



# Cook

## About this job

Cooks manage a wide range of duties including food preparation, menu planning, and ensuring kitchen safety. The trade offers opportunities in a variety of places including modern restaurants, facilities like hospitals, and remote worksites like camps or aboard ships.



**COOK HOLDS NATIONAL OCCUPATION CLASSIFICATION  
(NOC) CODE #6322/63200**

APPRENTICESHIP, TRADES, AND OCCUPATIONAL CERTIFICATION



- Three-year program
- Eligible for Red Seal Endorsement
- Requires out of the territory technical training

## \$58,240

Estimated Average Journeyperson Salary

Aussi disponible en français

## What can I expect to do for work if I become a Cook?

Cooks prepare food in eating establishments including hotels, restaurants, institutions, trains and ships. Their major responsibilities are nutrition, food costs and sanitation. It is the cook's responsibility to prepare meals that are both appealing and nutritious.

Cooks may perform:

- studying menus to estimate food necessities and get the required food from storage or suppliers,
- washing, peeling and cutting vegetables,
- cleaning and cutting meats, fish and poultry,
- cleaning and sanitizing kitchen equipment and cooking utensils,
- preparing, seasoning and cooking such foods as soups, salads, meats, fish, gravies, vegetables, desserts, pastries, sauces and casseroles,
- carving meats, preparing portions on a plate and adding gravies, sauces and garnish to servings,
- preparing buffets (e.g. platters, showpieces) and special diets, and
- overseeing menu planning, regulating stock control and supervising kitchen staff.

## What kind of working conditions can I expect?

Cooks work under pressure and the work volume can be considerable. Shift work and having to work weekends and holidays is common. Burns and cuts are common occupational hazards.

## What are some skills that are valued in this profession?

- be fluent in English with reading, writing and mathematical competency,
- have a genuine interest in preparing food and working with people,
- be in good health and able to stand for long periods,
- have a keen sense of taste and smell,
- have stamina and use proper lifting techniques to work with heavy objects,
- be ready to work as a member of a team, and
- be willing to maintain high standards of cleanliness.

## What is the minimum requirement to become an apprentice in this trade?

Apprentices must obtain a minimum of 70% on the Trades Entrance Exam – TEE Category #1 or the equivalent education as outlined below. This must be done before signing the Apprenticeship contract and attending technical training.

## How long will it take to complete a Cook apprenticeship?

An apprenticeship takes about three years to complete, and includes three on the job periods and three technical training periods. You need to complete 1800 hours per period, for a total of 5400 hours.

## How long is technical training?

Apprentices will attend 720 technical training hours. Apprentices usually go to school for this program in Alberta.

Eligibility Requirements
Entrance Exam – Pass Exam 2 with a score of 70% or higher <b>or</b> Completion of the following high school courses
<ul style="list-style-type: none"><li>• English 10-2 (pass) or Literacy 20 (65% or higher)</li><li>• Math 10C (pass) or Math 10-3 (65% or higher)</li><li>• Science 10 (pass)</li></ul>
<b>or</b> All five Canadian General Educational Development (GED) tests
<b>SCHOOLS NORTH APPRENTICESHIP PROGRAM (SNAP) - SNAP</b> apprentices are not required to satisfy the entrance requirements prior to signing an apprenticeship contract. However, the SNAP apprentice must satisfy the entrance requirements <b>or</b> write the TEE before attending technical training.

Period	Technical Training <sup>1</sup>	Prerequisites for technical training	Hours <sup>2</sup>
<b>1st</b>	8 Weeks 240 hours	Entrance Exam and 900 hours	1800
<b>2nd</b>	8 Weeks 240 hours	Completed 1 <sup>st</sup> Period	3600
<b>3rd</b>	8 Weeks 240 hours	Completed 2 <sup>nd</sup> Period	5400

<sup>1</sup>Length of In-School Training

<sup>2</sup>Minimum Time Required to Complete (Includes Technical Training)

For more information:

[www.gov.nt.ca/Apprenticeship](http://www.gov.nt.ca/Apprenticeship)