glazes, Meringues and Dessert Sauces	2	7
D1	Pulses, Grains and Nuts	6	8	18	Creams and Custards	2	7
D2	Pastas and Dumplings	3	11	19	Frozen Desserts and Sorbets	2	5
E1	Meats I	10	18	I10	Chocolate	2	5
E3	Poultry I	6	15	A2	Orientation II: The Job of Journeywork	7	0
F1	Fish I	3	11	A13	Pre-Interprovincial Review	28	7
F2	Seafood I	3	11				
G1	Salads	3	11				
G2	Sandwiches	4	10				
G3	Fruit	3	11				
H1	Eggs and Dairy Products	9	12				
H2	Breakfast Cookery	3	11				
l1	Introduction to Baking	7	0				
13	Bread Products	4	22				
14	Cookies	2	5				
I5	Pies, Tarts, Flans and Fillings	4	16				
	Subtotals	149	271		Subtotals	134	286
	Total		nours		Total	420 h	

