



NOVA SCOTIA
APPRENTICESHIP
AGENCY

NOVA SCOTIA

CURRICULUM STANDARD

INSTITUTIONAL COOK

Based on the Nova Scotia Occupational Standard

Nova Scotia Apprenticeship Curriculum Standard

Institutional Cook

Preface

This Nova Scotia Curriculum Standard (NSCS) is intended to assist instructional staff in the design and delivery of instructor-led technical training in support of the Institutional Cook trade.

This NSCS contains all the technical training elements required to complete the apprenticeship program and has been developed based on the 2023 Nova Scotia Occupational Standard (NSOS) for the trade.

Implementation of the NSCS for Apprenticeship training is outlined in the following table.

Level	Implementation Effective
Level 1	2023-2024
Level 2	2024-2025

The above implementation schedule was current at time of publication.

Granting of credit or permission to challenge level examinations (if applicable) for pre-apprenticeship training for this trade will be based on the content outlined in this standard. Training providers must contact the Nova Scotia Apprenticeship Agency for more information on the process and requirements for determining eligibility for credit towards an apprenticeship program.

Acknowledgements

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Sean Kettley
Joseph Farrell
Tracy Walsh

Nova Scotia Community College
Dalhousie University (Aramark)
Seaview Manor

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User Guide

Nova Scotia Curriculum Standards (NSCS) are developed based on trade specific national occupational standards, such as the Red Seal Occupational Standards (RSOS) and industry consultation. This document represents the minimum content to be delivered as part of the apprenticeship program for this trade.

The NSCS documents are purposefully constructed for ease of use and flexibility of structure to adapt to all delivery requirements. They detail units of training, unit outcomes and objectives. They do not impose a delivery model or teaching format.

Training providers will select and develop delivery materials and techniques that accommodate a variety of learning styles and delivery patterns. The NSCS does not dictate study materials, textbooks or learning activities to be used in delivery.

This document includes a Level Structure to facilitate mobility for apprentices moving from one jurisdiction to another.

Structure

The content of the NSCS is divided into units. Unit codes are used as a means of identification and are not intended to convey the order of delivery. It is at the discretion of the training provider to deliver the content in the required logical sequence of delivery within the level. Units may be delivered one at a time or concurrently within a level, provided all outcomes are met.

The Learning Outcomes describe what the apprentice should know or be able to do at the end of training. Wording of the Learning Outcomes, “Demonstrate knowledge of...” acknowledges the broad spectrum of ways in which knowledge can be assessed (i.e. practical projects, multiple choice testing, presentations, etc.) by instructional staff within the training.

User Guide (continued)

The Nova Scotia Occupational Standard (NSOS) to Curriculum Standard comparison chart maps the NSOS trade skills/sub-tasks to the curriculum standard.

Each unit of training in the curriculum standard lists both theoretical and practical objectives, which represent the minimum content that must be covered during technical training. Detailed content/bulleted lists for each objective have not been developed. Where detail is required for clarity, content has been provided.

The practical objectives represent the tasks/skills that apprentices must be exposed to during technical training. An individual or group performance of the task/skill is recommended; if not possible, an instructor demonstration is acceptable. Training Providers should use practical, hands-on learning whenever possible, whether identified in the curriculum standard as a practical objective or not.

Each unit also provides suggested hours (a guide only), which can be adjusted for apprentice learning, delivery methods, practical/hands-on learning, examinations, registration, holidays, storm days, etc.

Glossary of Terms

These definitions are intended as a guide to how language is used in the document.

ADJUST	To put in good working order; regulate; bring to a proper state or position.
APPLICATION	The use to which something is put and/or the circumstance in which an individual would use it.
CHARACTERISTIC	A feature that helps to identify, tell apart or describe recognizably; a distinguishing mark or trait.
COMPONENT	A part that can be separated from or attached to a system; a segment or unit.
DEFINE	To state the meaning of (a word, phrase, etc.).
DESCRIBE	To give a verbal account of; tell about in detail.
EXPLAIN	To make plain or clear; illustrate; rationalize.
IDENTIFY	To point out or name objectives or types.
INTERPRET	To translate information from observation, charts, tables, graphs and written material.
MAINTAIN	To keep in a condition of good repair or efficiency.
METHOD	A means or manner of doing something that has procedures attached to it.
OPERATE	How an object works; to control or direct the functioning of.
PROCEDURE	A prescribed series of steps taken to accomplish an end.
PURPOSE	The reason for which something exists or is done, made or used.

Glossary of Terms (continued)

SERVICE	<p>Routine inspection and replacement of worn or deteriorating parts.</p> <p>An act or business function provided to a customer in the course of an individual's profession (e.g., haircut).</p>
TECHNIQUE	<p>Within a procedure, the manner in which technical skills are applied.</p>
TEST	<p>v. To subject to a procedure that ascertains effectiveness, value, proper function or other quality.</p> <p>n. A way of examining something to determine its characteristics or properties, or to determine whether or not it is working correctly.</p>

Essential Skills Profiles/Skills for Success

Through extensive research, the Government of Canada and other national and international agencies have identified and validated key essential skills for the workplace. These skills are used in nearly every job and at different levels of complexity. They provide the foundation for learning all other skills and enable people to evolve with their jobs and adapt to workplace change. In response to the evolving labour market and changing skill needs, in 2021 the Government of Canada launched a new **Skills for Success** model. Information can be found at:

<https://www.canada.ca/en/services/jobs/training/initiatives/skills-success/new-model.html>

The Employment and Social Development Canada (ESDC) website provides information about the Skills for Success, including:

- a brief description of the skills;
- why the skill is important;
- tools to help you improve on each of the skills, and
- videos to help you improve on each of the skills.

This information can be found at: <https://www.jobbank.gc.ca/essentialskills>

Skills for Success training tools can be found at:

<https://www.canada.ca/en/services/jobs/training/initiatives/skills-success/tools.html>

The development and improvement of these Skills for Success is inherent throughout the apprenticeship training program as apprentices work towards achieving journey person status.

Level Structure

Level 1, 5 Weeks (150 hrs) *CWC = Common with Cook

Code	Unit Title	Hrs*	Pg	Practical Objectives*
CWC-100	Introduction to Food Service	3	23	N/A
MENT-700	Mentoring I	6	25	N/A
CWC-105	Personal Hygiene, Kitchen Sanitation and Food Safety	9	27	N/A
CWC-110	Health and Safety	3	31	N/A
CWC-115	Tools and Equipment	3	33	1. Use and maintain hand tools.
CWC-120	Weights and Measures	3	36	1. Convert volume measures between metric, imperial & American Standard.
CWC-125	Cooking Principles	3	38	N/A
CWC-130	Receiving and Storage	3	41	N/A
CWC-135	Vegetables and Fungi	12	43	1. Select various vegetables. 2. Prepare and cook various classical vegetable cuts.
CWC-140	Potatoes	12	47	1. Prepare potatoes using various methods
CWC-145	Pulses, Grains, Seeds and Nuts	12	49	1. Prepare pulses, grains, seeds and nuts using various methods.
CWC-150	Dry Pasta and Noodles	3	52	N/A
CWC-155	Fruits	6	54	N/A
CWC-160	Salads	9	58	1. Prepare salad dressings: i) emulsified ii) non-emulsified
CWC-165	Sandwiches	9	61	N/A
CWC-170	Eggs, Dairy and Alternative Products	12	63	N/A
CWC-175	Introduction to Baking	3	65	N/A
CWC-180	Bread Products	15	67	1. Prepare bread products using a variety of mixing methods.
CWC-185	Egg and Breakfast Cookery	3	69	1. Prepare a variety of egg-based dishes.
CWC-190	Stocks and Broths	12	72	1. Prepare a variety of stocks. i) brown ii) white iii) fumet iv) vegetable 2. Prepare a glace.
CWC-195	Fin Fish I	6	74	N/A
CWC-198	Introduction to Poultry	3	76	N/A

Level Structure (continued)

Level 2, 5 Weeks (150 hrs) *ICO = Institutional Cook

Code	Unit Title	Hrs*	Pg	Practical Objectives*
ICO-200	Soups	12	79	1. Prepare soups. i) clear ii) thickened iii) specialty/international
ICO-205	Thickening and Binding Agents	3	81	1. Use thickening agents in preparing soups and sauces.
ICO-210	Basic Sauces	6	83	1. Prepare traditional sauces. i) espagnole ii) béchamel iii) velouté iv) tomato v) hollandaise 2. Prepare traditional sauce derivatives.
ICO-215	Meat Cutting and Processing	3	85	1. Assess, trim & portion a secondary cut.
ICO-220	Meat Cookery	12	88	N/A
ICO-225	Poultry Cutting and Process	3	90	1. Assess, trim and portion poultry.
ICO-230	Poultry Cookery	6	92	1. Cook poultry using dry, moist and combination heat.
ICO-235	Fin Fish II	3	94	1. Process a round and flat fish. i) scale ii) fillet iii) debone iv) skin v) portion vi) trim 2. Cook fin fish using dry, moist and combination heat.
ICO-240	Seafood	6	97	1. Prepare seafood using dry, moist and combination heat.
ICO-245	Cookies	3	100	N/A
ICO-250	Savoury and Sweet Pastries and Pies	6	102	1. Prepare a basic pie dough and filling. 2. Prepare pastries and fillings. i) pate a choux ii) laminated doughs - leavened - unleavened
ICO-255	Pasta, Noodles and Dumplings	3	105	1. Prepare & cook a variety of pasta dishes. 2. Prepare & cook a variety of dumpling dishes.

Code	Unit Title	Hrs*	Pg	Practical Objectives*
ICO-260	Cakes and Icings I	6	107	1. Prepare and bake a high fat cake. 2. Finish a cake with icing.
ICO-265	Deli Meats and Cured Products	3	110	N/A
ICO-270	Snacks and Finger Foods	3	113	N/A
ICO-275	Cakes and Icings II	6	116	1. Prepare and bake a low-fat foam cake. 2. Finish and present a low-fat foamed cake.
ICO-280	Creams, Mousses and Dessert Components	3	118	1. Assemble a variety of creams, mousses and dessert components.
ICO-285	Frozen Desserts	3	120	1. Prepare a frozen dessert.
ICO-290	Adaptive Cooking	6	121	N/A
ICO-295	Cost Control	3	123	N/A
ICO-300	Menu Planning	3	125	N/A
ICO-305	Specialty Sauces	6	128	1. Prepare a variety of specialty sauces.
ICO-310	Condiments, Preserves, Dressings	3	130	N/A
ICO-315	Alternative Proteins	3	132	1. Prepare and cook alternative proteins.
MENT-701	Mentoring II	6	134	N/A
ICO-320	Program Review	30	136	N/A

***Hours:** The time it should take to cover the unit (a guide only).

***Practical Objectives:** The tasks/skills apprentices must be exposed to during the technical training. An individual or group performance of the task/skill is recommended; if not possible, an instructor demonstration is acceptable. Training Providers should use practical, hands-on learning whenever possible, whether identified in the curriculum as a practical objective or not.

2023 Occupational Standard Sub-Task to Curriculum Unit Comparison

NSOS Sub-Task		Unit of Training	
Task A-1 – Performs safety and hygiene-related functions.			
A-1.01	Maintains safe work environment.	CWC-110	Health and Safety
A-1.02	Uses personal protective equipment (PPE) and safety equipment.	CWC-110	Health and Safety
A-1.03	Maintains personal hygiene.	CWC-105	Personal Hygiene, Kitchen Sanitation and Food Safety
Task A-2 – Practices food safety procedures.			
A-2.01	Maintains safe condition and temperature of raw and finished product.	CWC-125	Cooking Principles
A-2.02	Cools food rapidly.	CWC-125	Cooking Principles
A-2.03	Re-thermalizes food.	CWC-125	Cooking Principles
A-2.04	Prevents cross contamination.	CWC-105	Personal Hygiene, Kitchen Sanitation and Food Safety
A-2.05	Cleans tools and equipment.	CWC-105	Personal Hygiene, Kitchen Sanitation and Food Safety
A-2.06	Sanitizes tools and equipment.	CWC-105	Personal Hygiene, Kitchen Sanitation and Food Safety
Task B-3 – Uses tools and equipment.			
B-3.01	Uses knives.	CWC-115	Tools and Equipment
B-3.02	Uses pots, pans and utensils.	CWC-115	Tools and Equipment
B-3.03	Uses equipment and appliance.	CWC-115	Tools and Equipment
Task B-4 – Organizes work.			
B-4.01	Organizes kitchen workplace.	CWC-100	Introduction to Food Service
B-4.02	Schedules production.	ICO-295	Cost Control
Task B-5 – Manages information.			
B-5.01	Plans menu and mise en place.	ICO-290	Adaptive Cooking
		ICO-300	Menu Planning
B-5.02	Uses documentation.	CWC-100	Introduction to Food Service
Task B-6 Manages products.			
B-6.01	Orders products.	ICO-300	Menu Planning
B-6.02	Receives products.	CWC-130	Receiving and Storage
B-6.03	Stores products.	CWC-130	Receiving and Storage

NSOS Sub-Task		Unit of Training	
B-6.04	Maintains inventory.	CWC-130	Receiving and Storage
		ICO-295	Cost Control
Task B-7 Performs trade activities.			
B-7.01	Uses recipes.	CWC-120	Weights and Measures
B-7.02	Performs portion control.	CWC-120	Weights and Measures
B-7.03	Presents finished product.	CWC-125	Cooking Principles
B-7.04	Uses convenience foods.	CWC-100	Introduction to Food Service
Task B-8 – Adapts cooking practices to meet dietary requirements.			
B-8.01	Adapts kitchen practices to meet dietary requirements.	ICO-290	Adaptive Cooking
B-8.02	Selects ingredients to meet dietary requirements.	ICO-290	Adaptive Cooking
B-8.03	Prepares food to meet dietary requirements.	ICO-290	Adaptive Cooking
B-8.04	Modifies textures to meet dietary requirements.	ICO-290	Adaptive Cooking
Task B-9 – Uses communication and mentoring techniques.			
B-9.01	Uses communication techniques.	MENT-700	Mentoring I
		MENT-701	Mentoring II
B-9.02	Uses mentoring techniques.	MENT-700	Mentoring I
		MENT-701	Mentoring II
Task C-10 - Prepares herbs and spices.			
C-10.01	Selects herbs and spices.	CWC-125	Cooking Principles
C-10.02	Cleans herbs.	CWC-125	Cooking Principles
C-10.03	Processes herbs and spices.	CWC-125	Cooking Principles
Task C-11 – Prepares vegetables.			
C-11.01	Selects vegetables.	CWC-135	Vegetables and Fungi
		CWC-140	Potatoes
C-11.02	Cleans vegetables.	CWC-135	Vegetables and Fungi
		CWC-140	Potatoes
C-11.03	Processes vegetables.	CWC-135	Vegetables and Fungi
		CWC-140	Potatoes
C-11.04	Cooks vegetables.	CWC-135	Vegetables and Fungi
		CWC-140	Potatoes
C-11.05	Finishes vegetables.	CWC-135	Vegetables and Fungi

