

**NORTHERN LIGHTS COLLEGE
REGISTRAR'S OFFICE
PROGRAM INFORMATION AND COMPLETION GUIDE**

Program Name: Professional Cook 2 Institutional Entry
Credential/Certification: Certificate in Professional Cook Level 2
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Program Contact: trades@nlc.bc.ca

Dean: Leo Manning

Document Author: Leo Manning

Program Description:

The Professional Cook program follows ITA prescribed course curriculum for institutional entry to Professional Cook 2. Students will perform all phases of kitchen activities building on the skills and knowledge learned in Level 1.

These include the preparation and presentation of: vegetables and vegetarian dishes, soups, sauces, meats, fish and poultry; cold kitchen items, hors d'oeuvres, appetizers and presentation platters; desserts, baking, pastry, cakes and tortes; basic menu planning/costing, front-of-house skills, along with solid knowledge of safety, sanitation and food storage practices.

Level 2 students will also learn a preliminary understanding of food costing, menu planning and purchasing processes.

Students gain valuable knowledge of human and customer relations which will enable them to become leaders in their field. Level 2 students will perform tasking on a partially independent level and in a wider variety of cooking and food preparation methods.

There is an ITA Certificate of Qualification (C of Q) exam at the end of this level training. Upon successful completion of the certificate of qualification exam, students will receive 240 work-based training hours toward the 2000 required to receive ITA Level 2 Certification.

Admission Requirements:

Successful completion of PCOI 102 or equivalent as indicated by the Industry Training Authority and 400 work-based training hours.

Post-Admission Requirements:

After being accepted into the program but before classes begin, students will be required to provide proof of the following certification:

- FoodSafe Level 1

* All certificates must be valid for the term of the program. Failure to provide proof will result in removal from the kitchen environment until the student provides the required documentation.

Length of Program: (weeks and total hours) 14 weeks/420 hours

Program Intake: (start/finish dates) September/December and February/May

Available Seats: 16

Application Deadline: All completed applications must be received one month prior to the start of the program. Completed applications received after this date will be reviewed based on seat availability.

Career Prospects: Professional Cooks work in a variety of settings including: camps, institutional kitchens, family restaurants, hotels, cruise ships, ferry boats, resorts, nursing homes, hospitals, catering operations, and airlines.

Affiliations/Partnerships:

Industry Training Authority

Go 2 (Industry Training Organization who monitors all hospitality type industry training for ITA)

School Districts 59, 60, 81 and 87

Location: Northern Lights College Dawson Creek Campus

Additional Requirements/Supplies: (fees, supplies, materials)

Textbooks

Learning Guides

Study Guide (Optional)

Uniforms will be included in Instructional Related Fees

Students are required to have a computer (laptop or other mobile device) with minimum computer requirements as listed on the NLC website (www.nlc.bc.ca/Services/Information-Technology/minPC).

Eligibility for Canada Student Loans: (Yes or No)

No

Required Minimum Grade: (overall and/or minimum within a course)

70%

Residency Requirement: (percentage of courses which must be taken at NLC)

100%

Required Courses: (list courses required to complete credential
and total hours for each course)

PCOI 202 Professional Cook 2 Institutional Entry (420 hours)