

Professional Cook 1

Complete Program Guide



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Booklet Organization

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Welcome

We are glad you're interested in learning more about this program! This guide is meant to give you all the information you need to understand our SkilledTradesBC Youth Train in Trades Professional Cook 1 Program.

It is quite a commitment for families and students, and we want to make sure you have as much information as possible to ensure this program will work for your family. This program will lay the foundation for you to pursue an exciting and successful career as a Red Seal Certified Cook.



"I love how it kind of opens up a lot of opportunities for me. Joining this program has allowed me to find a workplace and through that workplace I've been able to learn a lot more skills as well."

Professional Cook 1 Grad



Why this Program?

About the Program

The Langley School District (SD35) offers the SkilledTradesBC Youth Train in Trades Professional Cook 1 (PC1) program at Walnut Grove Secondary School (WGSS). This full-time program, in partnership with Vancouver Community College (VCC), offers SD35 students the opportunity to participate in SkilledTradesBC recognized Professional Cook 1 Technical Training. Students earn high school course credits, as well as post-secondary credits, while learning the required skills and knowledge to become an apprentice upon program completion.

Develop Professional Industry Skills

- Cook alongside an award-winning professional chef to create amazing gourmet cuisine in a fast-paced environment
- Be a key part of the team that operates a restaurant, prepares regional/international cuisines, and delivers unique dining experiences for the local community
- Craft and present delicious, gourmet creations while preparing for competitions and events

Program Prerequisites

Youth Train in Trades programs are only offered to registered SD35 students. At the time of application students must:

- Be registered in the Langley School District
- Be 18 or younger on June 30 of application year
- Have not graduated from high school before starting the program
- Have intention to graduate

Prerequisites

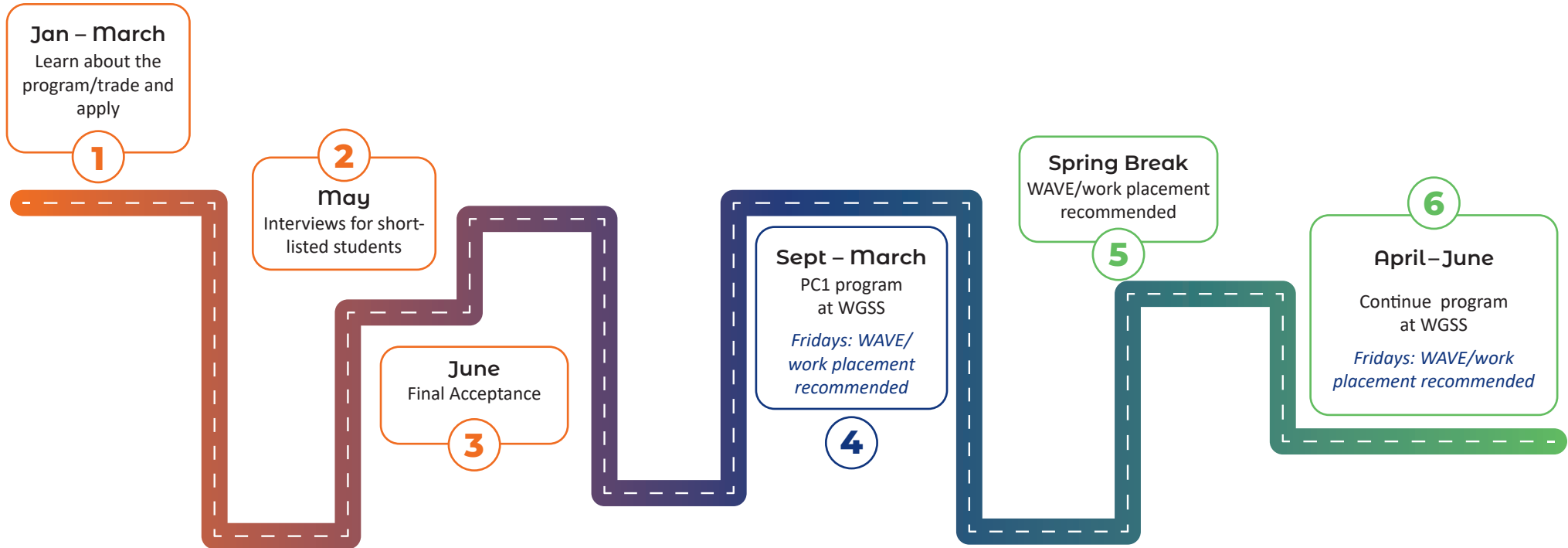
Have completed before the start of the program:

- Grade 10
- English 11
- FOODSAFE Level 1

Recommended:

- Experience working in food industry
- Cafeteria, Food Studies 11/12 or experience in a professional kitchen

Roadmap to Youth Train in Trades: Professional Cook 1



Application Year

Program Year

Monday – Thursday
2:30 pm – 7:30 pm

Grad requirements can be taken in the morning before PC1 program.

* Schedule is subject to change.

How to be Successful

Keys to Success

- Regular attendance and a solid commitment to the program
- Demonstrate maturity and job readiness to work in the industry
- Ability to work in a team in a hot, fast-paced and stressful environment
- Ability to safely use knives and related kitchen tools/equipment
- Stamina to meet the needs of the program



Tuition, Program Fees and Credentials Earned

Tuition and Program Fees

- Tuition is paid by the Langley School District. Value of approximately \$3850
- Student pays approximately \$950 for chef knives and tool case, textbooks and supplies (kept by the student after the program)
- Partial bursary available for students requiring financial assistance
- Some additional costs may be incurred (footwear/PPE)

Credits and Credentials Earned

- SkilledTradesBC Professional Cook 1 (Institutional Entry) Technical Training
- Credit for six high school courses (24 credits)



SD35 Youth Train in Trades Program Opportunities



Automotive



Carpentry



Electrical



Hairstylist

What

- Foundation or apprenticeship training in eight different trades programs
- SkilledTradesBC recognized technical trades training

Why

- Learn skills and gain experience
- Earn high school and post-secondary credits at the same time (dual credit)
- Tuition-free for eligible SD35 students

Who

- Will be in Grade 11-12
- Intend to graduate
- Interest in the trades
- Committed to learn the skills, knowledge and attitude required to do well in the field

When

- Most programs begin February
 - Professional Cook begins September
- Programs are full-time for 1 or 2 semesters

Where

- Location depends on the program, see individual program brochures for more information

How

- Contact your school's Career Advisor for more information and/or to apply
- Apply now and begin the program next school year



Landscape Horticulture



Piping/Plumbing



Professional Cook 1



Welding





SD35CareerEd

Professional Cook Potential Career Progression

LEVEL 1 CAREERS

- Line Cook
- Food Truck
- Cruise Ship Food Worker
- Grill Cook



LEVEL 2 CAREERS

- Event Caterer
- Executive Chef
- Food Truck Operator/Entrepreneur
- Health Inspector



LEVEL 3 CAREERS

- Restaurant General Manager
- Food Stylist/Culinary Artist
- Franchise Owner
- Commercial Kitchen Designer

More Info and to Apply

- See your school's Career Advisor
- Visit careerred.sd35.bc.ca/youthtrain for more info including FAQ, program promo video and program tour.



careerred.sd35.bc.ca/youthtrain



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