NSOS Sub-Task		Unit of Training	
		CWC-140	Potatoes
Task C-12 Prepares fruit.			
C-12.01	Selects fruit.	CWC-155	Fruits
C-12.02	Cleans fruit.	CWC-155	Fruits
C-12.03	Processes fruit.	CWC-155	Fruits
C-12.04	Cooks fruit.	CWC-155	Fruits
C-12.05	Finishes fruit.	CWC-155	Fruits
Task D-13 Prepares stocks and broths.			
D-13.01	Selects stock and broth ingredients.	CWC-190	Stocks and Broths
D-13.02	Processes stock and broth ingredients.	CWC-190	Stocks and Broths
D-13.03	Cooks stocks and broths.	CWC-190	Stocks and Broths
Task D-14 Prepares soup.			
D-14.01	Selects soup ingredients.	ICO-200	Soups
D-14.02	Processes soup ingredients.	ICO-200	Soups
D-14.03	Cooks soups.	ICO-200	Soups
D-14.04	Finishes soups.	ICO-200	Soups
Task E-15 Prepares thickening and binding agents.			
D-15.01	Selects thickening and binding ingredients.	ICO-205	Thickening and Binding Agents
D-15.02	Processes thickening and binding ingredients.	ICO-205	Thickening and Binding Agents
Task E-16 Prepares sauces.			
E-16.01	Selects sauce ingredients.	ICO-210	Basic Sauces
		ICO-305	Specialty Sauces
E-16.02	Processes sauce ingredients.	ICO-210	Basic Sauces
		ICO-305	Specialty Sauces
E-16.03	Cooks sauces.	ICO-210	Basic Sauces
		ICO-305	Specialty Sauces
E-16.04	Finishes sauces.	ICO-210	Basic Sauces
		ICO-305	Specialty Sauces
Task F-17 Uses cheese, dairy products and plant-based dairy alternative products.			
F-17.01	Selects cheese, dairy and plant-based dairy alternative ingredients.	CWC-170	Eggs, Dairy and Alternative Products

NSOS Sub-Task		Unit of Training	
F-17.02	Processes cheese, dairy and plant-based dairy alternative ingredients.	CWC-170	Eggs, Dairy and Alternative Products
F-17.03	Finishes cheese, dairy and plant-based dairy alternative ingredients.	CWC-170	Eggs, Dairy and Alternative Products
Task F-18 Prepares eggs and egg-based dishes.			
F-18.01	Selects ingredients for eggs and egg-based dishes.	CWC-170	Eggs, Dairy and Alternative Products
		CWC-185	Egg and Breakfast Cookery
F-18.02	Processes ingredients for eggs and egg-based dishes.	CWC-185	Egg and Breakfast Cookery
F-18.03	Cooks ingredients for eggs and egg-based dishes.	CWC-185	Egg and Breakfast Cookery
F-18.04	Finishes ingredients for eggs and egg-based dishes.	CWC-185	Egg and Breakfast Cookery
Task G-19 Prepares pastas and noodles.			
G-19.01	Selects pasta and noodle ingredients.	CWC-150	Dry Pasta and Noodles
		ICO-255	Pasta, Noodles and Dumplings
G-19.02	Cooks dry and frozen pastas and noodles.	CWC-150	Dry Pasta and Noodles
		ICO-255	Pasta, Noodles and Dumplings
G-19.03	Finishes pastas and noodles.	CWC-150	Dry Pasta and Noodles
		ICO-255	Pasta, Noodles and Dumplings
Task G-20 Prepares dumplings.			
G-20.01	Selects dumpling ingredients.	ICO-255	Pasta, Noodles and Dumplings
G-20.02	Processes dumplings.	ICO-255	Pasta, Noodles and Dumplings
G-20.03	Cooks dumplings.	ICO-255	Pasta, Noodles and Dumplings
G-20.04	Finishes dumplings.	ICO-255	Pasta, Noodles and Dumplings
Task H-21 Prepares grains and pulses.			
H-21.01	Selects grains and pulses.	CWC-145	Pulses, Grains, Seeds and Nuts
H-21.02	Processes grains and pulses.	CWC-145	Pulses, Grains, Seeds and Nuts
H-21.03	Cooks grains and pulses.	CWC-145	Pulses, Grains, Seeds and Nuts
Task H-22 Prepares seeds and nuts.			
H-22.01	Selects seeds and nuts.	CWC-145	Pulses, Grains, Seeds and Nuts
H-22.02	Processes seeds and nuts.	CWC-145	Pulses, Grains, Seeds and Nuts
H-22.03	Cooks seeds and nuts.	CWC-145	Pulses, Grains, Seeds and Nuts

NSOS Sub-Task		Unit of Training	
Task H-23 Prepares alternative proteins.			
H-23.01	Selects alternative proteins.	ICO-315	Alternative Proteins
H-23.02	Processes alternative proteins	ICO-315	Alternative Proteins
H-23.03	Cooks alternative proteins.	ICO-315	Alternative Proteins
Task I-24 Prepares meats and variety meats.			
I-24.01	Selects meats and variety meats.	ICO-215	Meat Cutting and Processing
I-24.02	Processes meats and variety meats.	ICO-215	Meat Cutting and Processing
I-24.03	Cooks meats and variety meats.	ICO-220	Meat Cookery
I-24.04	Finishes meats and variety meats.	ICO-220	Meat Cookery
Task I-25 Prepares poultry.			
I-25.01	Selects poultry.	CWC-198	Introduction to Poultry
I-25.02	Processes poultry.	ICO-225	Poultry Cutting and Processing
I-25.03	Cooks poultry.	ICO-230	Poultry Cookery
I-25.04	Finished poultry.	ICO-230	Poultry Cookery
Task J-26 Prepares fish.			
J-26.01	Selects fish.	CWC-195	Fin Fish I
J-26.02	Processes fish.	ICO-235	Fin Fish II
J-26.03	Cooks fish.	ICO-235	Fin Fish II
J-26.04	Finishes fish.	ICO-235	Fin Fish II
Task J-27 Prepares seafood.			
J-27.01	Selects seafood.	ICO-240	Seafood
J-27.02	Processes seafood.	ICO-240	Seafood
J-27.03	Cooks seafood.	ICO-240	Seafood
J-27.04	Finishes seafood.	ICO-240	Seafood
Task K-28 Prepares sandwiches.			
K-28.01	Selects sandwich ingredients.	CWC-165	Sandwiches
K-28.02	Processes sandwich ingredients.	CWC-165	Sandwiches
K-28.03	Assembles sandwiches.	CWC-165	Sandwiches
K-28.04	Cooks sandwiches.	CWC-165	Sandwiches
Task K-29 Prepares salads.			
K-29.01	Selects salad ingredients.	CWC-160	Salads
K-29.02	Processes salad ingredients.	CWC-160	Salads
K-29.03	Finishes salad ingredients.	CWC-160	Salads

NSOS Sub-Task		Unit of Training	
Task K-30 Prepares condiments, preserves and dressings.			
K-30.01	Selects ingredients for condiments, preserves and dressings.	ICO-310	Condiments, Preserves and Dressings
K-30.02	Processes ingredients for condiments, preserves and dressings.	ICO-310	Condiments, Preserves and Dressings
Task L-31 Prepares snacks and other finger foods.			
L-31.01	Selects ingredients for snacks and other finger foods.	ICO-270	Snacks and Finger Foods
L-31.02	Processes ingredients for snacks and other finger foods.	ICO-270	Snacks and Finger Foods
L-31.03	Assembles snacks and other finger foods.	ICO-270	Snacks and Finger Foods
L-31.04	Cooks snacks and other finger foods.	ICO-270	Snacks and Finger Foods
L-31.05	Finishes snacks and other finger foods.	ICO-270	Snacks and Finger Foods
Task L-32 Prepares deli meat and cured products.			
L-32.01	Selects deli meat and cured products.	ICO-265	Deli Meats and Cured Products
L-32.02	Processes deli meat and cured products.	ICO-265	Deli Meats and Cured Products
L-32.03	Cooks deli meat and cured products.	ICO-265	Deli Meats and Cured Products
L-32.04	Finishes deli meat.	ICO-265	Deli Meats and Cured Products
Task M-33 Prepares dough-based products.			
M-33.01	Selects ingredients for dough.	CWC-175	Introduction to Baking
		CWC-180	Bread Products
		CWC-185	Egg and Breakfast Cookery
		ICO-245	Cookies
M-33.02	Processes ingredients for dough.	CWC-180	Bread Products
		CWC-185	Egg and Breakfast Cookery
		ICO-245	Cookies
M-33.03	Cooks dough-based products.	CWC-180	Bread Products
		CWC-185	Egg and Breakfast Cookery
		ICO-245	Cookies
M-33.04	Finishes dough-based products.	CWC-180	Bread Products

NSOS Sub-Task		Unit of Training	
		ICO-245	Cookies
Task M-34 Prepares batter-based products.			
M-34.01	Selects ingredients for batters.	CWC-175	Introduction to Baking
		CWC-185	Egg and Breakfast Cookery
		ICO-260	Cakes and Icings I
		ICO-275	Cakes and Icings II
M-34.02	Processes ingredients for batters.	CWC-185	Egg and Breakfast Cookery
		ICO-260	Cakes and Icings I
		ICO-275	Cakes and Icings II
M-34.03	Cooks batter-based products.	CWC-185	Egg and Breakfast Cookery
		ICO-260	Cakes and Icings I
		ICO-275	Cakes and Icings II
M-34.04	Finishes batter-based products.	CWC-185	Egg and Breakfast Cookery
		ICO-260	Cakes and Icings I
		ICO-275	Cakes and Icings II
Task M-35 Prepares creams, mousses, frozen desserts, fillings, icings and toppings.			
M-35.01	Selects ingredients for creams, mousses, frozen desserts, fillings, icings and toppings.	ICO-275	Creams, Mousses and Dessert Components
		ICO-260	Cakes and Icings I
		ICO-275	Cakes and Icings II
		ICO-285	Frozen Desserts
M-35.02	Processes ingredients for creams, mousses, frozen desserts, fillings, icings and toppings.	ICO-280	Creams, Mousses and Dessert Components
		ICO-260	Cakes and Icings I
		ICO-275	Cakes and Icings II
		ICO-285	Frozen Desserts
M-35.03	Finishes ingredients for creams, mousses, frozen desserts, fillings, icings and toppings.	ICO-280	Creams, Mousses and Dessert Components
		ICO-285	Frozen Desserts
Task M-36 Assembles cakes.			
M-36.01	Selects cake components for assembly.	ICO-260	Cakes and Icings I
		ICO-275	Cakes and Icings II
M-36.02	Finishes cakes.	ICO-260	Cakes and Icings I
		ICO-275	Cakes and Icings II

NSOS Sub-Task		Unit of Training	
Task M-37 Prepares savoury and sweet pastries and pies.			
M-37.01	Selects ingredients for savoury and sweet pastries and pies.	ICO-250	Savoury and Sweet Pastries and Pies
M-37.02	Assembles savoury and sweet pastries and pies.	ICO-250	Savoury and Sweet Pastries and Pies
M-37.03	Cooks savoury and sweet pastries and pies.	ICO-250	Savoury and Sweet Pastries and Pies
M-37.04	Finishes savoury and sweet pastries and pies.	ICO-250	Savoury and Sweet Pastries and Pies

Level 1

[Common Level 1 training for Institutional Cook and Cook]

Unit Code	Title	Hours	Page
CWC-100	Introduction to the Food Service	3	23
MENT-700	Mentoring I	6	25
CWC-105	Personal Hygiene, Kitchen Sanitation and Food Safety	9	27
CWC-110	Health and Safety	3	31
CWC-115	Tools and Equipment	3	33
CWC-120	Weights and Measures	3	36
CWC-125	Cooking Principles	3	38
CWC-130	Receiving and Storage	3	41
CWC-135	Vegetables and Fungi	12	43
CWC-140	Potatoes	12	47
CWC-145	Pulses, Grains, Seeds and Nuts	12	49
CWC-150	Dry Pasta and Noodles	3	52
CWC-155	Fruits	6	54
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CWC-100

Introduction to Food Service

Learning Outcomes:

- Demonstrate knowledge of planning, organizing and maintaining kitchen workspace.
- Demonstrate knowledge of safe work practices.
- Demonstrate knowledge of regulatory requirements pertaining to health and safety.
- Demonstrate knowledge of documents and forms, their applications and procedures for use.

2023 Nova Scotia Occupational Standard Reference:

- 4.01 Organizes kitchen workplace.
- 5.02 Uses documentation.
- 7.04 Uses convenience foods.

Suggested Hours:

3 Hours

Theoretical Objectives:

1. Define terminology associated with food preparation and food service procedures.
2. Identify types of documents and forms and describe their applications.
 - i) documents
 - shellfish tags
 - logs (temperature, waste, sanitizer strength)
 - recipe files
 - job hazard analysis
 - prep list
 - banquet orders
 - OH&S
 - cleaning list
 - ii) forms
 - food safety
 - inventory forms
 - work schedules
 - jurisdictional accident information
 - performance evaluations
3. Describe methods for completing documents and forms.
 - i) written
 - ii) electronic

4. Describe the procedures used to locate, process, file, interpret and complete documents and forms.
5. Describe the importance of locating safety data sheets (SDS) documentation and jurisdictional regulations.
6. Describe the procedures used to organize and maintain kitchen workspace and mise en place.

Practical Objectives:

N/A

MENT-700 Mentoring I

Learning Outcomes:

- Demonstrate knowledge of effective communication practices as a learner.
- Demonstrate knowledge of strategies for learning skills in the workplace.

2023 Nova Scotia Occupational Standard Reference:

9.01 Uses communication techniques.

9.02 Uses mentoring techniques.

Suggested Hours:

6 hours

Theoretical Objectives:

1. Describe the importance of one's own individual experiences.
2. Identify behaviours that demonstrate positive learning experiences.
3. Identify the benefits of workplace mentoring for the apprentice, mentor and employer.
4. Identify the partners involved in apprenticeship training.
5. Describe the shared responsibilities for workplace learning in apprenticeship.
6. Identify different learning needs and strategies to address challenges or barriers in the workplace.
 - i) learning disabilities
 - ii) language
 - iii) underrepresentation
7. Identify the components that create a positive and inclusive workplace culture.
 - i) workplace characteristics
 - ii) individual behaviours
8. Identify various learning styles and determine one's own learning preferences.
9. Explain how learning preferences impact learning new skills.
10. Identify different learning strategies to meet individual learning needs.

11. Describe the importance of adapting to a variety of teaching and learning methods in the workplace.
12. Identify techniques for effective communication as a learner.
 - i) verbal and non-verbal
 - ii) active listening
13. Identify and describe personal responsibilities and attitudes that contribute to on-the-job success.
 - i) self advocating
 - ii) asking questions
 - iii) accepting constructive feedback
 - iv) working safely
 - v) employing time management techniques and being punctual

Practical Objectives:

N/A

CWC-105

Personal Hygiene, Kitchen Sanitation and Food Safety

Learning Outcomes:

- Demonstrate knowledge of personal hygiene and kitchen sanitation practices and procedures.
- Demonstrate knowledge of food handling and storage practices and procedures.
- Demonstrate knowledge of cross-contamination principles and prevention.
- Demonstrate knowledge of regulatory requirements pertaining to personal hygiene and kitchen sanitation.
- Demonstrate knowledge of procedures to clean and sanitize tools and equipment.
- Demonstrate knowledge of procedures to maintain safe condition and temperature of raw and finished product.
- Demonstrate knowledge of methods to cool food rapidly.

2023 Nova Scotia Occupational Standard Reference:

- 1.03 Maintains personal hygiene.
- 2.04 Prevents cross-contamination.
- 2.05 Cleans tools and equipment.
- 2.06 Sanitizes tools and equipment.

