# **Work Process Schedule**

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| Professional Cook |
| **Job Description:** Participate and assist in the preparation, seasoning, and cooking of salads, fish, meats, vegetables, desserts, and other foods. |
| **RAPIDS Code:** 0663 | **O\*NET Code:** 35-2014.00 |
| **Estimated Program Length:** 1 year |
| **Apprenticeship Type:** [x]  Competency-Based [ ]  Time-Based [ ]  Hybrid |

Suggested On-the-Job Learning Outline

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| Workplace and Food Safety |
| **Competencies** | **Date Completed** | **Initial** |
| 1. Maintain workplace health and safety practices
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| 1. Maintain food safety and sanitation practices in food production
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| 1. Monitor and maintain worker and customer health, safety, and security
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| 1. Apply first-aid principles and practices
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| Food Preparation using Basic Cooking Methods and Techniques |
| **Competencies** | **Date Completed** | **Initial** |
| 1. Prepare dishes using basic cooking methods
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| 1. Prepare appetizers and salads
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| 1. Prepare and cook basic sauces and soups
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| 1. Prepare vegetable, starch, fruit, egg dishes
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| 1. Prepare and cook basic meat, poultry, and game
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| 1. Prepare seafood dishes
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| 1. Prepare cakes, pastries, and breads
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| 1. Prepare desserts
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| 1. Prepare dairy products
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| 1. Prepare food to meet special dietary requirements
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| Cooperative Kitchen Operations |
| **Competencies** | **Date Completed** | **Initial** |
| 1. Display efficient work practices
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| 1. Schedule and plan food production workflow within a team environment
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| Clean, Handle, and Maintain Tools and Equipment |
| **Competencies** | **Date Completed** | **Initial** |
| 1. Clean food production areas, equipment, and utensils
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| 1. Handle and maintain knives
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| 1. Handle and maintain pots and pans, utensils, and equipment
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| 1. Clean and store small equipment
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| Receive, Store, and Manage Inventory |
| **Competencies** | **Date Completed** | **Initial** |
| 1. Receive and store foods and goods
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| 1. Maintain supply levels through inventory management
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| Customer Service and Interdepartmental Teamwork |
| **Competencies** | **Date Completed** | **Initial** |
| 1. Practice customer service
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| 1. Participate in teamwork, workplace operations, and staff dynamics
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| 1. Stay current on organizational and industry best practices
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Suggested Related Instruction Outline

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| Provider |
| **Name:**  |
| **Address:**  |
| **Email:** | **Phone Number:** |
| **Suggested Related Instruction Hours:** 144 |

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| **Course Number** | **Course Title** | **Contact Hours** |
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