



DIPLOMA PROGRAM: Cook Basic - Level I

Sanitation, Safety and Equipment

- Interpretation of Terms
- Personal Hygiene
- Food Contamination
- Safe Food Handling
- Construction Standards
- Maintenance Standards
- Sanitation Codes
- The Health Protection and Promotion Act
- Food Poison Prevention
- Dishwashing

Bake Theory

- Flour Production & Applications
- Types of Shortening
- Sugar Commodities
- Eggs in Baking
- Dairy Products
- Use of Salts
- Leavening Agents
- Chocolate and Flavourings

Basic Nutrition

- Major nutrient identification
- Energy sources
- Lipids
- Proteins and Vegetarian Diets
- Carbohydrate and Dietary Fibre
- Vitamins, Processing & Additives
- Mineral Elements
- Water – Sources, value & quality
- Developing Food Patterns

Culinary Techniques – Basic

- Kitchen Tools – Identification, Storage & Handling
- Uniform Standards
- Proper Food Storage and Packaging
- Fire Procedures
- Stock Cookery
- Thickening Agents
- Soup Cookery
- Sauce Cookery
- Egg & Breakfast Cookery
- Short Order Cookery
- Vegetable, Pasta & Rice Cookery
- Fish & Shellfish Cookery
- Meat Entrees
- Salads

Communications – Basic

- Basic Business Communications
- Accident Reports
- Resume preparation
- Cover Letters
- Application Forms
- Calculations - Basic
- Addition, subtraction, multiplication & division
- Common Fractions
- Decimal Fractions
- Percentages
- Standards of Measurement
- Fahrenheit to Celsius conversions

Techniques of Baking

- Pie Dough
- Piping Batters
- Quick Breads and Muffins
- Cream Desserts
- Icings
- Yeast Dough
- Choux Paste Products
- Pastries
- Cake Preparation

Kitchen Management

- Hospitality /Tourism Perspectives and Organizations
- Orientation, Training and Career Planning
- Menu Planning and Basic Marketing
- Table Service
- Basic Kitchen Calculations
- Basic Purchasing
- Kitchen Organization, Maintenance and Security

Food Theory – Basic

- Major cooking methods
- Vegetable cuts and Flavouring Agents
- Stock and Soup Cookery
- Sauce Cookery
- Breakfast and Short Order Cookery
- Vegetable and Pasta & Rice Cookery

Quantity Food Preparation

- Rules of Personal Hygiene and Sanitation
- Safety Regulations
- Large Kitchen Equipment Identification
- Stock, Soup and Sauce Cookery
- Poultry, Lamb, Pork, Beef, Fish Cookery
- Potato and Vegetable Cookery
- Salad Preparation
- Dessert Preparation