Suggested Hours:

9 Hours

Theoretical Objectives:

1. Define terminology associated with personal hygiene and kitchen sanitization.
2. Describe hygienic practices.
 - i) frequent hand washing
 - ii) wearing clean uniforms
 - iii) wearing hair and beard nets
 - iv) using single-use towels
 - v) using deodorant
 - vi) using hair restraints
 - vii) oral health
 - viii) frequent bathing
3. Describe the procedures used to ensure personal hygiene and clean apparel.
4. Describe the procedures used for hand washing.

5. Interpret food health regulations and guidelines associated with the practice of personal hygiene.
6. Interpret jurisdictional regulations and company guidelines associated with wearing personal items.
 - i) fragrances
 - ii) jewelry
 - iii) nail polish
 - iv) accessories
7. Identify potential food contamination risks.
 - i) unsanitary work surfaces
 - ii) improper storage
 - iii) chemical
 - iv) cross use of utensils and equipment
 - v) clothes
 - vi) cell phones
 - vii) soiled towels
 - viii) gloves
 - ix) biological
 - x) physical
8. Identify types of food contaminations, their causes and prevention.
9. Identify sanitizing products and concentrations used to prevent cross contamination.
10. Identify communicable illnesses.
11. Describe principles and practices of personal hygiene and food safety relating to cross-contamination.
12. Describe storage techniques.
 - i) raw food on bottom and cooked food on top
 - ii) elevate minimum distance above floor
 - iii) separate meat items accordingly
 - iv) cover
13. Identify types of dietary requirements and potential impacts of cross-contamination.
 - i) cultural
 - ii) allergies
 - iii) ethical
 - iv) religious

- v) health-related
 - vi) environmental
 - vii) preferences
14. Interpret jurisdictional regulations and requirements pertaining to personal hygiene and kitchen sanitation.
- i) safe food handling and storage techniques
 - ii) cleaning tools and equipment
 - iii) sanitization of tools and equipment
15. Identify cleaning tools and equipment and describe their applications and procedures.
- i) dishwasher
 - ii) thermometer
 - iii) scouring pads, brushes, cloths
 - iv) sinks
 - v) buckets
16. Identify cleaning products and describe their applications and procedures for use.
17. Identify sanitizing products and describe their applications and procedures for use.
18. Describe the procedures used to disassemble and assemble kitchen tools and equipment and their accessories for cleaning and sanitizing purposes.
19. Describe cleaning and sanitation procedures.
- i) use of chemicals
 - ii) three sink method
 - iii) proper heat and drying techniques
20. Identify sanitizing tools and equipment and describe their applications and procedures for use.
- i) dishwasher
 - ii) thermometer
 - iii) spray bottles
 - iv) sinks
 - v) buckets
 - vi) cloths
21. Describe cooking process for products.

22. Describe methods for cooking foods to required temperature in a required time frame while maintaining quality and safety of product.
23. Identify temperatures required for cold holding of food.
24. Describe danger zone temperatures.
25. Describe methods of re-heating foods to required temperature in a required time frame while maintaining quality and safety of products.
26. Identify methods used to take temperatures of food products and describe their associated procedures.
27. Identify required internal temperature of cooked and raw foods.
28. Identify time and temperature required for holding hot and cold foods.
29. Identify time limits for cooling of cooked foods.
30. Identify danger zone temperatures and times.
31. Identify health concerns of improper food handling, storage and preparation.
32. Identify potentially hazardous foods.
33. Describe time and temperature controls concerning danger zone.

Practical Objectives:

N/A

CWC-110

Health and Safety

Learning Outcomes:

- Demonstrate knowledge of industry standards and safe work practices.
- Demonstrate knowledge of regulatory requirements pertaining to health and safety, PPE and safety equipment.
- Demonstrate knowledge of PPE and safety equipment, their applications, maintenance and procedures for use.

2023 Nova Scotia Occupational Standard Reference:

- 1.01 Maintains safe work environment.
- 1.02 Uses personal protective equipment (PPE) and safety equipment.

Suggested Hours:

3 Hours

Theoretical Objectives:

1. Define terminology associated with health and safety.
2. Identify potential hazards and describe safe work practices pertaining to health and safety in the kitchen.
 - i) water
 - ii) debris
 - iii) exposed electrical wires
 - iv) uneven floors
 - v) unidentified liquids and chemicals
 - vi) fire
 - vii) environmental
 - viii) damaged furniture
 - ix) fixtures and equipment
 - x) poor lighting
 - xi) inadequate ventilation
 - xii) safe work practices
 - xiii) proper lifting and transferring procedures
 - xiv) safe posture and movements
 - sitting
 - standing
 - bending

3. Identify risks associated with physical and mental impairment on the job.
4. Interpret jurisdictional regulations pertaining to health and safety.
 - i) WHIMIS
 - ii) HACCP
 - iii) OH&S
 - iv) Provincial Public Health Regulations
5. Identify types of personal protective equipment (PPE) and safety equipment and describe their applications and procedures for use.
 - i) PPE
 - goggles
 - respirators
 - protective gloves (rubber/latex, cut-resistant, heat-resistant)
 - rubber aprons
 - non-slip protective footwear
 - ii) safety equipment
 - fire extinguishers
 - fire blankets
 - eye-wash stations
 - WHIMIS stations
 - first aid kits
 - Automatic External Defibrillator (AED)
6. Describe procedures used to maintain PPE and safety equipment.

Practical Objectives:

N/A

CWC-115 Tools and Equipment

Learning Outcomes:

- Demonstrate knowledge of knives, their applications and procedures for use.
- Demonstrate knowledge of pots, pans and utensils, their applications and procedures for use.
- Demonstrate knowledge of equipment and appliances, their applications and procedures for use.
- Demonstrate knowledge of procedures to maintain and store equipment and appliances.

2023 Nova Scotia Occupational Standard Reference:

- 3.01 Uses knives.
- 3.02 Uses pots, pans, and utensils.
- 3.03 Uses equipment and appliances.

Suggested Hours:

3 Hours

Theoretical Objectives:

1. Identify hazards and describe safe work practices pertaining to use of tools and equipment.
 - i) knives
 - ii) pots, pans and utensils
 - iii) equipment and appliances
2. Identify types of knives and describe their characteristics and applications.
 - i) French
 - ii) paring
 - iii) cleaver
 - iv) boning
 - v) filleting
 - vi) carving
3. Describe materials used in knives.
 - i) stainless steel
 - ii) carbon steel
 - iii) ceramic
 - iv) wood
 - v) polypropylene
4. Identify types of cutting surfaces used to prevent damage to knives and ensure safety.

- i) wood
 - ii) plastic
 - iii) colour-coded surfaces
5. Describe procedures to inspect, wash and store knives.
6. Identify types of sharpening tools and describe their applications and procedures for use.
- i) whetstone
 - ii) steel
 - iii) pull sharpener
 - iv) electric sharpener
7. Describe knife handling techniques.
8. Identify types of pots and pans and describe their characteristics, applications and procedures for use.
9. Describe materials used in pots and pans.
10. Identify types of utensils, their characteristics, applications and procedures for use.
11. Identify material appropriate utensils.
- i) hard wood
 - ii) high heat resistant silicone
 - iii) stainless steel
 - iv) non-stick coated
 - v) bamboo
12. Describe correct placement of pots and pans on stove top or in oven.
13. Describe the procedures used to wash, sanitize and dry pots, pans and utensils.
14. Describe treatment methods for pots, pans and utensils.
15. Identify types of equipment and appliances and describe their accessories, applications and procedures for use.
- i) stoves
 - ii) ovens
 - iii) deep fryers
 - iv) meat grinders
 - v) slicers

- vi) mixers
- vii) vacuum packaging machines
- viii) thermometers
- ix) scales
- x) food processors
- xi) refrigeration equipment

16. Describe the procedures used to inspect and store equipment and appliances.
17. Describe the procedures used to clean, sanitize and maintain equipment and appliances.
- i) oiling
 - ii) calibrating
 - iii) lubricating
 - iv) cleaning

Practical Objectives:

1. Use and maintain various hand tools.

CWC-120

Weights and Measures

Learning Outcomes:

- Demonstrate knowledge of systems of measurement and their conversions.
- Demonstrate knowledge of procedures to follow recipes.
- Demonstrate knowledge of performing portion control and its associated applications.

2023 Nova Scotia Occupational Standard Reference:

7.01 Uses recipes.

7.02 Performs portion control.

Suggested Hours:

3 Hours

Theoretical Objectives:

1. Define terminology associated with systems of measurement.
2. Identify systems of measurement and their abbreviations.
3. Identify tools and equipment used to weigh and measure and describe their procedures for use.
 - i) weight
 - ii) volume
 - iii) liquid measurements
 - iv) dry measurements
4. Describe methods used to convert between metric, imperial and American standards.
5. Describe method used to convert between volume and weights.
6. Describe the procedures used to follow recipes.
7. Describe the procedures used to adjust recipe yields and perform conversions.
8. Identify foods that require portioning.

9. Identify types of portion control utensils and describe their applications and procedures for use.
 - i) measuring cups
 - ii) portion bags
 - iii) scales
 - iv) ladles
 - v) portion cake cutters

Practical Objectives:

1. Convert volume measures between metric, imperial and American standard.

CWC-125

Cooking Principles

Learning Outcomes:

- Demonstrate knowledge of methods to re-thermalize food.
- Demonstrate knowledge of finishing and presenting finished products.
- Demonstrate knowledge of packaging finished products.
- Demonstrate knowledge of herbs and spices, their characteristics, applications and procedures for use.
- Demonstrate knowledge of procedures to clean and process herbs and spices.

2023 Nova Scotia Occupational Standard Reference:

- 2.01 Maintains safe condition and temperature of raw finished product.
- 2.02 Cools food rapidly.
- 2.03 Re-thermalizes foods.
- 7.03 Presents finished product.
- 10.01 Selects herbs and spices.
- 10.02 Cleans herbs.
- 10.03 Processes herbs and spices.

Suggested Hours:

3 Hours

Theoretical Objectives:

1. Identify types of tools and equipment used to re-heat foods.
2. Describe impact of quantity on re-thermalizing process.
3. Identify types of service wares and methods used to calculate quantity required.
 - i) plates
 - ii) platters
 - iii) take-out containers
 - iv) hotel pans
 - v) bowls
 - vi) ceramic
 - vii) plastic
 - viii) steel
 - ix) mirrors
 - x) paper

- xi) bamboo
 - xii) porcelains
 - xiii) slate
 - xiv) hard woods
4. Describe the importance of colour, focal point and flow.
 5. Describe guidelines for finishing and presentation.
 6. Explain time required for finishing and presentation.
 7. Explain importance of service ware temperature and cleanliness for finishing and presentation.
 8. Describe required food temperature and holding times.
 9. Identify types of presentation styles.
 - i) center
 - ii) stacking
 - iii) flat
 10. Describe time considerations of foods when finishing and presenting products.
 11. Describe the procedures used to plate and present finished products.
 12. Identify types of packaging.
 13. Identify herbs and spices used to enhance flavors of foods and describe their characteristics, applications and procedures for use.
 - i) herbs (fresh and dried)
 - rosemary
 - mint
 - thyme
 - basil
 - ii) spices (whole and ground)
 - peppercorn
 - nutmeg
 14. Describe indicators of freshness and quality when selecting herbs and spices.
 - i) hydration
 - ii) colour
 - iii) texture

15. Describe methods to clean herbs.
 - i) soaking
 - ii) rinsing
 - iii) shaking
 - iv) drying

16. Identify types of tools and equipment used to process herbs and spices.
 - i) mortar and pestle
 - ii) grinders
 - iii) knives
 - iv) graters

17. Explain the importance of maintaining herb quality and freshness-during cleaning.

18. Explain secondary storage procedures.

19. Describe finishing techniques when processing herbs and spices.

20. Identify time required in preparing and processing herbs and spices for use in a variety of dishes.

21. Identify ratios between dry and fresh herbs and spices.

22. Identify methods used to cook foods and describe their associated procedures.
 - i) dry
 - ii) moist
 - iii) combination

Practical Objectives:

N/A

CWC-130

Receiving and Storage

Learning Outcomes:

- Demonstrate knowledge of procedures to receive and inspect products.
- Demonstrate knowledge of procedures to store products.
- Demonstrate knowledge of jurisdictional regulations pertaining to safe food storage practices.
- Demonstrate knowledge of FIFO method of inventory control.

2023 Nova Scotia Occupational Standard Reference:

- 6.02 Receives products.
- 6.03 Stores products.
- 6.04 Maintains inventory. (Introduction)

Suggested Hours:

3 Hours

Theoretical Objectives:

1. Define terminology associated with receipt, inspection and storage of products.
2. Describe product specification factors.
 - i) market forms
 - ii) shelf life
 - iii) case size
 - iv) product type
 - v) colour
3. Identify types of forms and reports relating to receiving and inspecting products.
 - i) requisitions
 - ii) inventory forms
 - iii) credit notes/refusals
 - iv) product tracking slips
 - v) invoices
4. Identify types of receiving equipment used to move products.
 - i) hand carts
 - ii) conveyors
 - iii) scales
 - iv) lifts

5. Describe the procedures used to receive and inspect products.
6. Describe the procedures used to interpret and complete forms and reports.
7. Describe the procedures used to confirm information contained on invoices.
8. Describe the procedures used for damaged and returned products.
 - i) highlight products missing on invoice
 - ii) scheduling overage returns
 - iii) rescheduling delivery
 - iv) communicating with courier
 - v) supplier and kitchen staff
9. Identify types of storage areas and describe their applications.
 - i) refrigerators
 - ii) freezers
 - iii) dry storage
 - iv) chemical storage
10. Explain potential for cross-contamination between raw, cooked and ready-to-serve food.
11. Describe the procedures used to label, date and rotate stock (FIFO).
12. Describe storage techniques for raw, cooked and ready-to-serve food products.
13. Identify dietary considerations as they relate to receiving and storing food products.
 - i) cross-contamination
 - ii) labelling of ingredients
14. Describe waste management procedures.
 - i) recycling
 - ii) composting
 - iii) discarding
 - iv) reduce
 - v) re-use

Practical Objectives:

N/A

CWC-135

Vegetables and Fungi

Learning Outcomes:

- Demonstrate knowledge of vegetables and fungi, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare vegetables and fungi.
- Demonstrate knowledge of procedures to cook, and finish vegetables and fungi.

2023 Nova Scotia Occupational Standard Reference:

- 11.01 Selects vegetables.
- 11.02 Cleans vegetables.
- 11.03 Processes vegetables.
- 11.04 Cooks vegetables.
- 11.05 Finishes vegetables.

