coast mountain college

PROFESSIONAL COOK APPRENTICESHIP LEVEL 2

View on YouTube (https://www.youtube.com/watch/?v=hxssGK7sV1A)

"Cook" means a person who performs all phases of of kitchen activities including the preparation and presentation of vegetables, soups, sauces, meat, fish and poultry, cold kitchen items; desserts, baking, pastry, basic menu planning/costing as well as knowledge of safety, sanitation and food storage, and who has a knowledge of human and customer relations.

A **Professional Cook 2** usually works under some supervision and performs a variety of cooking and food preparation tasks using multiple cooking methods. In addition to using the major techniques and principles used in cooking, baking, and other aspects of food preparation, at this level, a professional cook should have a preliminary understanding of food costing, menu planning, and purchasing processes.

Learn more about the other levels in the Culinary Arts program:

- Professional Cook Apprenticeship Level 1 (https://catalogue.coastmountaincollege.ca/programs/professional-cook-apprenticeship/)
- Professional Cook Apprenticeship Level 3 (https://catalogue.coastmountaincollege.ca/programs/professional-cook-apprenticeship-3/)

Apply to CMTN

Visit Apply to CMTN (https://www.coastmountaincollege.ca/admissions/apply-to-cmtn/) for an Admissions Checklist and to apply online.

Our Educational Advisors (https://www.coastmountaincollege.ca/student-services/student-support/educational-advising/) are here to help if you have any questions or need guidance along the way.

Dates and locations

Intake	Location
PC Level 2: October 21, 2024 - February 7, 2025	Terrace

The Professional Cook program is comprised of ITA approved courses that enable students to acquire Professional Cook Level 2 apprenticeship training, and provides then with the skills and knowledge required for employment as an apprentice cook or entrance into Professional Cook Level 3. (https://catalogue.coastmountaincollege.ca/programs/professional-cook-apprenticeship-3/) The program refines student's communication skills, interpersonal skills, and ethics as they relate to industry standards. Professional standards are not only what we expect from our students, but what our peers in the hospitality industry will expect from them as well.

PC Level 2

A professional Cook 2 usually works under some supervision and performs a variety of cooking and food preparation tasks using multiple cooking methods. In addition to major techniques and principles used in cooking, baking, and other aspects of food preparation, at this level, a professional cook should have a preliminary understanding of food costing, menu planning, and purchasing processes.

PC Level 2

- Professional Cook - Level 1 (https://catalogue.coastmountaincollege.ca/programs/professional-cook-apprenticeship/)
- 1000 Workplace Hours in Professional Cooking

Recommended courses

- Occupational First Aid Level 1 (https://www.coastmountaincollege.ca/programs/discover/continuing-studies/first-aid-health-safety/occupational-first-aid-level-1/)

Complete a CMTN Bursary Application (https://coastmountaincollege.ca/student-services/financial-aid/cmtn-awards-bursaries-scholarships/) [PDF]

PC Level 2

Fees	Domestic	International
Full-time	14 Weeks	14 Weeks
Tuition	$1,124.90	$4,780.58
Student Union Fees	$54.64	$54.64
Health Insurance:	N/A	$310.82
Mandatory Fees	$321.58	$346.87
Total tuition and fees:	$1,501.12	$5,499.13
Books and Supplies:	$1,800	$1,800
Total program cost:	$3,301.12	$7,299.13

Fees are effective as of August 1, 2024 for the 2024/25 academic year.

Books & supplies

- Supply and Book List Level 2 (https://www.coastmountaincollege.ca/docs/default-source/program-forms/pcook/pc2-supply-and-booklist.pdf) [PDF]

Note: Please see the separate book, supply and tool lists, as some are repeated at all levels. Please pay for your tool kit at the Registration Office.

Books and supplies outlined in the Program Fees section include the following items:

1. Clothing and equipment
2. Shoes that conform to Worker's Compensation board regulations
3. Set of knives
4. Books
5. Uniforms
6. Required supplies

7. Weekly cleaning fee
8. Laptop Computer with Word Processing Program Installed (purchase externally)

Practicum travel, accommodation, meals, and other expenses are not included in the program costs and are the responsibility of the student.

Explore Level 3 of the Culinary Arts program:

- Professional Cook Apprenticeship Level 3 (https://catalogue.coastmountaincollege.ca/programs/professional-cook-apprenticeship-3/)

Career Opportunities

Graduates have opportunities to obtain employment in local restaurants, five-star tourist lodges, mining and logging camps, cruise ships and catering companies. Past graduates have worked in Fairmont hotels, Holland America Cruise Lines, and have gone overseas to work in Europe.