



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 will enjoy a career as a Cook. A cook's major responsibilities are nutrition, food costs and sanitation.

Depending on the establishment, you may study menus to estimate food requirements and obtain the necessary food from storage or suppliers, washing, peeling and cutting vegetables, cleaning and cutting meats, fish and poultry and cleaning kitchen equipment and cooking utensils.

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

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

While specific duties vary depending on the type of establishment, it will be your responsibility to prepare appealing and nutritious meals.

Traits, skills and aptitudes

Cooks love to share their passion for food, have a knack for creativity, are self-motivated, and enjoy working collaboratively. This line of work is most fulfilling for those who enjoy working in fast-paced environments and like challenges.

To thrive in this career, it is important to have the following traits:

- have good basic mathematics skills
- 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
- be ready to work as a member of a team or independently
- be willing to maintain the high standard of cleanliness necessary in any food establishment
- be creative
- a commitment to safe work habits.

Credentials

Upon successfully completing the required working hours and apprenticeship education periods, graduates will 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 must have the educational qualifications required or recommended education for the trade to which you apply.

Entrance requirements are monitored and set by Alberta Apprenticeship and Industry Training.

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) 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

2024/25 tuition and fees

The following costs are effective as of July 1, 2024.

The below tuition and fee structure is based on standard delivery/block release training periods. Please contact us for costs associated with the WATS delivery program.

Period	Number of weeks	Tuition fees	Additional fees	Total
1	8	\$1,152	\$404	\$1,556
2	8	\$1,152	\$404	\$1,556
3	8	\$1,152	\$404	\$1,556
Total cost:				\$4,668

The estimated total cost of 2024/25 tuition and fees in each period of technical training.

Books and Supplies

Books or modules, along with other items for classes, are approximately \$600 per period.

It's recommended you don't purchase books or modules ahead of time as they might be outdated by the time you attend classes, and they cannot be returned to the Bookstore.

Personal protective equipment (PPE) will be required for the program, which may be an additional cost to apprentices.

2023/24 tuition and fees

The following costs are effective until June 30, 2024.

The below tuition and fee structure is based on standard delivery/block release training periods. Please contact us for costs associated with the WATS delivery program.

Period	Number of weeks	Tuition fees	Additional fees	Total
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Period	Number of weeks	Tuition fees	Additional fees	Total
1	8	\$1,056	\$394	\$1,450
2	8	\$1,056	\$394	\$1,450
3	8	\$1,056	\$394	\$1,450
Total cost:				\$4,350

The estimated total cost of 2023/24 tuition and fees in each period of technical training.