

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

Program Name: Professional Cook 3 Direct Entry
Credential/Certification: NLC will report the technical training outcome for this level to the ITA for credentialing purposes.

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Effective Date: September 2019

Program Contact: trades@nlc.bc.ca

Dean: Mark Heartt

Document Author: Rod Cork

Program Description: The Professional Cook program follows ITA prescribed course curriculum for direct entry to Professional Cook 3. Learners will perform 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. Learners will also gain valuable knowledge of human and customer relations which will enable them to become leaders in their field.

Learners complete their final level of study working under limited supervision and gain competency in the major techniques and principles of cooking, baking and other aspects of food preparation. Upon successful completion of the six-week level 3 component, students will be eligible to write the Inter-Provincial exam. Successful completion of this examination, along with required the practical and work-based hours, will grant the learner a Red Seal Journeyperson status which is globally recognized in this industry. For more information about Inter-Provincial Standard Endorsement (Red Seal) visit www.red-seal.ca

Admission Requirements:

Successful completion of PCOI 201 or equivalent as indicated by the Industry Training Authority.

Length of Program: (weeks and total hours) 6 weeks/180 hrs

Program Intake: (start/finish dates) November - December

Available Seats: 8

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)

Northern Alberta Institute of Technology (NAIT)

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 sign and adhere to the Trades and Apprenticeship Safety & Attendance Rules and Regulatory Practices for Students Policy

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)

PCOD 300 Professional Cook 3 Direct Entry (180 hours)