

PROFESSIONAL COOK APPRENTICESHIP LEVEL 3

Cook means a person who performs all phases 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 3 will have met all of the requirements of the national Red Seal standard for Cook. They usually work under limited supervision and will be competent at the major techniques and principles used in cooking, baking, and other aspects of food preparation. In addition to a sound set of cooking skills, a professional cook at this level should be able to plan and cost menus and recipes, and have an understanding of the communication skills that will be necessary to begin to take a leadership role in the kitchen. For more information about Inter-Provincial Standard Endorsement (Red Seal) visit [red-seal.ca](http://www.red-seal.ca) (<http://www.red-seal.ca/>).

Earns you a **PROFESSIONAL COOK APPRENTICE 3**

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 2 (<https://catalogue.coastmountaincollege.ca/programs/professional-cook-apprenticeship-2/>)

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 3: April 22, 2025 - May 30, 2025	Terrace Campus

Professional Cook students are able to complete the final six weeks in the apprenticeship based on their practical and test results. Upon successful completion of the six-week apprenticeship component the students will be at a level of a third-year apprentice and will be eligible to write the Inter-provincial exam. If the student passes the exam, paired with the practical and work-based hours, they will be able to obtain their Journeyman Red Seal status in the industry. The Red Seal is recognized world wide. For more information regarding the Inter-provincial Standard endorsement (Red Seal) visit [red-seal.ca](http://www.red-seal.ca) (<http://www.red-seal.ca/>)

For detailed information on the scope of knowledge and skills taught and assessed in this program refer to the Program Outline, available on the ITA website. **For program details visit** [itabc.ca/program/cook-professional-cook-3](http://www.itabc.ca/program/cook-professional-cook-3) (<http://www.itabc.ca/program/cook-professional-cook-3/>)

For more information please contact Darlene Godfrey at dgodfrey@coastmountaincollege.ca or 250.635.6511 Ext. 5284.

- Professional Cook 1 (<https://catalogue.coastmountaincollege.ca/programs/professional-cook-apprenticeship/>)
- Professional Cook 2 (<https://catalogue.coastmountaincollege.ca/programs/professional-cook-apprenticeship/>)

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

PC Level 3

Fees	Domestic	International
Full-time	6 Weeks	6 Weeks
Tuition	\$491.76	
Student Union fees	\$56.38	
Mandatory fees	\$140.52	
Health Insurance	N/A	
Total program cost:	\$688.66	

Fees are effective as of August 1, 2025 for the 2025/26 academic year.

Books / Learning Resources & Supplies

- Supply and Book List (<https://www.coastmountaincollege.ca/docs/default-source/program-forms/pcook/pc3-supply-and-booklist-2025.pdf>) (Level 3)

Books / learning resources are available at the CMTN Bookstore. (<https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcoastmountaincollege.ca%2Fstudent-services%2Fcampus-facilities%2Fbookstore&data=05%7C02%7CMBarro%40coastmountaincollege.ca%7C5ffce796260148e521bf08dcdc9fdc33%7C455d8376ff8b4f7fbf3a0b460af0ef58%7C%7C0%7C%7C%7C&sdata=U4f%2BUteALaa1r%2F5ksH1SmLpeUszHSSa54VnZcuW%2Ff98%3D&reserved=0>) Please visit your local campus for details or view your current booklist online (<https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcoastmountaincollege.ca%2Fstudent-services%2Fcampus-facilities%2Fbookstore&data=05%7C02%7CMBarro%40coastmountaincollege.ca%7C5ffce796260148e521bf08dcdc9fdc33%7C455d8376ff8b4f7fbf3a0b460af0ef58%7C%7C0%7C%7C%7C&sdata=qqH6kvxy23MEPUjWw%2BG%2BCyMlvop4jANohgXGuMNH1%2B1%3D&reserved=0>) by selecting your desired campus.

Note: Please see the separate book, supply and tool lists, as some are repeated at all levels.

Approximate supply costs 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. Laptop Computer with Word Processing Program Installed (purchase externally)

Career opportunities

Graduates have the 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.

Visit BC SkilledTradesBC (<https://skilledtradesbc.ca/>) or WorkBC for more career opportunity information.