Suggested Hours:

12 Hours

Theoretical Objectives:

1. Define terminology associated with vegetables and fungi.
2. Identify types of vegetables and describe their characteristics and applications.
3. Identify vegetable classifications and describe their characteristics and applications.
4. Identify types of fungi and describe their characteristics and applications.
5. Describe indicators of freshness and quality.
 - i) firmness
 - ii) colour
 - iii) texture
 - iv) aroma
6. Identify factors that affect flavour, colour, texture and nutrients of vegetables.
 - i) cooking process
 - ii) acids/alkalis
 - iii) water amounts
 - iv) cut
 - v) size

7. Identify factors to consider when selecting vegetables and fungi.
 - i) local availability
 - ii) seasonal availability
 - iii) freshness
 - iv) storage life
 - v) applications
 - vi) processed
 - vii) sustainability
 - viii) ripeness

8. Identify market forms (pre-prepared and packaged) of vegetables and fungi and describe their characteristics and applications.
 - i) peeled
 - ii) dehydrated
 - iii) whole
 - iv) cut
 - v) bulk
 - vi) frozen
 - vii) individual quick frozen (IQF)
 - viii) canned

9. Identify dietary requirements specific to vegetables and fungi.

10. Identify types of cleaning tools used to clean vegetables and fungi.
 - i) gloves
 - ii) salad spinner
 - iii) knives
 - iv) brushes

11. Describe cleaning procedures used for vegetables.
 - i) washing
 - ii) paring
 - iii) brushing
 - iv) rinsing
 - v) soaking

12. Describe the procedures used to maintain quality of vegetables during cleaning and processing.

13. Describe procedures used for secondary storage to preserve quality of vegetables.

14. Identify tools and equipment used to process vegetables.
 - i) knives
 - ii) crinkle cutters
 - iii) mandolins
 - iv) food processors
 - v) slicer
 - vi) juicer
 - vii) blender
 - viii) vegetable carving tools

15. Identify types of cuts and describe their characteristics, applications and associated procedures.
 - i) julienne
 - ii) bâton
 - iii) brunoise

16. Identify methods used to modify textures of vegetables.
 - i) cutting
 - ii) acidulating
 - iii) juicing
 - iv) puréeing
 - v) shaping
 - vi) shaving
 - vii) grating
 - viii) slicing
 - ix) drying

17. Describe techniques used to carve vegetables.

18. Describe methods used to process vegetables and fungi and minimize waste.

19. Describe uses and applications for trim.

20. Identify cooking methods for vegetables and describe their associated procedures.

21. Identify cooking requirements when cooking vegetables.

22. Identify degree of doneness for vegetables.

23. Describe techniques or ingredients used to maintain pigmentation and textures of vegetables when cooking.

24. Describe techniques used to maintain nutritional integrity of vegetable varieties.
25. Describe techniques used to preserve nutritional value of vegetables while cooking.
26. Describe finishing and presentation techniques.
27. Describe holding techniques for cooked vegetables.
 - i) glazing
 - ii) saucing
 - iii) gratin
 - iv) sautéing
 - v) garnishing
 - vi) seasoning

Practical Objectives:

1. Select various vegetables.
2. Prepare and cook various classical vegetable cuts.

CWC-140 Potatoes

Learning Outcomes:

- Demonstrate knowledge of potatoes, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare potatoes and potato dishes.
- Demonstrate knowledge of procedures to cook and finish potatoes and potato dishes.

2023 Nova Scotia Occupational Standard Reference:

- 11.01 Selects vegetables.
- 11.02 Cleans vegetables.
- 11.03 Processes vegetables.
- 11.04 Cooks vegetables.
- 11.05 Finishes vegetables.

Suggested Hours:

12 Hours

Theoretical Objectives:

1. Define terminology associated with potatoes.
2. Identify classifications and types of potatoes and describe their characteristics and applications.
3. Identify market forms (pre-prepared and packaged) of potatoes.
4. Identify factors to consider when selecting potatoes.
 - i) local availability
 - ii) seasonal availability
 - iii) freshness
 - iv) storage life
 - v) grading quality and marketing standards
 - vi) applications
 - vii) processed
 - viii) sustainability
5. Identify dietary requirements specific to potatoes.
6. Identify classical cuts and shapes and describe their characteristics, applications and associated procedures.
 - i) château and similar shapes

- ii) parisienne
- iii) gaufrette, pont neuf

7. Identify potato dishes and describe their characteristics.
8. Describe the procedures used to prepare potatoes.
9. Describe the procedures used to prepare potato dishes.
10. Describe finishing and presentation techniques.
11. Describe the procedures used to handle, hold and store potatoes and potato dishes.

Practical Objectives:

1. Prepare potatoes using various methods.

CWC-145 Pulses, Grains, Seeds and Nuts

Learning Outcomes:

- Demonstrate knowledge of pulses, grains, seeds and nuts, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare grains, pulses and related dishes.
- Demonstrate knowledge of procedures to cook and finish grains, pulses and related dishes.
- Demonstrate knowledge of procedures to prepare seeds, nuts and related dishes.
- Demonstrate knowledge of procedures to cook and finish seeds, nuts and related.

2023 Nova Scotia Occupational Standard Reference:

- 21.01 Selects grains and pulses.
- 21.02 Processes grains and pulses.
- 21.03 Cooks grains and pulses.
- 22.01 Selects seeds and nuts.
- 22.02 Processes seeds and nuts.
- 22.03 Cooks seeds and nuts.

Suggested Hours:

12 Hours

Theoretical Objectives:

1. Define terminology associated with grains, pulses, seeds and nuts.
2. Identify types of grains, pulses, seeds and nuts and describe their characteristics and applications.
 - i) grains
 - rice (short and long)
 - wild rice
 - barley
 - bulger
 - oats
 - ii) pulses
 - lentils
 - beans
 - peas
 - iii) seeds
 - pumpkin
 - sunflower
 - flax

- quinoa
 - sesame
- iv) nuts
- tree nuts (almonds, pine, walnuts)
 - groundnuts (peanuts)
3. Identify dietary requirements specific to grains, pulses, seeds and nuts.
 4. Identify soaking and washing requirements for grains and pulses.
 5. Identify ratio of water to product to soaking.
 6. Describe procedures used to clean grains, pulses, seeds and nuts.
 7. Describe procedures used to wash grains and pulses.
 8. Describe procedures used and length of time required to soak grains, pulses, nuts and seeds.
 9. Describe procedures used to prepare grains and pulses and related dishes.
 - i) tabbouleh
 - ii) red beans and rice
 - iii) pilaf
 - iv) porridge
 - v) dahl
 - vi) congee
 10. Describe methods to determine yields of grains and pulses.
 11. Describe finishing and presentation techniques for grains and pulses.
 12. Describe procedures to cool or hold grains and pulses and related dishes.
 13. Identify differences between shelled and unshelled seeds and nuts and describe their characteristics, yield and applications.
 14. Describe procedures used to select and handle, hold and store seeds and nuts.
 15. Identify procedures used to clean seeds and nuts.
 16. Describe methods used to process seeds and nuts.
 - i) soaking
 - ii) straining
 - iii) grinding

- iv) roasting
 - v) blanching
 - vi) chopping
 - vii) shelling
17. Describe procedures used to handle, hold and store pulses, grains, seeds and nuts.
18. Describe cooking methods used to prepare seed, nuts and related dishes.
- i) boiling
 - ii) steaming
 - iii) roasting
 - iv) baking
 - v) frying
 - vi) simmering
 - vii) pilaf
19. Describe finishing and presentation techniques for seeds and nuts.
20. Describe procedures used to handle, hold and store cooked seeds, nuts and related dishes.

Practical Objectives:

1. Prepare pulses, grains, seeds and nuts using various methods.

CWC-150

Dry Pasta and Noodles

Learning Outcomes:

- Demonstrate knowledge of dry pastas and noodles, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare dry pastas, noodles and related dishes.
- Demonstrate knowledge of procedures to cook and finish dry pastas, noodles and related dishes.

2023 Nova Scotia Occupational Standard Reference:

19.01 Selects pasta and noodle ingredients.

19.03 Cooks pastas and noodles.

19.04 Finishes pastas and noodles.

Suggested Hours:

3 Hours

Theoretical Objectives:

1. Define terminology associated with dry pastas and noodles.
2. Identify types of dry pastas and noodles and describe their characteristics and applications.
 - i) pastas
 - dried
 - frozen
 - market forms (prepared and packaged)
 - ii) noodles
 - dried
 - frozen
 - market forms (prepared and packaged)
3. Identify dietary requirements specific to dry pastas and noodles.
4. Identify dough types and describe their characteristics and applications.
 - i) rice based
 - ii) corn based
 - iii) buckwheat
 - iv) wheat flour
 - v) egg based
5. Describe the procedures used to process and use fillings and components for assembly.

6. Describe methods to determine yield and doneness of pastas and noodles.
7. Describe the procedures used to handle, hold and store prepared pastas and noodles.
8. Identify cooking temperatures and times.
9. Identify ratio of liquid to pastas or noodles.
10. Describe the procedures used to cook pastas, noodles and related dishes.
11. Identify reheating methods.
 - i) sautéing
 - ii) baking
 - iii) frying
 - iv) steaming
12. Identify sauces, dressings, liquids, components and garnishes.
13. Describe the procedures used to apply sauces, dressings, liquids and components.
14. Describe finishing and presentation techniques.
15. Describe the procedures used to handle, hold and store cooked pastas, noodles and related dishes.

Practical Objectives:

N/A

CWC-155 Fruits

Learning Outcomes:

- Demonstrate knowledge of fruits, their characteristics and applications.
- Demonstrate knowledge of procedures used to prepare fruit.
- Demonstrate knowledge of procedures used to cook and finish fruit.

2023 Nova Scotia Occupational Standard Reference:

- 12.01 Selects fruit.
- 12.02 Cleans fruit.
- 12.03 Processes fruit.
- 12.04 Cook fruit.
- 12.05 Finishes fruit.

Suggested Hours:

6 Hours

Theoretical Objectives:

1. Define terminology associated with fruits.
2. Identify types of fruit and describe their characteristics and applications.
3. Identify fruit classifications and describe their characteristics and applications.
 - i) tree
 - ii) citrus
 - iii) stone
 - iv) vine
 - v) tropical
 - vi) berry
4. Describe fruit properties.
 - i) acid and sugar content
 - ii) size
 - iii) colour
 - iv) grade
5. Describe indicators of freshness and quality.
 - i) firmness

- ii) colour
 - iii) texture
6. Identify factors to consider when selecting fruits.
- i) local availability
 - ii) seasonal availability
 - iii) freshness
 - iv) storage life
 - v) applications
 - vi) processed
 - vii) sustainability
 - viii) ripeness
7. Identify market forms of fruits and describe their characteristics and applications.
- i) peeled
 - ii) dehydrated
 - iii) whole
 - iv) cut
 - v) bulk
 - vi) frozen
 - vii) individually quick frozen (IQF)
 - viii) canned
8. Identify dietary requirements specific to fruits.
- i) cultural
 - ii) allergies
 - iii) ethical
 - iv) religious
 - v) health-related
 - vi) environmental
9. Identify types of cleaning tools used to clean fruits.
- i) gloves
 - ii) knives
 - iii) brushes
10. Identify cleaning procedures used to clean fruits.
- i) washing
 - ii) paring
 - iii) brushing
 - iv) rinsing

11. Describe cleaning procedures used to clean fruits.
12. Describe the procedures used to maintain quality of fruit during cleaning.
13. Describe the procedures used for secondary storage to preserve quality of fruit.
14. Identify tools and equipment used to process fruits.
 - i) knives
 - ii) mandolins
 - iii) shape cutters
 - iv) juicer
 - v) melon baller
 - vi) spoon
 - vii) food processor
 - viii) fruit carving tools
 - ix) blender
15. Identify types of cuts and describe their characteristics, applications and associated procedures.
 - i) julienne
 - ii) bâton
 - iii) brunoise
 - iv) dice
 - v) supreme
16. Identify methods used to modify textures of fruits.
 - i) cutting
 - ii) acidulating
 - iii) juicing
 - iv) puréeing
 - v) shaping
 - vi) shaving
 - vii) grating
 - viii) slicing
17. Describe techniques used to carve fruits.
18. Describe the procedures used to maintain quality of fruit during processing.
19. Describe processing methods used for fruits and to minimize waste.

20. Describe uses and applications for trim.
21. Identify cooking methods for fruits and describe their associated procedures.
22. Identify cooking requirements when cooking fruits.
23. Identify degree of doneness for fruits.
24. Describe techniques or ingredients used to maintain pigmentation and textures of fruits.
25. Describe procedures used to prepare fruits.
26. Describe techniques used to maintain nutritional integrity of fruit varieties.
27. Describe finishing and presentation techniques.
 - i) glazing
 - ii) saucing
 - iii) sautéing
 - iv) garnishing
 - v) seasoning
 - vi) caramelizing
 - vii) grilling
28. Describe holding techniques for cooked fruits.

Practical Objectives:

N/A

Learning Outcomes:

- Demonstrate knowledge of salads and salad dressings, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare salads and salad dressings.
- Demonstrate knowledge of procedures to finish salads.

2023 Nova Scotia Occupational Standard Reference:

29.01 Selects salad ingredients.

29.02 Processes salad ingredients.

29.03 Finishes salads.

Suggested Hours:

9 Hours

Theoretical Objectives:

1. Define terminology associated with salads and salad dressings.
2. Identify types of warm and cold salads and describe their characteristics and applications.
 - i) bowls
 - ii) compound
 - iii) potato
 - iv) Caesar
 - v) bean
 - vi) garden
 - vii) coleslaw
 - viii) chicken
3. Identify factors to consider when selecting ingredients for salads.
 - i) vegetables
 - ii) fruit
 - iii) proteins
 - iv) starches
 - v) grains
 - vi) dressings
 - vii) cheese
 - viii) pulses
 - ix) seeds

4. Identify dietary requirements specific to salad ingredients.
5. Describe the procedures used to select salad ingredients.
 - i) vegetables
 - ii) fruits
 - iii) proteins
 - iv) accompaniments
 - v) starches
 - vi) grains
 - vii) dressings
 - viii) cheese
 - ix) pulses
 - x) seeds
6. Identify factors to consider when processing ingredients for salads.
 - i) integrity
 - ii) texture
 - iii) viscosity
 - iv) shelf life
 - v) size
7. Describe methods used to prepare salad ingredients.
 - i) cleaning
 - ii) soaking
 - iii) cooking
 - iv) drying
 - v) cutting
 - vi) straining
 - vii) marinating
8. Describe the procedures used to select salad dressings for desired results.
9. Describe the procedures used to assemble salads.
10. Identify factors to consider when finishing salads.
11. Identify garnishes and accompaniments for finished salads.
 - i) grated cheese
 - ii) seeds
 - iii) nuts

- iv) croutons
- v) fruit

12. Describe finishing and presentation techniques.

- i) tossing
- ii) dressing
- iii) packaging
- iv) garnishing
- v) topping
- vi) presentation

13. Describe the procedures used to handle, hold and store salads and salad dressings.

Practical Objectives:

- 1. Prepare a variety of salad dressings.
 - i) emulsified
 - ii) non-emulsified

CWC-165 Sandwiches

Learning Outcomes:

- Demonstrate knowledge of sandwiches, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare sandwiches.
- Demonstrate knowledge of procedures to cook and finish sandwiches.

2023 Nova Scotia Occupational Standard Reference:

- 28.01 Selects sandwich ingredients.
- 28.02 Processes sandwich ingredients.
- 28.03 Assembles sandwiches.
- 28.04 Cooks sandwiches.

Suggested Hours:

9 Hours

Theoretical Objectives:

1. Define terminology associated with sandwiches.
2. Identify types of sandwiches and describe their characteristics.
 - i) hamburgers
 - ii) hot dogs
 - iii) paninis
 - iv) shawarma
 - v) wraps
 - vi) picnic
 - vii) finger
 - viii) pizza
 - ix) deli
3. Identify factors to consider when selecting and processing sandwich ingredients.
 - i) types of fillings and toppings
 - ii) types of bread or alternatives (lettuce wrap)
 - iii) cooking method
 - iv) assembly sequence
 - v) service application
4. Identify dietary requirements specific to sandwich ingredients.

