

PROFESSIONAL COOK APPRENTICESHIP LEVEL 1

View on YouTube (<https://www.youtube.com/watch?v=-TAlmZkzX44>)

“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 1** usually works in a supervised environment and performs basic cooking and food preparation tasks utilizing knife skills, correct terminology, and a variety of cooking methods. They must be able to follow recipes, weigh and measure food accurately, and have an understanding of the major techniques and principles used in cooking, baking, and other aspects of food preparation. At this level, a Professional Cook should have a solid foundation of culinary skill.

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

- Professional Cook Apprenticeship Level 2 (<https://catalogue.coastmountaincollege.ca/programs/professional-cook-apprenticeship-2/>)
- 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 1: February 3, 2025 - July 18, 2025	Smithers
PC Level 1: August 5, 2025 - February 27, 2026	Terrace

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This program is being delivered at a public school where a **BC Ministry of Justice Criminal Record Check*** is required by the local school district; you will be studying in an area with children and vulnerable adults present. The cost of this check will be covered by the College. If you require more information you can contact an Admissions Officer at 1-877-277-2288 Ext 5203.

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Future planned intakes may be subject to change. Please check back to confirm availability.

*For more information on the CRC requirements visit our Criminal Record Check (<https://www.coastmountaincollege.ca/admissions/requirements/criminal-record-check/>) page for full details. Please see the BC Ministry of Justice website for a list of Offences Reviewed During a Criminal Record Check (<http://www2.gov.bc.ca/gov/content/safety/crime-prevention/criminal-record-check/offences-reviewed/>).

The Professional Cook program is comprised of ITA approved courses that enable students to acquire Professional Cook Level 1 and Professional Cook Level 2 apprenticeship training, and provides them with the skills and knowledge required for employment as an apprentice cook or entrance into the 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 1

Code	Title	Credits
COOKAP1 18110	Occupational Skills	
COOKAP1 18111	Stocks, Soups and Sauces	
COOKAP1 18112	Vegetables and Fruits	
COOKAP1 18113	Starches	
COOKAP1 18114	Meats	
COOKAP1 18115	Poultry	
COOKAP1 18116	Seafood	
COOKAP1 18117	Garde-Manger	
COOKAP1 18118	Eggs, Breakfast Cookery and Dairy	
COOKAP1 18119	Baked Goods and Desserts	
COOKAP1 18120	Beverages	
Total Credits		0

For more information regarding Professional Cook - Level 1, visit itabc.ca/program/professional-cook-1 (<http://www.itabc.ca/program/professional-cook-1/>)

PC Level 1

- Grade 12 **OR** Mature Student
- English Studies 10, English First Peoples 10 or equivalent **AND**
- Apprenticeship & Workplace Math 10 (AWM 10) or higher
- **OR** Successful completion of a CAT Assessment
- **OR** Permission of Instructor



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 1

Fees	Domestic	International
Full-time	28 Weeks	28 Weeks
Tuition	\$2,294.88	
Student Union fees	\$112.76	
Mandatory fees	\$655.76	
Extended Health and Dental*:	\$295.00	
Total tuition:	\$3,358.40	
Books/Supplies	\$1340.69	Varies

Tuition and fees effective as of August 1, 2025 for the 2025/26 academic year.

Books / Learning Resources & Supplies

- Supply and Book List Level 1 (<https://www.coastmountaincollege.ca/docs/default-source/program-forms/pcook/pc1-supply-and-booklist-2025.pdf>) [PDF]

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%7C0%7C0%7C638627826367798404%7CUnknown%7CTWFpbGZsb3d8eyJWljoIMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6IjEhaWwiLCJXVCi6Mn0%3D%7C0%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%7C0%7C0%7C638627826367819287%7CUnknown%7CTWFpbGZsb3d8eyJWljoIMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6IjEhaWwiLCJXVCi6Mn0%3D%7C0%7C%7C&sdata=qqH6kvxy23MEPTJwW%2BG%2BCyMlvop4jANohgXGuMNH1%2BI%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 and can vary

- Clothing and equipment
- Shoes that conform to Worker's Compensation board regulations
- Set of knives

4. Books

5. Uniforms

6. Required supplies

7. Laptop Computer with Word Processing Program Installed (purchase externally)

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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 over seas to work in Europe.

