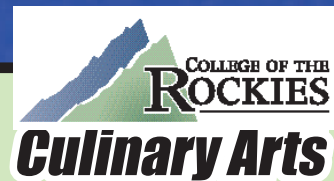


# Culinary Arts Career and Educational Paths



## Institution Entry

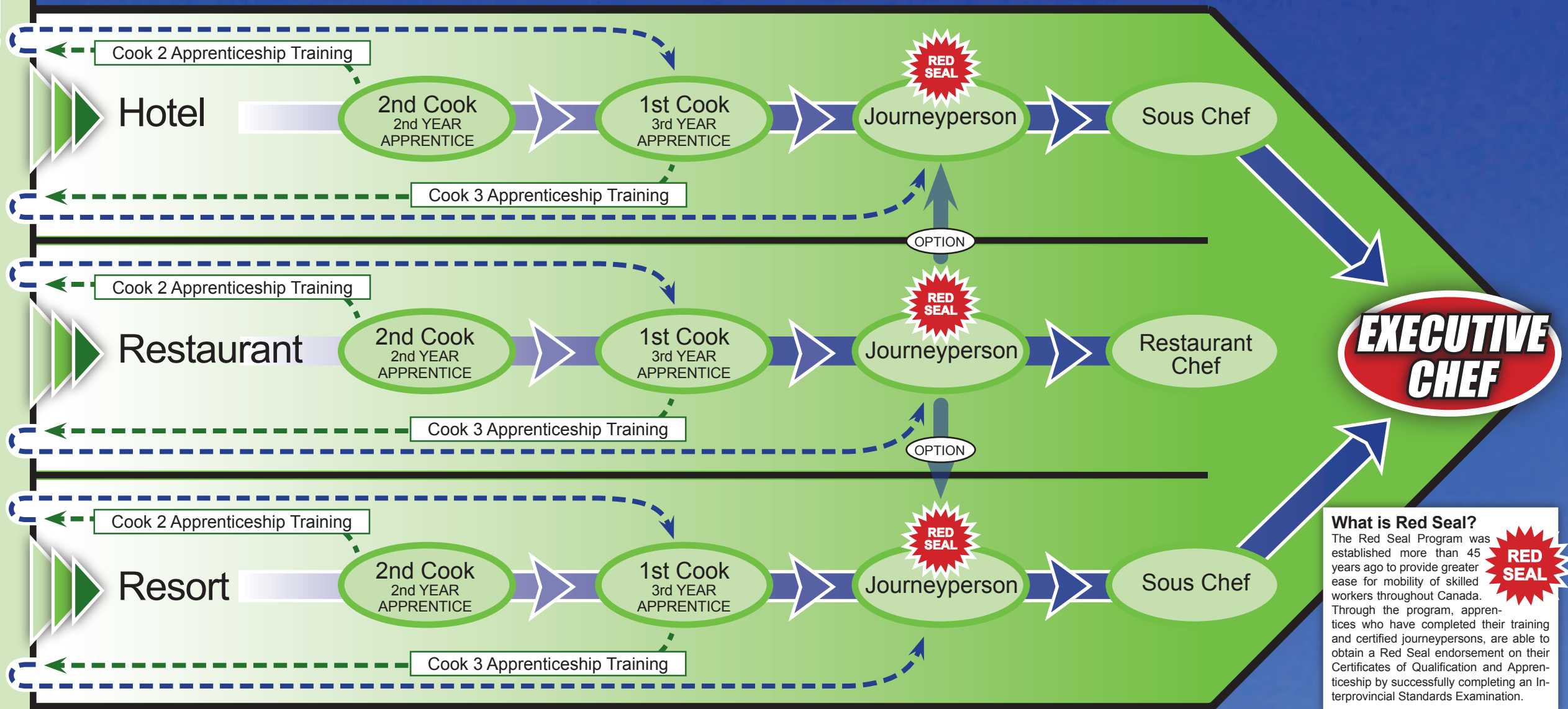
College of the Rockies offers the complete provincial Professional Cook Training program in a fully-equipped training kitchen, classroom area, and formal dining room.

The Culinary Arts program covers all aspects of the kitchen operations. The theory components cover food safety, kitchen management and methods of cookery.

Practical instruction includes soups, sauces, meat and fish cookery, vegetables, desserts, pastry, cold kitchen, breakfast cookery, and meat cutting. The level of expertise in each category of food preparation will increase throughout the course. This is equivalent to Apprenticeship Cook 1.

## Apprenticeship Training (Workplace Entry)

- Cook One
- Cook Two
- Cook Three



**What is Red Seal?**  
 The Red Seal Program was established more than 45 years ago to provide greater ease for mobility of skilled workers throughout Canada. Through the program, apprentices who have completed their training and certified journeypersons, are able to obtain a Red Seal endorsement on their Certificates of Qualification and Apprenticeship by successfully completing an Interprovincial Standards Examination.