5. Identify and describe ingredients of sandwiches.
6. Describe methods used to prepare sandwich ingredients.
7. Identify factors to consider when assembling sandwiches.
8. Describe the procedures used to assemble sandwiches.
9. Identify styles of service associated with sandwiches.
10. Describe finishing and presentation techniques.
11. Identify types of cooked sandwiches and describe their characteristics.
 - i) grilled
 - ii) pizza
 - iii) quesadilla
 - iv) broiled
 - v) panini
12. Identify factors to consider when cooking sandwiches.
13. Describe the procedures used to cook sandwiches.
14. Describe finishing and presentation techniques for cooked sandwiches.
 - i) garnishing
 - ii) packaging
 - iii) presentation
 - iv) cutting
 - v) applying sauces
 - vi) condiments, preserves, dressings and accompaniments
15. Describe procedures used to handle, hold and store sandwiches and ingredients.

Practical Objectives:

N/A

CWC-170

Eggs, Dairy and Alternative Products

Learning Outcomes:

- Demonstrate knowledge of eggs and egg substitutes and their applications.
- Demonstrate knowledge of dairy and alternative products and their applications.

2023 Nova Scotia Occupational Standard Reference:

- 17.01 Selects cheese, dairy and plant-based dairy alternative ingredients.
- 17.02 Processes cheese, dairy and plant-based dairy alternative ingredients.
- 17.03 Finishes cheese, dairy and plant-based dairy alternative ingredients.
- 18.01 Selects ingredients for eggs and egg-based dishes. (Introduction)

Suggested Hours:

12 Hours

Theoretical Objectives:

1. Define terminology associated with eggs, dairy and alternative products.
2. Identify national and jurisdictional regulations governing eggs and dairy products.
3. Describe the composition of eggs.
4. Identify classifications and types of eggs and describe their characteristics and applications.
5. Identify types of eggs, egg products and egg substitutes, and describe their characteristics and applications.
6. Identify market forms (prepared and packaged) of eggs, egg products and egg substitutes and describe their characteristics and applications.
7. Describe the manufacturing process of dairy products.
 - i) pasteurization
 - ii) homogenization
 - iii) fermentation
 - iv) ultra-high temperature processing (UHT)
8. Identify classifications and types of milk and describe their characteristics and applications.
9. Identify types of plant-based milk alternatives and describe their characteristics and applications.

- i) coconut
 - ii) soy
 - iii) almond
10. Identify dairy alternative ingredients and forms and describe their properties and applications.
11. Identify types of butter and butter substitutes and describe their characteristics and applications.
- i) margarine
 - hydrogenated
 - non-hydrogenated
 - ii) salted
 - iii) ghee
 - iv) unsalted
 - v) cultured
12. Identify classifications and types of cheese and describe their characteristics and applications.
13. Identify types of plant-based cheese alternatives and describe their characteristics and applications.
- i) nut
 - ii) rice
 - iii) oil
14. Identify market forms (pre-prepared and packaged) of dairy and dairy alternatives and describe their characteristics and applications.
15. Identify factors to consider when selecting dairy and alternative products.
16. Identify factors to consider when selecting eggs, egg products and egg substitutes.
17. Identify dietary requirements specific to dairy and alternative products.
18. Identify dietary requirements specific to eggs, egg products and egg substitutes.
19. Describe the procedures used to handle, hold and store eggs, dairy and alternative products.

Practical Objectives:

N/A

Learning Outcomes:

- Demonstrate knowledge of bakeshop ingredients and their applications.
- Demonstrate knowledge of baking formulas and measurements.
- Demonstrate knowledge of basic baking science principles.

2023 Nova Scotia Occupational Standard Reference:

33.01 Selects ingredients for dough.

34.01 Selects ingredients for batters.

Suggested Hours:

3 Hours

Theoretical Objectives:

1. Define terminology associated with baking ingredients and basic baking principles.
2. Identify bakeshop tools and equipment and describe their applications and-procedures for use.
3. Identify bakeshop ingredients and describe their characteristics and applications.
 - i) flours
 - ii) fats/shortenings
 - iii) sweeteners
 - iv) liquids
 - v) leavening agents
 - vi) flavorings
 - vii) dairy products
 - viii) specialty products
4. Identify factors to consider when selecting ingredients for bakeshop items.
5. Identify market forms (pre-prepared and packaged) of baking products and describe their characteristics and applications.
6. Explain the basic principles of baking science.
 - i) mixing
 - ii) leavening
 - v) gluten development
 - vi) baking environment

7. Describe the procedures used to handle, hold and store bakeshop ingredients.
8. Calculate formulas and baker's percentages.

Practical Objectives:

N/A

CWC-180

Bread Products

Learning Outcomes:

- Demonstrate knowledge of bread products and their applications.
- Demonstrate knowledge of procedures to prepare bread products.
- Demonstrate knowledge of procedures to cook and finish bread products.

2023 Nova Scotia Occupational Standard Reference:

- 33.01 Selects ingredients for dough.
- 33.02 Processes ingredients for dough.
- 33.03 Cooks dough-based products.
- 33.04 Finishes dough-based products.

Suggested Hours:

15 Hours

Theoretical Objectives:

1. Define terminology associated with bread products.
2. Identify types of bread products and describe their characteristics and applications.
 - i) bread dough
 - leavened
 - unleavened
 - ii) specialty breads
3. Identify ingredients used in bread products and describe their characteristics and applications.
 - i) flours
 - ii) fats/shortenings
 - iii) sweeteners
 - iv) liquids
 - v) leavening agents
 - vi) dairy products
 - vii) specialty ingredients
4. Identify market forms (pre-prepared and packaged) of bread products and describe their characteristics and applications.
5. Identify factors to consider when selecting ingredients for bread products.

6. Identify dietary requirements specific to ingredients in bread products.
7. Identify mixing methods used for bread products and describe their associated procedures.
8. Describe the procedures used to prepare bread products.
9. Describe the procedures used to cook and finish bread products.
10. Describe the procedures used to handle, hold and store bread products.

Practical Objectives:

1. Prepare bread products using a variety of mixing methods.

Learning Outcomes:

- Demonstrate knowledge of egg and breakfast dishes, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare egg and breakfast dishes.
- Demonstrate knowledge of procedures to cook and finish egg and breakfast dishes.

2023 Nova Scotia Occupational Standard Reference:

- 18.01 Selects ingredients for eggs and egg-based dishes.
- 18.02 Processes ingredients for eggs and egg-based dishes.
- 18.03 Cooks eggs and egg-based dishes.
- 18.04 Finishes eggs and egg-based dishes.
- 33.01 Selects ingredients for dough.
- 33.02 Processes ingredients for dough.
- 33.03 Cooks dough-based products.
- 34.01 Selects ingredients for batters.
- 34.02 Processes ingredients for batters.
- 34.03 Cooks batter-based products.
- 34.04 Finishes batter-based products.

Suggested Hours:

12 Hours

Theoretical Objectives:

1. Define terminology associated with egg and breakfast cookery.
2. Identify types of egg dishes used in breakfast cookery and describe their characteristics.
3. Identify types of proteins used in breakfast cookery and describe their characteristics.
 - i) meat
 - ii) fish
 - iii) vegetables
 - iv) dairy
4. Identify types of breads and quick breads used in breakfast cookery and describe their characteristics.
5. Identify mixing methods used in preparing quick breads and batters.

6. Identify types of batters used in breakfast cookery and describe their characteristics and applications.
7. Identify types of hot and cold cereals used in breakfast cookery and describe their characteristics.
8. Identify types of fruits and vegetables used in breakfast cookery and describe their applications.
9. Identify types of hot and cold beverages used in breakfast cookery and describe their applications.
10. Identify market forms (pre-prepared and packaged) of breakfast products and describe their characteristics and applications.
11. Identify dietary requirements specific to ingredients used in breakfast dishes.
12. Describe the procedures used to prepare eggs.
 - i) boiled
 - ii) poached
 - iii) fried
 - iv) scrambled
13. Describe the procedures used to prepare egg dishes.
 - i) omelets
 - ii) quiches
 - iii) soufflés
14. Describe the procedures used to prepare breakfast dishes.
 - i) proteins
 - ii) breads
 - iii) cereals
 - iv) fruits and vegetables
15. Identify types of egg-based dishes and describe their characteristics.
16. Identify factors to consider when processing egg products and egg substitutes.
18. Describe the procedures used to process egg products and egg substitutes.
19. Describe the procedures used to prepare egg product and egg substitute dishes.
20. Identify factors to consider when finishing eggs and egg-based dishes.

21. Describe finishing and presentation techniques.
22. Describe the procedures used to handle, hold and store eggs, egg products, egg substitutes and egg-based dishes.
23. Describe buffet and serving techniques.
24. Describe the procedures used to handle, hold and store breakfast items.

Practical Objectives:

1. Prepare a variety of egg-based dishes.

CWC-190

Stocks and Broths

Learning Outcomes:

- Demonstrate knowledge of stocks and broths, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare and cool stocks and broths.

2023 Nova Scotia Occupational Standard Reference:

- 13.01 Selects stock and broth ingredients.
- 13.02 Processes stock and broth ingredients.
- 13.03 Cooks stocks and broth ingredients.

Suggested Hours:

12 Hours

Theoretical Objectives:

1. Define terminology associated with stocks and broths.
2. Identify types of stocks and describe their characteristics, applications and procedures for use.
3. Identify types of broths and describe their characteristics, applications and procedures for use.
4. Identify factors to consider when selecting ingredients for stocks and broths.
5. Identify ingredients and ratios used in stocks and broths.
6. Identify dietary requirements specific to ingredients used in stocks and broths.
7. Identify factors to consider when processing ingredients for stocks and broths.
8. Describe the procedures used to process ingredients for stocks and broths.
9. Identify factors to consider when cooking stocks and broths.
10. Identify methods for cooking stocks and broths and describe their associated procedures.
11. Identify methods for cooling stocks and broths and describe their associated procedures.

Practical Objectives:

1. Prepare a variety of stocks.
 - i) brown
 - ii) white
 - iii) fumet
 - iv) vegetable

2. Prepare a glace.

Learning Outcomes:

- Demonstrate knowledge of fin fish, their characteristics and applications.
- Demonstrate knowledge of procedures to receive, handle, hold and store fin fish.

2023 Nova Scotia Occupational Standard Reference:

26.01 Selects fin fish.

Suggested Hours:

6 Hours

Theoretical Objectives:

1. Define terminology associated with fin fish.
2. Identify hazards and describe safe work practices pertaining to handling raw fin fish.
3. Interpret jurisdictional regulations pertaining to inspection of fin fish.
4. Identify origins and types of fin fish and describe their characteristics and applications.
5. Identify factors to consider when selecting fin fish.
 - i) local availability
 - ii) seasonal availability
 - iii) freshness
 - iv) storage life
 - v) applications
 - vi) processed
 - vii) sustainability
 - viii) origin
 - ix) documentation
6. Identify dietary requirements specific to fin fish.
7. Identify market forms of fin fish and describe their characteristics and applications.
8. Describe the procedures used to verify quality and cuts of fin fish using sensory assessments.

9. Describe the procedures used to select fin fish.
10. Describe fin fish ordering specifications
11. Describe the procedures used to receive, handle, hold and store raw fin fish.

Practical Objectives:

N/A

CWC-198

Introduction to Poultry

Learning Outcomes:

- Demonstrate knowledge of poultry, their characteristics and applications.
- Demonstrate knowledge of procedures to receive, handle, hold and store poultry.

2023 Nova Scotia Occupational Standard Reference:

25.01 Selects poultry.

Suggested Hours:

3 Hours

Theoretical Objectives:

1. Define terminology associated with poultry.
2. Identify hazards and describe safe work practices pertaining to handling raw poultry.
3. Identify types of poultry and describe their characteristics and applications.
 - i) chicken
 - ii) turkey
4. Identify classifications, grades and market forms (pre-prepared and packaged) of poultry and describe their characteristics and applications.
 - i) whole
 - ii) fresh
 - iii) frozen
 - iv) individually quick frozen (IQF)
 - v) purchased food cuts
5. Identify factors to consider when selecting poultry.
 - i) local availability
 - ii) seasonal availability
 - iii) freshness
 - iv) storage life
 - v) applications
 - vi) processed
 - vii) sustainability
 - viii) free range
 - ix) price

- x) size
- xi) count
- xii) protein percentage

6. Identify dietary requirements specific to poultry.
7. Describe the procedures used to select poultry.
8. Describe poultry ordering specifications.
9. Describe the procedures used to receive, handle and store raw poultry.

Practical Objectives:

N/A

Level 2

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ICO-200

Soups

Learning Outcomes:

- Demonstrate knowledge of soups, their characteristics and applications.
- Demonstrate knowledge of the procedures to prepare soups.
- Demonstrate knowledge of procedures to cook and finish soups.

2023 Nova Scotia Occupational Standard Reference:

- 14.01 Selects soup ingredients.
- 14.02 Processes soup ingredients.
- 14.03 Cooks soups.
- 14.04 Finishes soups.

Suggested Hours:

12 Hours

Theoretical Objectives:

1. Define terminology associated with soups.
2. Identify types of soups and describe their characteristics and serving temperatures.
 - i) clear and consommés
 - ii) specialty/international
 - iii) thickened
3. Identify types of convenience products and describe their applications.
 - ii) soups
 - iii) soup bases
4. Identify factors to consider when selecting ingredients for soups.
5. Identify dietary requirements specific to ingredients used in soups.
6. Describe the procedures used to prepare and cook soups.
7. Describe the procedures used to reconstitute soups.
8. Describe finishing and presentation techniques.
9. Describe the procedures used to hold, cool and store soups.

Practical Objectives:

1. Prepare a variety of soups.
 - i) clear
 - ii) thickened
 - iii) specialty/international

ICO-205

Thickening and Binding Agents

Learning Outcomes:

- Demonstrate knowledge of thickening and binding agents, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare thickening and binding agents.

2023 Nova Scotia Occupational Standard Reference:

15.01 Selects thickening and binding ingredients.

15.02 Processes thickening and binding ingredients.

Suggested Hours:

3 Hours

Theoretical Objectives:

1. Define terminology associated with thickening and binding agents.
2. Identify types of thickening and binding agents and describe their characteristics, applications and procedures for use.
 - i) roux
 - ii) starches
 - iii) liaison
 - iv) beurre manié
 - v) vegetable purées
 - vi) reductions
 - vii) emulsifiers
3. Identify dietary requirements specific to ingredients used in thickening and binding agents.
4. Identify factors to consider when selecting ingredients for thickening and binding agents.
5. Identify factors to consider when processing ingredients for thickening and binding agents.
6. Identify ingredients and ratios used to process thickening and binding agents.
7. Describe the procedures used to prepare thickening and binding agents.

Practical Objectives:

1. Use a variety of thickening agents in preparing soups and sauces.

ICO-210

Basic Sauces

Learning Outcomes:

- Demonstrate knowledge of basic sauces, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare basic sauces.
- Demonstrate knowledge of procedures to cook and finish basic sauces.

2023 Nova Scotia Occupational Standard Reference:

- 16.01 Selects sauce ingredients.
- 16.02 Processes sauce ingredients.
- 16.03 Cooks sauces.
- 16.04 Finishes sauces.

Suggested Hours:

6 Hours

Theoretical Objectives:

1. Define terminology associated with basic sauces.
2. Identify types of basic sauces and derivatives and describe their characteristics and applications.
 - i) espagnole/demi glace
 - ii) béchamel
 - iii) velouté
 - iv) tomato
 - v) hollandaise
3. Identify factors to consider when processing ingredients for basic sauces.
4. Identify factors to consider when selecting ingredients for basic sauces.
5. Identify ingredients and ratios used in basic sauces.
6. Identify dietary requirements specific to ingredients used in basic sauces.
7. Describe the procedures used to process ingredients for basic sauces.
8. Identify factors to consider when cooking basic sauces.

