

COOK

First-year Apprentice Learning Plan

Please indicate in the appropriate course column the skills to be focused on in this 125-hour course.
Feel free to add skills specific to your work site.

Trade Skills and Tasks	RAP 15 125 hrs	RAP 25A 250 hrs	RAP 25B 375 hrs	RAP 25C 500 hrs	RAP 35A 625 hrs	RAP 35B 750 hrs	RAP 35C 875 hrs	RAP 35D 1000 hrs
	RAP 4112	RAP 5112	RAP 5113	RAP 5114	RAP 6112	RAP 6113	RAP 6114	RAP 6115
Demonstrates basic calculation and measurement specific to trade (metric/imperial)								
Demonstrates proper sanitation and personal hygiene								
Demonstrates proper use, care and maintenance of tools/machinery/equipment								
Demonstrates basic knife skills								
Demonstrates understanding of <i>mise en place</i>								
Understands cooking and seasoning basics								
Prepares and cooks thickening agents								
Prepares and cooks stocks (white and brown)								
Prepares and cooks the five mother sauces								
Prepares and cooks derivative sauces								
Prepares and cooks soups								
Prepares and cooks fruits, vegetables, starches and grains								
Prepares basic salads								
Prepares basic sandwiches								
Prepares basic marinades								
Prepares and cooks meat and poultry								
Identifies and prepares fish and seafood								
Prepares eggs and breakfast items								
Prepares basic pastries, baked goods and desserts								
Demonstrates an understanding of food presentation and garnishing								

Note: These skills and tasks are taken directly from the *Apprenticeship and Industry Training Record Book* (Blue Book) as a general guideline of the training required for a first-year RAP student.

Employer's Signature

Student's Signature

Off-campus Coordinator's Signature