



Ace It

Dual Credit Program

Cook Training



in partnership with



**Do you love to cook and dream of becoming a Chef one day?
If so, we have the perfect program for you!**

WHAT'S COOKING?

The ACE IT Cook Training Program helps you follow your passion and make it your career. The skills and experience combined with your natural talent will give you a boost into the field of professional cooking.

Upon successful completion, you will receive credit for Level 1 Technical Training of the Cook Training apprenticeship program.

Cook is a nationally designated trade under the Interprovincial Red Seal program

This ten month program is offered on day 2 at four Vancouver high schools: Windermere, David Thompson, Templeton and Sir Charles Tupper (Windemere & Templeton could be Day 1) and partnered with VCC.

There is an additional five weeks training at VCC in the summer.

The summer component is held at:

VCC
250 West Pender Street
Vancouver, BC

THE TASK AT HAND

- learn basic food preparation skills required by industry
- arrange presentable food items to meet the expectations of the restaurant and its customers
- prepare costs and menu plans
- handle, prepare, and store food safely
- put your innovative mind and creativity to work

INGREDIENTS FOR SUCCESS

You must intend to complete all secondary school graduation requirements and have:

- as many Foods & Nutrition/Cook Training courses as possible
- FOODSAFE Level 1
- Work experience

Application
Deadline
MARCH 30th

Check out these websites!

www.itabc.ca

www.vsb.bc.ca/programs/ace-it-programs



Steps to become certified in this trade as a RED SEAL PROFESSIONAL COOK 3

- school (ACE IT) Professional Cook Level 1 Technical Training
- 6 weeks Professional Cook Level 2
- 6 weeks Professional Cook Level 3
 - 5000 total work based training hours

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DO YOU HAVE THE RIGHT INGREDIENTS?

If you have the following then you're half way there!

- fluent in English (oral and written)
- dedication, commitment and maturity to further your desired career goals
- strong interest in the field of cooking
- good dexterity and hand-eye coordination
- artistic ability
- high physical fitness level
- ability to withstand stressful situations and environments
- social and friendly, able to work with a team
- knowledge about safe and efficient use of tools, utensils and other equipment

HERE'S WHAT YOU WILL GAIN

When you have successfully completed this program with a **70% pass rate** you will have earned:

- Level 1 Technical Training of the Professional Cook Program which saves you \$2800
- 16-24 credits towards graduation
- an additional 16 credits **if enrolled** in Secondary School Apprenticeship either during or at the completion of the ACE IT program

After you have achieved this you will be able to start your apprenticeship with a trade's qualified Professional Cook.

WHAT WE'VE GOT FOR YOU!

Our program is designed for young minds like yours, and offers skill development appropriate for today's industry standard. You'll take cover topics such as:

- Baking Pastry and Desserts
- Basic Food Service and Kitchen Management
- Breakfast Cookery
- Cold Kitchen
- Diet and Nutrition
- Meat and Poultry Cookery
- Meat, Poultry and Seafood Cutting and Processing
- Safety, Sanitation, and Equipment
- Seafood Cookery
- Stock, Sauces, and Soup
- Vegetable and Starch Cookery

Costs to the student

Books and materials required for this program will cost **approximately \$550** and the summer component **approximately \$200**.

HOW TO MAKE IT HAPPEN!

The next steps are for you to:

- Meet with your Counsellor, Career Coordinator or Career Advisor and parent(s) to help plan the program.
- Complete an application package and submit it to any of the above.

After that, the VSB District Career Programs staff will review the application then arrange an interview.

WHO TO CONTACT

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