9. Describe the procedures used to prepare and cook basic sauces.
10. Identify factors to consider when finishing basic sauces.
11. Describe finishing and presentation techniques for basic sauces.
12. Describe the procedures used to hold, cool and store basic sauces.

Practical Objectives:

1. Prepare basic sauces.
 - i) espagnole
 - ii) béchamel
 - iii) velouté
 - iv) tomato
 - v) hollandaise
2. Prepare a variety of basic sauce derivatives.

ICO-215

Meat Cutting and Processing

Learning Outcomes:

- Demonstrate knowledge of meats, their characteristics and applications.
- Demonstrate knowledge of aging process for meats.
- Demonstrate knowledge of the procedures to cut and process meats.

2023 Nova Scotia Occupational Standard Reference:

24.01 Selects meats and variety meats.

24.02 Processes meats and variety meats.

Suggested Hours:

3 Hours

Theoretical Objectives:

1. Define terminology associated with cutting and processing meats.
2. Identify hazards and describe safe work practices pertaining to handling and storing raw meats.
3. Interpret Canadian Food Inspection Agency (CFIA) regulations pertaining to meats.
 - i) inspection
 - ii) grading
 - iii) cut classification
 - iv) branding
4. Identify types of meats and describe their characteristics and applications.
 - i) pork
 - ii) veal
 - iii) beef
 - iv) lamb
 - v) goat
5. Identify meat grades and describe their characteristics.

6. Identify factors to consider when selecting meats.
 - i) local availability
 - ii) seasonal availability
 - iii) freshness
 - iv) storage life
 - v) applications
 - vi) processed
 - vii) sustainability
 - viii) grading quality and marketing standards

7. Identify meat cuts and describe their characteristics and applications.
 - i) whole
 - ii) primal
 - iii) sub-primal
 - iv) pre-portioned

8. Identify dietary requirements specific to meats.

9. Describe meat ordering specifications.

10. Identify meat cutting and processing tools and equipment and describe their applications and procedures for use.

11. Identify factors to consider when processing meats.
 - i) muscle structure
 - ii) fat content
 - iii) defrost time
 - iv) wastage

12. Identify factors to consider when freezing and defrosting meats.

13. Describe the aging process for meat.
 - i) wet
 - ii) dry

14. Identify methods used to cut and process meats and describe their associated procedures.
 - i) de-boning
 - ii) larding
 - iii) barding
 - iv) marinating
 - v) rubbing

- vi) brining
- vii) corning
- viii) tying
- ix) grinding
- x) curing
- xi) mechanical tenderizing
- xii) smoking
- xiii) trussing
- xiv) scoring
- xv) trimming
- xvi) portioning

Practical Objectives:

1. Assess, trim and portion a secondary cut.

ICO-220

Meat Cookery

Learning Outcomes:

- Demonstrate knowledge of procedures to cook and finish meats.
- Demonstrate knowledge of procedures to carve and portion meats.
- Demonstrate knowledge of procedures to handle, hold, serve and store meats and related dishes.

2023 Nova Scotia Occupational Standard Reference:

24.03 Cooks meats and variety meats.

24.04 Finishes meats and variety meats.

Suggested Hours:

12 Hours

Theoretical Objectives:

1. Define terminology associated with cooking meats.
2. Identify hazards and describe safe work practices pertaining to meat cookery.
 - i) cooking meats
 - ii) handling and serving cooked meats
3. Identify factors to consider when cooking meats.
 - i) cut of meat
 - ii) muscle structure and marbling
 - iii) degree of doneness
 - iv) flavorings
 - v) salting and seasonings
 - vi) equipment
 - vii) temperature
 - viii) time
 - ix) yield
 - x) resting
 - xi) use of excess product
 - xii) cross-contamination
4. Identify cooking methods for meats and related dishes and describe their associated procedures.
 - i) combination
 - ii) deep frying

- iii) roasting
 - iv) braising
 - v) broiling
 - vi) sous-vide
6. Describe procedures used to carve and portion meats.
7. Describe finishing and presentation techniques.
- i) sauces
 - ii) glazes
 - iii) condiments
 - iv) garnishes
 - v) compound butters
 - vi) vegetables
 - vii) herbs
 - viii) starches
8. Identify types of butter sauces and compound butter and describe their characteristics and applications.
9. Identify types of pan gravies, jus lié and describe their characteristics and applications.
10. Describe procedures used to handle, hold, serve and store cooked meats and related dishes.

Practical Objectives:

N/A

ICO-225 Poultry Cutting and Processing

Learning Outcomes:

- Demonstrate knowledge of procedures to cut and process poultry.

2023 Nova Scotia Occupational Standard Reference:

25.02 Processes poultry.

Suggested Hours:

3 Hours

Theoretical Objectives:

1. Define terminology associated with cutting and processing poultry.
2. Identify hazards and describe safe work practices pertaining to handling and storing poultry.
3. Interpret jurisdictional regulations pertaining to poultry.
 - i) HACCP (Hazard Analysis and Critical Control Point)
 - ii) public health regulations
 - iii) inspection
 - iv) grading
 - v) classification
4. Identify factors to consider when cutting and processing poultry.
5. Identify factors to consider when freezing and defrosting poultry.
6. Describe the methods used to cut and process poultry.
 - i) cleaning
 - ii) deboning
 - iii) larding
 - iv) barding
 - v) breasting
 - vi) marinating
 - vii) seasoning
 - viii) curing
 - ix) smoking

- x) trussing
- xi) scoring
- xii) grinding
- xiii) stuffing

Practical Objectives:

1. Assess, trim and portion poultry.

ICO-230

Poultry Cookery

Learning Outcomes:

- Demonstrate knowledge of procedures used to cook and finish poultry.
- Demonstrate knowledge of procedures used to carve and portion cooked poultry.
- Demonstrate knowledge of procedures used to handle, hold, serve and store poultry and related dishes.

2023 Nova Scotia Occupational Standard Reference:

25.03 Cooks poultry.

25.04 Finishes poultry.

Suggested Hours:

6 Hours

Theoretical Objectives:

1. Define terminology associated with cooking poultry.
2. Identify hazards and describe safe work practices pertaining to poultry cookery.
 - i) cooking poultry
 - ii) handling and serving cooked poultry
3. Identify factors to consider when cooking poultry.
 - i) cut of poultry
 - ii) muscle structure
 - iii) protein content
 - iv) flavouring
 - v) salting and seasoning
 - vi) equipment
 - vii) temperature
 - viii) time
 - ix) yield
 - x) resting
 - xi) use of excess product
 - xii) cross-contamination

4. Identify cooking methods for poultry and related dishes and describe their associated procedures.
 - i) braising
 - ii) deep frying
 - iii) broiling
 - iv) roasting
 - v) combination
 - vi) sous vide
5. Describe the procedures used to carve and portion cooked poultry.
6. Describe finishing and presentation techniques
 - i) broiling
 - ii) crusting
 - iii) carving
 - iv) basting
 - v) glazing
 - vi) saucing
 - vii) garnishing
7. Describe the procedures used to handle, hold, and store poultry and related dishes.

Practical Objectives:

1. Cook poultry using dry, moist and combination heat.

ICO-235

Fin Fish II

Learning Outcomes:

- Demonstrate knowledge of procedures to prepare fin fish.
- Demonstrate knowledge of procedures to cook and finish fin fish.
- Demonstrate knowledge of procedures used to handle, hold, and store fin fish and related dishes.

2023 Nova Scotia Occupational Standard Reference:

26.02 Processes fin fish.

26.03 Cooks fin fish.

26.04 Finishes fin fish.

Suggested Hours:

3 Hours

Theoretical Objectives:

1. Define terminology associated with cutting, processing and cooking fin fish.
2. Identify hazards and describe safe work practices pertaining to fin fish.
 - i) handling fin fish
 - ii) cooking fin fish
 - iii) serving, handling and storing cooked fin fish
3. Describe the procedures used to verify quality and cuts of fin fish using sensory assessment.
4. Identify methods used to process fin fish and describe their associated procedures.
 - i) scale
 - ii) fillet
 - iii) debone
 - iv) skin
 - v) portion
 - vi) trim
5. Identify factors to consider when processing fin fish.
 - i) cleaning
 - ii) cutting
 - iii) slicing

- iv) scaling
 - v) trimming
 - vi) portioning
6. Describe the procedures used to handle, hold and store live and raw fin fish.
7. Identify factors to consider when cooking fin fish.
- i) skin-on
 - ii) skin-off
 - iii) size
 - iv) timing
 - v) bone-in
 - vi) bone-out
 - vii) texture
8. Identify cooking methods for fin fish and related dishes and describe their associated procedures.
- i) poaching
 - ii) steaming
 - iii) pan searing
 - iv) deep-frying
 - v) smoking
 - vi) broiling
 - vii) braising
 - viii) roasting
9. Describe methods to determine doneness.
- i) temperature readings
 - ii) needle test
 - i) sensory assessment
10. Identify factors to consider when finishing cooked and raw fin fish and related dishes.
11. Describe finishing and presentation techniques
- i) broiling
 - ii) crusting
 - iii) resting
 - iv) glazing
 - v) torching
 - vi) smoking
 - vii) saucing

12. Describe the procedures used to handle, hold, and store fin fish, and related dishes.
 - i) raw
 - ii) cooked

Practical Objectives:

1. Process a round and flat fish.
 - i) scale
 - ii) fillet
 - iii) debone
 - iv) skin
 - v) portion
 - vi) trim
2. Cook fin fish using dry, moist and combination heat.

ICO-240 Seafood

Learning Outcomes:

- Demonstrate knowledge of seafood, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare seafood.
- Demonstrate knowledge of procedures to cook and finish seafood.
- Demonstrate knowledge of procedures used to handle, hold, and store seafood and related dishes.

2023 Nova Scotia Occupational Standard Reference:

- 27.01 Selects seafood.
- 27.02 Processes seafood.
- 27.03 Cooks seafood.
- 27.04 Finishes seafood.

Suggested Hours:

6 Hours

Theoretical Objectives:

1. Define terminology associated with seafood.
2. Identify hazards and describe safe work practices pertaining to serving, handling, storing and cooking seafood.
3. Interpret jurisdictional regulations pertaining to seafood.
4. Identify classifications and types of seafood and describe their characteristics and applications.
 - i) crustaceans
 - ii) bivalves
 - iii) univalves
 - iv) cephalopods
5. Identify factors to consider when selecting seafood.
 - i) local availability
 - ii) seasonal availability
 - iii) freshness
 - iv) storage life
 - v) applications

- vi) processed
 - vii) sustainability
 - viii) origin
 - ix) documentation
6. Identify dietary requirements specific to seafood.
- i) cultural
 - ii) allergies
 - iii) ethical
 - iv) religious
 - v) health-related
 - vi) environmental
 - vii) preferences
7. Identify market forms (prepared and packaged) of seafood and describe their characteristics and applications.
- i) size
 - ii) shape
 - iii) packaging
 - iv) fresh
 - v) frozen
 - vi) individual quick frozen
 - vii) live
 - viii) peeled
 - ix) de-veined
 - x) shucked
8. Identify regional species and describe their characteristics and applications.
9. Describe the procedures used to verify quality of seafood using sensory assessment.
10. Describe the procedures used to marinate, cure, smoke and pickle seafood.
11. Identify factors to consider when cooking seafood.
- i) variety
 - ii) size
 - iii) in-shell
 - iv) out-of-shell
12. Identify cooking methods for seafood and related dishes and describe their associated procedures.
- i) poaching

- ii) steaming
- iii) pan searing
- iv) deep-frying
- v) pan-frying
- vi) broiling
- vii) braising
- viii) baking
- ix) smoking

- 13. Describe methods to determine doneness.
- 14. Describe finishing and presentation techniques.
- 15. Describe the procedures used to handle, hold, and store seafood and related dishes.
 - i) raw
 - ii) cooked

Practical Objectives:

- 1. Prepare seafood using dry, moist and combination heat.

ICO-245

Cookies

Learning Outcomes:

- Demonstrate knowledge of cookies, their characteristics and applications.
- Demonstrate knowledge of the procedures used to prepare and cook cookies.

2023 Nova Scotia Occupational Standard Reference:

- 33.01 Selects ingredients for dough.
- 33.02 Processes ingredients for dough.
- 33.03 Cooks dough-based products.
- 33.04 Finishes dough-based products.
- 34.01 Selects ingredients for batters.
- 34.02 Processes ingredients for batters.
- 34.03 Cooks batter-based products.
- 34.04 Finishes batter-based products.

Suggested Hours:

3 Hours

Theoretical Objectives:

1. Define terminology associated with cookies.
2. Identify types of cookies and describe their characteristics and applications.
3. Identify characteristics of cookies.
 - i) crispness
 - ii) softness
 - iii) chewiness
 - iv) spread
4. Identify methods of mixing and make-up used to prepare cookies and describe their associated procedures.
 - i) mixing
 - creaming
 - sponge/foam
 - one stage
 - ii) make-up
 - dropped
 - bar
 - molded

- ice box
- sheet
- rolled
- bagged

5. Identify dietary requirements specific to ingredients used in cookies.
6. Identify market forms (pre-prepared and packaged) of cookies and describe their applications.
7. Describe the procedures used to handle, hold and store cookies.

Practical Objectives:

N/A

ICO-250

Savoury and Sweet Pastries and Pies

Learning Outcomes:

- Demonstrate knowledge of savoury and sweet pastries and pies, their characteristics and applications.
- Demonstrate knowledge of fillings, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare savoury and sweet pastries, pies and fillings.
- Demonstrate knowledge of procedures to cook and finish savoury and sweet pastries and pies.

2023 Nova Scotia Occupational Standard Reference:

- 37.01 Selects ingredients for savoury and sweet pastries and pies.
- 37.02 Assembles savoury and sweet pastries and pies.
- 37.03 Cooks savoury and sweet pastries and pies.
- 37.04 Finishes savoury and sweet pastries and pies.

Suggested Hours:

6 Hours

Theoretical Objectives:

1. Define terminology associated with savoury and sweet pastries and pies.
2. Identify types of savoury and sweet pastry and pie doughs and describe their characteristics and applications.
3. Identify factors to consider when selecting ingredients used in savoury and sweet pastries and pies.
4. Identify ingredients used in savoury and sweet pastries and pies and fillings and describe their characteristics and applications.
 - i) doughs
 - sweet
 - short
 - yeast raised
 - ii) flavorings
 - iii) seasonings
 - iv) apricot glaze
 - v) marzipan
 - vi) convenience products

5. Identify dietary requirements specific to ingredients used in savoury and sweet pastries and pies and fillings.
6. Identify types of fillings and describe their characteristics and applications.
 - i) protein
 - ii) cheese
 - iii) egg
 - iv) vegetable
 - v) fruit
 - vi) custard
7. Identify market forms (prepared and packaged) of savoury and sweet pastries, pies and fillings and describe their characteristics and applications.
8. Identify factors to consider when selecting ingredients for savoury and sweet pastries and pies.
9. Describe methods used to assemble savoury and sweet pastries and pies.
 - i) piping
 - ii) filling
 - iii) layering
 - iv) rolling
 - v) shaping
 - vi) egg washing
 - vii) venting
 - viii) folding
 - ix) topping
10. Identify cooking methods for savoury and sweet pastries and pies and describe their associated procedures.
11. Describe methods to determine doneness.
12. Identify factors to consider when finishing ingredients for savoury and sweet pastries and pies.
13. Describe finishing and presentation techniques.
14. Describe the procedures used to hold, handle and store savoury and sweet pastries and pies.

