

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

Program Name: Professional Cook 1 Indigenous Content Direct Entry
Credential/Certification: NLC will report the technical training outcome for this level to Skilled Trades BC for credentialing purposes
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Effective Date: September 2026

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Program Description: The Professional Cook 1 Indigenous Content program follows Skilled Trades BC prescribed course curriculum focusing on Indigenous content. Students will learn about the traditions and history of food sources, including foraging and gathering, and the preparation methods used in the Indigenous tradition. They will also explore medicinal properties of food, as well as food storage and preservation methods.

Students will perform all required 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.

They will also gain valuable knowledge of human and customer relations enabling them to become leaders in their field. Level 1 starts 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)

School Districts 59, 60, 81 and 87

Location: Northern Lights College - Various Campuses

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

Textbooks

Learning Guides

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)

Study Guide (Optional)

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 110 Professional Cook 1 Indigenous Content Direct Entry (180 hours)