# Cook

SCHOOL OF HOSPITALITY AND TOURISM

## Overview

Learn to prepare food for hotels, restaurants and other establishments.

If you like a challenge, are passionate about food and enjoy working in a fast-paced environment, you'll enjoy a career as a cook. Cooks ensure the food is nutritious, inexpensive and prepared safely.

Depending on the establishment, you may study menus to estimate food requirements and obtain the necessary food from storage or suppliers. You'll also wash, peel and cut vegetables, clean and cut meat, fish and poultry and keep kitchen equipment and cooking utensils clean.

You may also be involved in preparing, seasoning and cooking such foods as soups, salads, meats, fish, gravies, vegetables, desserts, sauces and casseroles, baking pastries, preparing portions on a plate and adding gravies, sauces and garnish to servings.

Throughout your career, you may also prepare buffets (for example, platters and showpieces) and special diets, oversee menu planning, regulate stock control and supervise kitchen staff.

While specific duties vary depending on the type of establishment, it is your responsibility to create appealing and healthy meals.

### Traits, skills and aptitudes

Cooks love to share their passion for food, have a knack for creativity, are self-motivated and can work collaboratively. If you enjoy working in fast-paced environments and like challenges, you'll do well in this line of work.

To succeed in this trade, it's important to:

- fluently read and write in English
- have basic math skills
- have an interest in preparing food
- enjoy working with other people
- be in good health and can stand for long periods
- have a keen sense of taste and smell
- be willing to maintain the high standard of cleanliness necessary in any food establishment
- be committed to maintaining safe work habits.

### Credentials

Upon successfully completing the required working hours and technical training periods, you'll be awarded a diploma in addition to journeyperson status by Alberta's Apprenticeship and Industry Training.

This is a Red Seal Endorsed trade – a recognizable standard that allows tradespeople to work across Canada.

## Admission requirements

To enter an apprenticeship, you need the required educational qualifications or recommended education for the trade to which you apply.

Alberta Apprenticeship and Industry Training sets and monitors entrance requirements.

### Minimum requirements

Successful completion of the following courses:

- English 10-2
- Math 10-3

OR

A pass mark in all five Canadian General Educational Development (GED) or Canadian Adult Education Credential (CAEC) tests

OR

Alberta Apprenticeship and Industry Training entrance exam

### Recommended requirements

Apprentices with an Alberta High School diploma that includes the following courses:

- English 30-2
- Math 30-3
- Physics 20 OR Chemistry 20 OR Science 20
- Related career and technology studies (CTS) courses

## Costs

### 2026/27 tuition and fees

The following costs are effective as of July 1, 2026.

The tuition and fee structure below is based on standard delivery/block release training periods.

| Period | Number of weeks | Tuition fees | Additional fees | Total |
|---|---|---|---|---|
| 1 | 8 | >$1,256 | $432.50* | $1,688.50 |
| 2 | 8 | >$1,256 | $432.50* | $1,688.50 |
| 3 | 8 | >$1,256 | $432.50* | $1,688.50 |
| | | | **Total cost:** | **$5,065.50** |

The estimated total cost of tuition and fees in each period of technical training.

*You are required to pay a $75 laundry fee per technical training period.

### Books and Supplies

This is a bring-your-own-device program with standard computer hardware and software requirements. See the specific requirements on our computers and laptops page.

Books are not mandatory but can be purchased from SAIT's Bookstore and are approximately $250 per period. Knife kits can also be purchased for approximately $500.

This program requires personal protective equipment (PPE), which may be an additional cost.