Practical Objectives:

1. Prepare a basic pie dough and filling.
2. Prepare pastries and fillings.
 - i) pate a choux
 - ii) laminated doughs
 - leavened
 - unleavened

ICO-255

Pasta, Noodles and Dumplings

Learning Outcomes:

- Demonstrate knowledge of pasta, noodles and dumplings, their characteristics and applications.
- Demonstrate knowledge of sauces, dressings and liquids used with pasta and noodles.
- Demonstrate knowledge of procedures to prepare pasta, noodles and dumplings.
- Demonstrate knowledge of procedures to cook and finish pasta, noodles, dumplings and related dishes.

2023 Nova Scotia Occupational Standard Reference:

- 19.01 Selects pasta and noodle ingredients.
- 19.02 Cooks dry and frozen pastas and noodles.
- 19.03 Finishes pastas and noodles.
- 20.01 Selects dumpling ingredients.
- 20.02 Processes dumplings.
- 20.03 Cooks dumplings.
- 20.04 Finishes dumplings.
- 33.01 Selects ingredients for dough.
- 33.02 Processes ingredients for dough.
- 33.03 Cooks dough-based products.

Suggested Hours:

3 Hours

Theoretical Objectives:

1. Define terminology associated with pastas, noodles and dumplings.
2. Identify classifications and shapes of pasta and describe their characteristics and applications.
3. Identify types of stuffed pastas and describe their characteristics and applications.
4. Identify tools and equipment used for cooking.
5. Identify types of dumplings and describe their characteristics and applications.
6. Identify dietary requirements specific to ingredients used.

7. Identify factors to consider when selecting ingredients.
8. Identify cooking temperatures and times.
9. Identify ratio of liquid to pastas, noodles or dumplings.
10. Describe the methods to determine yield and doneness.
11. Identify reheating methods.
12. Identify sauces, dressings, liquids, components and garnishes.
13. Describe the procedures used to apply sauces, dressings, liquids and components.
14. Describe the procedures used to assemble pasta dishes and dumplings.
15. Describe procedures used to cook pastas, noodles and dumplings and related dishes.
16. Describe finishing and presentation techniques.
17. Describe the procedures used to handle, hold and store finished pastas, noodles, dumplings and related dishes.

Practical Objectives:

1. Prepare and cook a variety of pasta dishes.
2. Prepare and cook a variety of dumplings dishes.

ICO-260

Cakes and Icings I

Learning Outcomes:

- Demonstrate knowledge of high fat cakes and icings and their applications.
- Demonstrate knowledge of procedures to prepare high fat cakes and buttercream icings.
- Demonstrate knowledge of procedure to finish high fat cakes and icings.
- Demonstrate knowledge of procedures to handle and store cakes, icings and their components.

2023 Nova Scotia Occupational Standard Reference:

- 34.01 Selects ingredients for batters.
- 34.02 Processes ingredients for batters.
- 34.03 Cooks batter-based products.
- 34.04 Finishes batter-based products
- 35.01 Selects ingredients for creams, mousses, frozen desserts, fillings, icings and toppings.
- 35.02 Processes ingredients for creams, mousses, frozen desserts, fillings, icings and toppings.
- 36.01 Selects cake components for assembly.
- 36.02 Finishes cakes.

Suggested Hours:

6 Hours

Theoretical Objectives:

1. Define terminology associated with cakes, basic icings and their components.
2. Identify types of cakes and describe their characteristics.
 - i) high fat
 - ii) low fat
3. Identify mixing methods for high fat cakes.
 - i) creaming method
 - pound cake
 - coffee cake
 - ii) high ratio or two-stage
4. Identify ingredients used in cakes and describe their characteristics and applications.
 - i) flours
 - ii) fats/shortenings

- iii) sweeteners
 - iv) liquids
 - v) leavening agents
 - vi) dairy products
 - vii) flavorings and seasonings
 - viii) specialty products
 - ix) convenience products
5. Identify dietary requirements specific to cake components.
 6. Identify market forms (prepared and packaged) of cake components and describe their characteristics and applications.
 7. Identify types of icings and describe their characteristics.
 - i) buttercream
 - meringue
 - French/common
 - Swiss
 - Italian
 - ii) royal icing
 - iii) fondant
 - iv) fudge
 - v) flat
 8. Identify dietary requirements specific to icings.
 9. Describe methods to prepare basic buttercream icings.
 10. Identify factors to consider when finishing basic icings.
 - i) buttercream
 - ii) royal icing
 - iii) fondant
 - iv) fudge
 - v) flat
 13. Identify market forms (prepared and packaged) of basic icing components and describe their characteristics and applications.
 12. Describe the procedures used to prepare and bake high fat cakes.
 - i) high fat creaming method
 - ii) high-ratio or two stage
 13. Describe procedures used to assemble and decorate cakes.

14. Describe procedures used to handle and store cakes, icing and their components.

Practical Objectives:

1. Prepare and bake a high fat cake.
2. Finish a cake with icing.

ICO-265

Deli Meats and Cured Products

Learning Outcomes:

- Demonstrate knowledge of deli meats and cured products, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare deli meats and cured products.
- Demonstrate knowledge of procedures to cook and finish deli meats and cured products.

2023 Nova Scotia Occupational Standard Reference:

- 32.01 Selects deli meats and cured products.
- 32.02 Processes deli meats and cured products.
- 32.03 Cooks deli meats and cured products.
- 32.04 Finishes deli meat.

Suggested Hours:

3 Hours

Theoretical Objectives:

1. Define terminology associated with deli meats and cured products.
2. Identify types and classifications of deli meats and cured products and describe their characteristics and applications.
 - i) forcemeats
 - ii) terrines
 - iii) pâtés
 - iv) galantines and ballotines
 - v) sausages
 - vi) variety meats
 - vii) smoked and fermented meat
 - viii) fin fish
 - ix) seafood
 - x) poultry
3. Identify factors to consider when selecting ingredients for deli meats and cured products.
4. Identify dietary requirements specific to ingredients for deli meats and cured products.

5. Identify factors to consider when determining the processing of ingredients for deli meats and cured products.
 - i) temperature
 - ii) texture
 - iii) time
 - iv) humidity

6. Describe methods used to process deli meats and cured product ingredients.
 - i) smoking
 - ii) curing
 - iii) drying
 - iv) chopping
 - v) grinding
 - vi) emulsifying
 - vii) marinating
 - viii) soaking
 - ix) shaping
 - x) molding
 - xi) fermenting
 - xii) stuffing

7. Identify factors to consider when cooking deli meats and cured products.

8. Identify factors to consider when finishing deli meats and cured products.
 - i) degree of doneness
 - ii) flavorings and seasonings
 - iii) equipment
 - iv) temperature
 - v) time
 - vi) yield
 - vii) resting
 - viii) texture
 - ix) humidity

9. Identify styles of service associated with deli meats and cured products.

10. Describe the procedures used to carve and slice deli meats and cured products.

11. Describe finishing, presentation and garnishing techniques.

12. Describe the procedures used to handle, hold and store deli meats and cured products.

Practical Objectives:

N/A

ICO-270

Snacks and Finger Foods

Learning Outcomes:

- Demonstrate knowledge of snacks and finger foods, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare snacks and finger foods.
- Demonstrate knowledge of procedures to cook and finish snacks and finger foods.
- Demonstrate knowledge of procedures to handle, hold, serve and store snacks and finger foods.

2023 Nova Scotia Occupational Standard Reference:

- 31.01 Selects ingredients for snacks and other finger foods.
- 31.02 Processes ingredients for snacks and other finger foods.
- 31.03 Assembles snacks and other finger foods.
- 31.04 Cooks snacks and other finger foods.
- 31.05 Finishes snacks and other finger foods.

Suggested Hours:

3 Hours

Theoretical Objectives:

1. Define terminology associated with snacks and finger foods.
2. Identify types of snacks and finger foods and describe their characteristics.
 - i) sushi
 - ii) satays
 - iii) dim sum
 - iv) spring rolls
 - v) spanakopita
 - vi) crudité
 - vii) hot and cold hors d'oeuvres
3. Identify market forms (prepared and packaged) of snacks and finger foods and describe their characteristics and applications.
4. Identify factors to consider when selecting ingredients for snacks and finger foods.
5. Identify factors to consider when processing ingredients for snacks and finger foods.
 - i) seasonality
 - ii) style of service

- iii) availability
 - iv) price
 - v) available resources
6. Identify dietary requirements specific to ingredients used in snacks and finger foods.
- i) cultural
 - ii) allergies
 - iii) ethical
 - iv) religious
 - v) health-related
 - vi) environmental
 - vii) preferences
7. Describe methods used to process snacks and finger food ingredients.
- i) wrapping
 - ii) mixing
 - iii) folding
 - iv) baking
 - v) cutting
 - vi) poaching
 - vii) frying
 - viii) blending
8. Identify factors to consider when assembling snacks and finger foods.
9. Describe methods used to assemble snacks and finger foods.
10. Identify factors to consider when cooking snacks and finger foods.
11. Describe cooking methods used to cook snacks and finger foods.
12. Identify factors to consider when finishing snacks and finger foods.
- i) integrity
 - ii) temperature
13. Identify styles of service associated with snacks and finger foods.
14. Describe finishing and presentation techniques.
15. Describe the procedures used to handle, hold, serve and store snacks and finger foods.

Practical Objectives:

N/A

ICO-275

Cakes and Icings II

Learning Outcomes:

- Demonstrate knowledge of advanced (low fat foamed) cakes and their applications.
- Demonstrate knowledge of the procedures to prepare advanced (low fat foamed) cakes.
- Demonstrate knowledge of procedures to finish advanced cakes with icings.
- Demonstrate knowledge of procedures to handle, hold, serve and store advanced cakes and icings and their components.

2023 Nova Scotia Occupational Standard Reference:

- 34.01 Selects ingredients for batters.
- 34.02 Processes ingredients for batters.
- 34.03 Cooks batter-based products
- 34.04 Finishes batter-based products.
- 36.01 Selects cake components for assembly.
- 36.02 Finishes cakes.

Suggested Hours:

6 Hours

Theoretical Objectives:

1. Define terminology associated with cakes.
2. Identify types of advanced (low fat foamed) cakes and describe their characteristics.
 - i) sponge cake
 - ii) genoise
 - iii) angel food cake
 - iv) chiffon
3. Identify types of cheesecakes and describe their characteristics
4. Identify types of cake fillings and describe their characteristics.
 - i) fruit
 - ii) cream
 - iii) whip cream
 - iv) flavoured simple syrups
5. Identify factors to consider when selecting ingredients for cakes.
6. Identify allergies and intolerances specific to ingredients used in cakes.

7. Identify market forms (pre-prepared and packaged) of cakes and describe their characteristics and applications.
8. Describe the procedures used to prepare and bake low fat foamed cakes.
0. Describe the procedures used to assemble and decorate advanced cakes.
11. Describe finishing and presentation techniques.
11. Describe the procedures used to handle, hold, serve and advanced cakes and icings.

Practical Objectives:

1. Prepare and bake a low-fat foamed cake.
2. Finish and present a low-fat foamed cake.

ICO-280

Creams, Mousses and Dessert Components

Learning Outcomes:

- Demonstrate knowledge of creams, mousses and dessert components, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare creams, mousses and dessert components.
- Demonstrate knowledge of procedures to finish creams, mousses and dessert components.
- Demonstrate knowledge of procedures to handle, hold, serve and store creams, mousses and dessert components.

2023 Nova Scotia Occupational Standard Reference:

35.01 Selects ingredients for creams, mousses, frozen desserts, filling, icings and toppings.

35.02 Processes ingredients for creams, mousses, frozen desserts, filling, icings and toppings.

35.03 Finishes ingredients for creams, mousses, frozen desserts, filling, icings and toppings.

Suggested Hours:

3 Hours

Theoretical Objectives:

1. Define terminology associated with creams, mousses and dessert components.
2. Identify types of creams, mousses and dessert components and describe their characteristics and applications.
3. Identify types of dessert components and describe their characteristics and applications.
 - i) fillings
 - ii) toppings
 - iii) sauces
 - iv) meringues
4. Identify ingredients used in creams, mousses and dessert components and their applications.
 - i) eggs
 - ii) sugar
 - iii) gelatin
 - iv) fruits
 - v) chocolate
 - vi) flavourings

5. Identify factors to consider when selecting ingredients for creams, mousses and dessert components.
6. Identify dietary requirements specific to ingredients used in creams, mousses and dessert components.
7. Identify market forms (pre-prepared and packaged) of creams, mousses and dessert components and describe their characteristics and applications.
 - i) frozen
 - ii) fresh
 - iii) shelf-stable
8. Identify methods used to process ingredients for creams, mousses, custards and dessert components and describe their associated procedures.
 - i) cooking or baking custards
 - ii) cooling
 - iii) moulding
 - iv) piping
 - v) freezing
 - vi) tempering
 - vii) folding
 - viii) emulsifying
 - ix) whipping
9. Describe the procedures used to prepare fillings.
10. Describe the procedures used to prepare toppings.
11. Describe the procedures used to prepare dessert sauces.
12. Describe the procedures used to prepare meringues.
13. Describe finishing and presentation techniques.
14. Describe the procedures used to handle, hold, serve and store creams, mousses and dessert components.

Practical Objectives:

1. Assemble a variety of creams, mousses and dessert components.

ICO-285

Frozen Desserts

Learning Outcomes:

- Demonstrate knowledge of frozen desserts, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare and finish frozen desserts.
- Demonstrate knowledge of procedures to handle, hold, serve and store frozen desserts.

2023 Nova Scotia Occupational Standard Reference:

- 35.01 Selects ingredients for creams, mousses, frozen desserts, fillings, icings and toppings.
- 35.02 Processes ingredients for creams, mousses, frozen desserts, fillings, icings and toppings.
- 35.03 Finishes ingredients for creams, mousses, frozen desserts, fillings, icings and toppings.

Suggested Hours:

3 Hours

Theoretical Objectives:

1. Define terminology associated with frozen desserts.
2. Identify types of frozen desserts and describe their characteristics and applications.
 - i) churned
 - ii) still frozen
3. Identify dietary requirements specific to ingredients used in frozen desserts.
4. Identify market forms (pre-prepared and packaged) of frozen desserts and describe their characteristics and applications.
5. Describe the procedures used to prepare frozen desserts.
6. Describe finishing and presentation techniques for frozen desserts.
7. Describe the procedures used to handle, hold and store frozen desserts.

Practical Objectives:

1. Prepare a frozen dessert.

ICO-290

Adaptive Cooking

Learning Outcomes:

- Demonstrate knowledge of adapting food practices to dietary requirements.
- Demonstrate knowledge of procedures to modify preparation areas.
- Demonstrate knowledge of preparing food to meet dietary requirements.

2023 Nova Scotia Occupational Standard Reference:

- 5.01 Plans menu and mise en place.
- 8.01 Adapts kitchen practices to meet dietary requirements.
- 8.02 Selects ingredients to meet dietary requirements.
- 8.03 Prepares food to meet dietary requirements.
- 8.04 Modifies textures to meet dietary requirements.

