# **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:**  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 |  |  |
| 1. Maintain food safety and sanitation practices in food production |  |  |
| 1. Monitor and maintain worker and customer health, safety, and security |  |  |
| 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 |  |  |
| 1. Prepare appetizers and salads |  |  |
| 1. Prepare and cook basic sauces and soups |  |  |
| 1. Prepare vegetable, starch, fruit, egg dishes |  |  |
| 1. Prepare and cook basic meat, poultry, and game |  |  |
| 1. Prepare seafood dishes |  |  |
| 1. Prepare cakes, pastries, and breads |  |  |
| 1. Prepare desserts |  |  |
| 1. Prepare dairy products |  |  |
| 1. Prepare food to meet special dietary requirements |  |  |

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| Cooperative Kitchen Operations | | |
| **Competencies** | **Date Completed** | **Initial** |
| 1. Display efficient work practices |  |  |
| 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 |  |  |
| 1. Handle and maintain knives |  |  |
| 1. Handle and maintain pots and pans, utensils, and equipment |  |  |
| 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 |  |  |
| 1. Maintain supply levels through inventory management |  |  |

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| Customer Service and Interdepartmental Teamwork | | |
| **Competencies** | **Date Completed** | **Initial** |
| 1. Practice customer service |  |  |
| 1. Participate in teamwork, workplace operations, and staff dynamics |  |  |
| 1. Stay current on organizational and industry best practices |  |  |

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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