



ita | YOUTH  
**TRAIN**  
IN TRADES

## PROFESSIONAL COOK LEVEL 1

Level 1 Technical Training

Costs	Details
<ul style="list-style-type: none"> <li>Free tuition</li> <li>\$500 for textbook and learning resources</li> <li>\$500 VCC summer program</li> </ul>	<ul style="list-style-type: none"> <li>February to July</li> <li>David Thompson or Sir Charles Tupper - Semester 2</li> </ul>
<ul style="list-style-type: none"> <li>Partnership between the Vancouver School District and VCC</li> <li>Program covers: kitchen orientation, culinary techniques; baking techniques; butchery; food handling and storage; and kitchen management</li> <li>Students are prepared for entry-level employment in restaurants, cafeterias, hotels, catering companies and other establishments</li> </ul>	

### Program Benefits

- 20 graduation credits
- Level 1 Technical Training (with a 70% pass)
- 1000 work-based hours credited towards apprenticeship hours



**CAREER**  
PROGRAMS



### Requirements

- Courses/Certificates: English 10, Math 10, Food Safe level 1
- Recommendations: Food Studies and Culinary Arts courses
- Characteristics: Artistic ability, creative and fashion oriented, good health, good manual dexterity and hand-eye coordination, able to stand for long periods of time, able to tolerate stressful situations and environments, personal hygiene, ability to understand and follow verbal and written instruction, interpersonal and communitarian skills for service industry, ability to handle all types of food with no known food allergies.
- Intention to complete all secondary school graduation requirements.



### How to Apply

- Download an application from [careerprograms.vsb.bc.ca](http://careerprograms.vsb.bc.ca)
- Complete with the help of school counsellor or teacher
- Submit to Career Programs by **March 1st**

### Contact

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Career Programs Resource Teacher

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