Suggested Hours:

6 Hours

Theoretical Objectives:

1. Identify types of dietary requirements.
 - i) cultural
 - ii) allergies
 - iii) ethical
 - iv) religious
 - v) health-related
 - vi) environmental
 - vii) preferences
 - viii) texture modified diet
2. Identify types of diets and eating regimes.
 - i) all protein
 - ii) macrobiotic
 - iii) vegan
 - iv) vegetarian
 - v) gluten-free
 - vi) raw and paleo diets
 - vii) halal
 - viii) kosher
 - ix) Hindu

3. Describe food ingredients, allergens and potential substitutes.
4. Interpret labelling to identify potential hazards and allergens.
5. Explain kitchen practices and adaptations to accommodate dietary requirements.
6. Explain kitchen practices and adaptations to accommodate texture modified diets.
7. Identify factors to consider when modifying a menu.
 - i) variety
 - ii) colour
 - iii) dietary requirements
 - iv) nutrition
 - v) use of product cooking methods
 - vi) clientele/demographics
 - vii) food recalls and advisories
8. Describe the procedures used to modify preparation areas.
 - i) using specialized equipment to isolate allergens
 - ii) dedicated prep areas for allergens
 - iii) preventing cross-contamination (allergens, cultural practices)
9. Identify factors to consider when selecting alternative ingredients.
10. Identify factors to consider when proposing an alternative dish to accommodate dietary requirements.
11. Describe the procedures used to prepare food to meet dietary requirements.
12. Describe procedures used to adjust recipe yields and perform conversions.

Practical Objectives:

N/A

ICO-295

Cost Control

Learning Outcomes:

- Demonstrate knowledge of food preparation and service procedures.
- Demonstrate knowledge of kitchen management principles.
- Demonstrate knowledge of procedures used for inventory control.

2023 Nova Scotia Occupational Standard Reference:

- 4.02 Schedules production.
- 6.04 Maintains inventory.

Suggested Hours:

3 Hours

Theoretical Objectives:

1. Define terminology associated with cost control.
 - i) food preparation
 - ii) service procedures
 - iii) inventory control
2. Identify principles of food preparation and service procedures.
3. Describe the importance of sequencing daily and forecasted activities and creating a production schedule.
4. Identify daily and forecasted activities to be completed to meet production schedule.
 - i) receiving
 - ii) storing
 - iii) preparing
 - iv) holding
 - v) cooking
 - vi) maintaining
 - vii) serving
5. Identify time required for various tasks and daily and forecasted activities.
6. Describe the procedures used to modify production schedule.
 - i) recipe conversion
 - ii) consider labor needs
 - iii) production levels

7. Describe methods and procedures used to maintain safe temperatures of food products during production.
 - i) assessing labels
 - ii) ensuring proper rotation
 - iii) rotating products
 - iv) applying HACCP documentation
 - v) recording data loggers
 - vi) monitoring internal temperatures
8. Describe techniques used for food sensory assessment to ensure quality.
9. Describe importance of defining roles, responsibilities and communication in the kitchen.
10. Identify strengths and potential areas of growth for staff skills and knowledge.
11. Describe importance of staff coordination and monitoring progress to ensure flow of production.
12. Calculate kitchen operational costs.
 - i) food
 - ii) labor
 - iii) fixed/variable expenses
13. Explain product rotation method FIFO.
14. Describe the procedures used to conduct inventory of products
15. Explain systems used for inventory controls.
16. Describe the procedures used to verify product specifications.
17. Describe the concept of unit and weight.

Practical Objectives:

N/A

ICO-300

Menu Planning

Learning Outcomes:

- Demonstrate knowledge of principles of menu planning.
- Demonstrate knowledge of procedures used for menu planning.
- Demonstrate knowledge of standardized recipes.
- Demonstrate knowledge of vendors and products.
- Demonstrate knowledge of procedures to order products.

2023 Nova Scotia Occupational Standard Reference:

- 5.01 Plans menu and mise en place.
- 6.01 Orders products.

Suggested Hours:

3 Hours

Theoretical Objectives:

1. Define terminology associated with menu planning.
2. Identify types of service and describe their characteristics and applications.
 - i) American and cafeteria
 - ii) English and buffet
 - iii) à la carte
 - iv) over-the-counter
 - v) quick-service restaurant (qsr)
 - vi) catering
 - viii) Russian
 - ix) French
3. Identify types of menu styles and describe their characteristics and applications.
 - i) table d'hôte
 - ii) static
 - iii) cycle
 - iv) à la carte
 - v) seasonal
 - vi) regional
 - vi) degustation

4. Identify factors to consider when menu planning.
 - i) ingredient availability
 - ii) seasonality
 - iii) dietary requirements
 - iv) price point
 - v) menu styles
 - vi) trends
 - vii) business brand
 - viii) past performance of menu
 - ix) mise en place
 - x) nutritional value
5. Explain importance of following and converting recipes.
6. Explain importance of using local, seasonal and sustainable food products.
7. Identify factors to consider when determining mise en place requirements.
 - i) food/production schedules
 - ii) labor schedules
 - iii) equipment capabilities
8. Describe the procedures used to calculate menu prices.
9. Identify factors to consider when setting menu prices.
10. Describe the procedures used to plan and execute a menu.
11. Describe the procedures used to convert menu recipes.
12. Identify methods of menu cost control and describe their characteristics.
 - i) food purchase specifications
 - ii) standardized recipes
 - iii) standardized yields
 - iv) standardized portions
 - v) re-purpose product
13. Identify components of a standardized recipe.
14. Describe procedures used to calculate food quantities and cost.
15. Describe yield costing for recipes [Edible Portion (EP) and As-Purchased (AP)].
16. Identify vendors of products.

- i) major suppliers
 - ii) local community suppliers
 - iii) foragers
17. Identify product based on sustainability and seasonal and local availability.
18. Describe product specification factors.
- i) market forms
 - ii) shelf life
 - iii) case size
 - iv) product type
 - v) colour
29. Identify methods used to order products.
- i) phone
 - ii) electronic
 - iii) face-to-face

Practical Objectives:

N/A

ICO-305 Specialty Sauces

Learning Outcomes:

- Demonstrate knowledge of specialty sauces, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare specialty sauces.
- Demonstrate knowledge of procedures to cook and finish specialty sauces.

2023 Nova Scotia Occupational Standard Reference:

- 16.01 Selects sauce ingredients.
- 16.02 Processes sauce ingredients.
- 16.03 Cooks sauces.
- 16.04 Finishes sauces.

Suggested Hours:

6 Hours

Theoretical Objectives:

1. Define terminology associated with specialty sauces.
2. Identify types of hot and cold specialty sauces and describe their characteristics and applications.
 - i) chutneys
 - ii) salsas
 - iii) reductions
 - iv) curries
 - v) soy-based
 - vi) coulis
 - vii) emulsified butter sauce
 - viii) fruit sauces
 - ix) relishes
 - x) compound butter
3. Identify factors to consider when selecting ingredients for specialty sauces.
4. Identify ingredients and ratios used in specialty sauces.
5. Identify dietary requirements specific to ingredients used in specialty sauces.
6. Describe the use of hydrocolloid ingredients for sauce making and achieving texture.

7. Describe the procedures used to prepare hot and cold specialty sauces.
8. Describe finishing and presentation techniques for specialty sauces.
9. Describe the procedures used to handle, cool and store specialty sauces.

Practical Objectives:

1. Prepare a variety of specialty sauces.

ICO-310

Condiments, Preserves and Dressings

Learning Outcomes:

- Demonstrate knowledge of condiments, preserves and dressings, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare condiments, preserves and dressings.
- Demonstrate knowledge of procedures to handle, hold, serve and store condiments, preserves and dressings.

2023 Nova Scotia Occupational Standard Reference:

30.01 Selects ingredients for condiments, preserves and dressings.

30.02 Processes ingredients for condiments, preserves and dressings.

Suggested Hours:

3 Hours

Theoretical Objectives:

1. Define terminology associated with condiments, preserves and dressings.
2. Identify types of condiments, preserves and dressings and describe their characteristics and applications.
 - i) condiments
 - dips
 - relishes
 - syrups
 - salsas
 - ii) preserves
 - pickled vegetables
 - jams
 - jellies
 - sauerkraut
 - iii) dressings
 - oil based
 - emulsions
 - vinaigrette
 - warm dressings
3. Identify factors to consider when selecting ingredients for condiments, preserves and dressings.

4. Identify dietary requirements specific to ingredients used in condiments, preserves and dressings.
5. Describe the procedures used to prepare condiments, preserves and dressings.
6. Describe the procedures used to handle, hold, serve and store condiments, preserves and dressings.

Practical Objectives:

N/A

ICO-315

Alternative Proteins

Learning Outcomes:

- Demonstrate knowledge of alternative proteins, their characteristics and applications.
- Demonstrate knowledge of procedures to prepare ingredients for alternative protein dishes.
- Demonstrate knowledge of procedures to finish alternative protein products.
- Demonstrate knowledge of procedures to hand, hold, serve and store alternative proteins.

2023 Nova Scotia Occupational Standard Reference:

23.01 Selects alternative proteins.

23.02 Processes alternative proteins.

23.03 Cooks alternative proteins.

Suggested Hours:

3 Hours

Theoretical Objectives:

1. Define terminology associated with alternative proteins.
2. Identify types of alternative proteins and describe their characteristics and applications.
 - i) tofu
 - firm
 - soft
 - ii) tempeh
 - iii) bean curd
 - iv) seitan (gluten)
 - v) market forms (prepared and packaged)
 - vi) insects
3. Identify dietary requirements specific to alternative proteins.
 - i) cultural
 - ii) allergies
 - iii) ethical
 - iv) religious
 - v) health-related
 - vi) environmental
 - vii) preferences

4. Identify factors to consider when selecting alternative proteins.
5. Describe methods to determine yields of alternative proteins.
6. Describe procedures used to process alternative proteins.
 - i) thaw
 - ii) steep
 - iii) cut
 - iv) marinate
 - v) bread
 - vi) batter
 - vii) mix
 - viii) curdle
 - ix) press
7. Identify cooking methods for alternative proteins and related dishes and describe their associated procedures.
8. Describe procedures used to cook alternative proteins.
 - i) boiling
 - ii) steaming
 - iii) grilling
 - iv) deep frying
 - v) shallow frying
 - vi) roasting
 - vii) baking
 - viii) pan fry
 - ix) sauté
9. Describe finishing and presentation techniques.
10. Describe procedures used to handle, hold, serve and store cooked alternative proteins and related dishes.

Practical Objectives:

1. Prepare and cook alternative proteins.

MENT-701 Mentoring II

Learning Outcomes:

- Demonstrate knowledge of effective communication practices as a mentor.
- Demonstrate knowledge of strategies for teaching workplace skills.

2023 Nova Scotia Occupational Standard Reference:

9.01 Uses communication techniques.

9.02 Uses mentoring techniques.

Suggested Hours:

6 Hours

Theoretical Objectives:

1. Identify the different roles played by a workplace mentor.
2. Identify strategies to create a supportive learning environment.
3. Identify techniques for effective communication as a mentor.
 - i) constructive feedback
 - ii) active listening
 - iii) leading meetings and one-on-one sessions
4. Describe the steps in teaching a skill.
 - i) identifying the point of lesson
 - ii) linking the lesson
 - iii) demonstrating the skill
 - iv) providing practice
 - v) giving feedback
 - vi) assessing skill and progress
5. Identify strategies to assist in teaching a skill while meeting individual learning needs.
 - i) principles of instruction
 - ii) coaching skills
6. Explain how to adjust a lesson for various situations.

Practical Objectives:

N/A

ICO-320 Program Review

Learning Outcomes:

- Demonstrate knowledge of the Nova Scotia Occupational Standard and its relationship to the Provincial Examination.
- Demonstrate knowledge of overall comprehension of the trade in preparation for the Provincial Examination.

2023 Nova Scotia Occupational Standard Reference:

Entire Nova Scotia Occupational Standard (NSOS)

Suggested Hours:

30 Hours

Theoretical Objectives:

1. Define terminology associated with a NSOS.
 - i) major work activity
 - ii) levels
 - iii) tasks
 - iv) sub-tasks
2. Explain how a NSOS is developed and the link it has with the Provincial Examination.
 - i) development
 - ii) validation
 - iii) level and task weighting
 - iv) examination breakdown (pie-chart)
3. Identify exam preparation resources and products and describe their use for preparing for the Provincial Certification Examination.
 - i) Red Seal and Agency website
 - ii) Red Seal examination preparation guide
 - iii) exam breakdowns
 - iv) sample questions
4. Explain the relationship between the NSOS and the Curriculum Standard.
5. Review Hygiene, Sanitation and Safety for the Institutional Cook trade as identified in the NSOS.
 - i) safety and hygiene-related functions

- ii) food safety procedures
6. Review common Occupational Skills for the Institutional Cook trade as identified in the NSOS.
 - i) tools and equipment
 - ii) organizes work
 - iii) manages information
 - iv) manages products
 - v) trade activities
 - vi) dietary requirements
 - vii) communication and mentoring
 7. Review Produce for the Institutional Cook trade as identified in the NSOS.
 - i) herbs and spices
 - ii) vegetables
 - iii) fruit
 8. Review Stocks, Broths and Soups for the Institutional Cook trade as identified in the NSOS.
 - i) stocks and broths
 - ii) soup
 9. Review Sauces for the Institutional Cook trade as identified in the NSOS.
 - i) thickening and binding agents
 - ii) sauces
 10. Review Cheese, Dairy, Plant-based Dairy Alternatives, Eggs and Egg Products for the Institutional Cook trade as identified in the NSOS.
 - i) cheese, dairy products and plant-based dairy alternatives
 - ii) eggs and egg-based dishes
 11. Review Pastas, Noodles and Dumplings for the Institutional Cook trade as identified in the NSOS.
 - i) pasta and noodles
 - ii) dumplings
 12. Review Grains, Pulses, Seeds, Nuts and Alternative Proteins for the Institutional Cook trade as identified in the NSOS.
 - i) grains and pulses
 - ii) seeds and nuts
 - iii) alternative proteins

13. Review Meats, Poultry and Variety Meats for the Institutional Cook trade as identified in the NSOS.
 - i) meats
 - ii) poultry
 - iii) variety meats

14. Review Fish and Seafood for the Institutional Cook trade as identified in the NSOS.
 - i) fin fish
 - ii) seafood

15. Review Salads and Sandwiches for the Institutional Cook trade as identified in the NSOS.
 - i) sandwiches
 - ii) salads
 - iii) condiments, preserves and dressings

16. Review Specialty Preparation for the Institutional Cook trade as identified in the NSOS.
 - i) snacks and finger foods
 - ii) deli meat and cured products

17. Review Sweet and Savoury Baked Goods and Desserts for the Institutional Cook trade as identified in the NSOS.
 - i) dough-based products
 - ii) batter-based products
 - iii) creams, mousses, frozen desserts, fillings, icings and toppings
 - iv) cake assembly
 - v) savoury and sweet pastries and pies

Practical Objectives:

N/A

Feedback and Revisions

This curriculum standard will be amended periodically; comments or suggestions for improvements should be directed to:

Nova Scotia Apprenticeship Agency

1256 Barrington St.

Halifax, NS B3J 1Y6

Tel: 902-424-5651

Toll Free in NS: 1-800-494-5651

www.nsapprenticeship.ca

Any comments or suggestions received will be reviewed and considered to determine the course of action required. If the changes are deemed to be minor, they will be held for implementation during the next review cycle. If immediate change is deemed appropriate, it will result in a revision to this version of the curriculum standard and will be detailed in the following section.

Version Changes

Revision Date	Revision	Implementation Date
May 2024	Levels 1 and 3	Integration of MENT-700 Mentoring I and MENT-701 Mentoring II