

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

Program Name: Professional Cook 1 Direct Entry

Credential/Certification: NLC will report the technical training outcome for this level to Skilled Trades BC for credentialing purposes

Date Submitted: October 2025

Effective Date: September 2026

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Program Description: The Professional Cook program follows Skilled Trades BC prescribed course curriculum for institutional entry to Professional Cook 1. 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. Level 1 starts learners in a fully supervised environment performing basic cooking and food preparation tasks. There is a standardized Skilled Trades BC exam upon completion of this level.

Admission Requirements: Eligibility as indicated by Skilled Trades BC.

Post-Admission Requirements:

One month prior to the start of the program, students will be required to provide proof of the following certification:

- Foodsafe Level 1

Certificate must be valid for the duration of the program. Failure to provide proof may result in dismissal from the program.

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

Program Intake: (start/finish dates) Refer to the Trades Intake Schedule

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:

Skilled Trades BC

Go 2 (Industry Training Organization who monitors all hospitality type industry training for Skilled Trades BC)

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 have a computer (PC or laptop) 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)

PCOD 100 Professional Cook 1 Direct Entry (180 hours)