

## COOK APPRENTICESHIP COURSE SUMMARIES

### **COURSE CKA3401: KITCHEN ORIENTATION**

Students develop skills and abilities in the food service industry as they develop safe and efficient work habits.

*Prerequisites:* CKA3900: Apprenticeship Safety; food safety course certificate provided under the Food Regulation (Alberta Regulation 31/2006) through an Alberta Health Services approved food sanitation and hygiene training program

### **COURSE CKA3406: KITCHEN MATHEMATICS**

Students develop a basic understanding of the mathematics required in every aspect of the foodservices industry.

*Prerequisite:* CKA3401: Kitchen Orientation

### **COURSE CKA3411: MEATS & SEAFOOD 1**

Students develop skills and abilities to recognize products and to learn how products are utilized and handled to ensure foods are safe and wholesome to consume. Students also learn the essentials of pre-cut portions of meat, poultry and fish products in preparing quality, cost-effective menu items.

*Prerequisite:* CKA3401: Kitchen Orientation

### **COURSE CKA3416: MEATS & SEAFOOD 2**

Students develop skills and abilities to recognize products and to learn how products are utilized and handled to ensure foods are safe and wholesome to consume. Students also learn the essentials of pre-cut portions of meat, poultry and fish products in preparing quality, cost-effective menu items.

*Prerequisite:* CKA3401: Kitchen Orientation

### **COURSE CKA3421: COOKING PROTEINS 1**

Students develop skills and abilities in using seasonings, flavourings and marinades. Students learn to use, cook and handle proteins properly.

*Prerequisite:* CKA3401: Kitchen Orientation

### **COURSE CKA3426: COOKING PROTEINS 2**

Students develop skills and abilities in using seasonings, flavourings and marinades. Students learn to use, cook and handle proteins properly.

*Prerequisite:* CKA3401: Kitchen Orientation

### **COURSE CKA3431: STOCKS & SOUPS**

Students learn how to prepare stocks and soups.

*Prerequisite:* CKA3401: Kitchen Orientation

### **COURSE CKA3436: THICKENERS & SAUCES**

Students learn how to use thickening and binding agents and how to prepare sauces that enhance the flavour of meats, fish, poultry, vegetables and pasta.

*Prerequisite:* CKA3401: Kitchen Orientation

**COURSE CKA3441: FRUITS & VEGETABLES**

Students learn how to purchase, handle, store, cut and cook fruits and vegetables.

*Prerequisite: CKA3401: Kitchen Orientation*

**COURSE CKA3446: STARCHES & SALADS**

Students learn how to cook potato, pasta and rice dishes as well as learn how to prepare salads and make sandwiches.

*Prerequisite: CKA3401: Kitchen Orientation*

**COURSE CKA3451: BREAKFAST & DAIRY**

Students learn how to plan and prepare traditional breakfast dishes as well as learn how to use dairy products for cooking and baking.

*Prerequisite: CKA3401: Kitchen Orientation*

**COURSE CKA3456: INTRODUCTION TO BAKING**

Students learn the functions of ingredients as well as how to convert formulas and apply accurate measuring and mixing methods to the process of baking.

*Prerequisites: CKA3401: Kitchen Orientation, CKA3406: Kitchen Mathematics*

**COURSE CKA3461: BREADS & COOKIES**

Students learn how to prepare yeast products as well as cookies and quick breads.

*Prerequisites: CKA3401: Kitchen Orientation, CKA3456: Introduction to Baking*

**COURSE CKA3466: PIES & FILLINGS**

Students learn how to prepare a variety of pies and pie fillings.

*Prerequisites: CKA3401: Kitchen Orientation, CKA3456: Introduction to Baking*

**COURSE CKA3560: CKA PRACTICUM A**

Students, on the work site, continue to develop and refine those competencies developed in related career and technology studies (CTS) occupational areas, previous practicums and other experiences.

*Prerequisite: None*

**COURSE CKA3565: CKA PRACTICUM B**

Students, on the work site, continue to develop and refine those competencies developed in related career and technology studies (CTS) occupational areas, previous practicums and other experiences.

*Prerequisite: None*

**COURSE CKA3570: CKA PRACTICUM C**

Students, on the work site, continue to develop and refine those competencies developed in related career and technology studies (CTS) occupational areas, previous practicums and other experiences.

*Prerequisite: None*

**COURSE CKA3575: CKA PRACTICUM D**

Students, on the work site, continue to develop and refine those competencies developed in related career and technology studies (CTS) occupational areas, previous practicums and other experiences.

*Prerequisite: None*

**COURSE CKA3900: APPRENTICESHIP SAFETY**

Students develop knowledge, skills and attitudes in the practice of kitchen health and safety, communication and career planning.

*Prerequisite: None*