

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

Program Name: Professional Cook 1 Institutional Entry
Credential/Certification: Certificate in Professional Cook Level 1
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Program Description: The Professional Cook program follows Skilled Trades BC prescribed course curriculum for institutional entry to Professional Cook 1. Students 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.

Students also gain valuable knowledge of human and customer relations which will enable them to become leaders in their field. Level 1 starts in a fully supervised environment with students performing basic cooking and food preparation tasks.

There is a Skilled Trades BC Certificate of Qualification (C of Q) exam at the end of this level training. Upon successful completion of the certificate of qualification exam, Professional Cook 1 students will receive 600 hours of work-based training toward their required 1000 hours for Skilled Trades BC Level 1 certification.

Admission Requirements:

Math – one of the following:

BC Math 10 (minimum final grade of C+), or BC Math 11 or BC Math 12 (minimum final grade of C), or equivalent.

BC MATH 030 or higher, with a minimum final grade of C+, or equivalent.

English – one of the following:

BC Language Arts 10 Courses – 4 credits earned, minimum individual grade of C+, or equivalent.

BC Language Arts 11 Courses – 4 credits earned, minimum individual grade of C+, or equivalent.

BC Language Arts 12 Courses – 4 credits earned, minimum individual grade of C+, or equivalent.

ENGL 030 or higher, with a minimum final grade of C+, or equivalent.

IELTS score of 5.5 overall with no band less than 5.0 or equivalent English placement test and score.

OR

ESTR 037 (Intermediate-Level Essential Skills for Trades) with a minimum final grade of 67%.

OR

Successful completion of the NLC POWER program.

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) approx. 30 weeks/840 hrs

Program Intake: (start/finish dates) September - April

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:

Skilled Trades BC

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

School Districts 59, 60, 81 and 87

Location: Dawson Creek Campus

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

Textbooks

Learning Guides

Study Guide (Optional)

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)

Note: Uniform costs are included in Instructional Related Fees and will be ordered during the first week of class

Eligibility for Canada Student Loans: (Yes or No)

Yes

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 102 Professional Cook 1 Institutional Entry (840 hours)