

SERVICE

NOC 6242

COOK

(A.C.A., non-restricted certified trade, branch 2)



WORK DESCRIPTION

What would I be doing?

Cooks prepare, hot and cold beverages, season and cook foods such as soups, salads, meats, gravies, vegetables, desserts, sauces, and casseroles. They prepare complete meals, single portion or buffet style. Cooks must, also:

- have working knowledge of table service, weights and measures, hygiene, and equipment,
- have knowledge of stock control, receiving, issuing, menu planning, food costing and purchasing,
- know how to prepare foods for special diets,
- hire new cooks and train apprentices

Most cooks work in shifts, including weekends and holidays. There is some lifting involved and good physical stamina is an asset. Work is done under pressure, around hot appliances, sharp knives, and dangerous equipment such as grinders, slicers and mixers. The temperature is usually high and working space crowded. It is the cook's responsibility to ensure that the kitchen is safe and sanitary at all times.

PLACE OF WORK

Who needs Cooks?

- restaurants,

- schools,
- catering companies,
- camp grounds,
- summer resorts,
- food processing plants,
- prison,
- retirement homes,
- hospitals,
- cruise ships, planes, and ships.

CONDITIONS OF WORK

A Cook Trade is a non-restricted certified trade. A person may or may not have a valid Certificate of Qualification or be registered as an apprentice to work in the trade but apprenticeship is strongly recommended.

An apprentice **may** be paid wages.

SALARIES/WAGES

The salary depends on the employer, years of experience, and level of training. In unionized places the wages and conditions of work are negotiated collectively.

In the Elgin, Middlesex and Oxford area, Cooks can earn \$ 7.75 - \$ 12.50 per hour, averaging \$ 10.00 per hour.

(Over)

PROSPECTS of EMPLOYMENT in the Elgin, Middlesex and Oxford area

RATING: very good

This occupation is controlled by the economy. Jobs are needed for replacement and growth in this industry.

APPRENTICESHIP IN THE COOK TRADE

- takes 3 years or 6 000 h, including 720 h of in-school training; prior education and experience may shorten the time to complete all the competencies,
- must complete apprenticeship to receive a Certificate of Apprenticeship,
- must pass the Certificate of Qualification exam to receive a Certificate of Qualification with journeyman status,
- offers an Interprovincial Trade Certification (Red Seal).

In-School Education:

An OYAP student must be 16 years old and completed Grade 10 (or equivalent). Otherwise, all apprenticeship applicants must successfully complete Grade 12 (OSSD) or equivalent. The following competencies are valuable:

English, *Communication and*
Mathematics, *planning skills,*
Science *problem-solving skills*
Hospitality and Tourism.

OYAP students must be full-time students in high school and those who obtain apprenticeships will complete the apprenticeship curriculum in college or an approved Training Delivery Agent.

Specific skills learned in school are: sanitation, safety and equipment, basic

nutrition, communication, trade calculations, food theory, culinary techniques, quantity food preparation, food, beverage and labour cost control, pastry and related theory.

On the Job Training

- As a high school Cooperative Education credit (towards O.S.S.D.), learning is connected to one of the school subjects.
- The apprentices must follow a program in the **Apprenticeship Training Standards** book which is given to them in the workplace when they register. As each competency is achieved the employer signs it off.

OPPORTUNITY TO GROW

A Certificate as a journeyman is not needed to start working as a Cook but a registration as an apprentice is recommended. After becoming a journeyman a Cook may:

- become a foreperson or a supervisor,
- start own business,
- become a Chef,
- work in related areas or occupations.

RELATED OCCUPATIONS

- Baker, Meat Cutter
- Dietitian, Caterer

CONTACT INFORMATION

Whom should I call?

School Guidance/Co-Op Office

Apprenticeship Office 519 675 7788

London: 1 800 265 1050

Apprenticeship web: www.edu.gov.on.ca

EMOLTB web site: www.localboard.on.ca

Training Hotline: 1 800 387 5656

Union: