



Cook

Inter-provincial examinations – Tasks and related number of questions

Based on 2019 RSOS

Major Work Area	Task	Number of Questions
A- Hygiene, sanitation and safety		13
	Task 1 – Performs safety and hygiene-related functions	5
	Task 2 – Practices food safety procedures	8
B- Common Occupational Skills		11
	Task 3 – Uses tools and equipment	2
	Task 4 – Organizes work	1
	Task 5 – Manages information	1
	Task 6 – Manages products	2
	Task 7 – Performs trade activities	2
	Task 8 – Adapts cooking practices to meet dietary requirements	2
	Task 9 - Uses communication and mentoring techniques	1
C– Produce		12
	Task 10 – Prepares herbs and spices	3
	Task 11 – Prepares vegetables	5
	Task 12 – Prepares fruit	4
D– Stocks, broths and soups		12
	Task 13 – Prepares stocks and broths	6
	Task 14 – Prepares soups	6
E – Sauces		13
	Task 15 – Prepares thickening and binding agents	4
	Task 16 – Prepares sauces	9
F – Cheese, dairy, plant-based dairy alternatives, eggs and egg products		10
	Task 17 – Uses cheese, dairy products and plant-based dairy alternative products	5
	Task 18 – Prepares eggs and egg-based dishes	5
G – Pastas, noodles, stuffed pastas and dumplings		10
	Task 19 – Prepares pastas and noodles	6
	Task 20 – Prepares stuffed pastas and dumplings	4
H - Grains, pulses, seeds, nuts and alternative proteins		11
	Task 21 – Prepares grains and pulses	4
	Task 22 – Prepares seeds and nuts	3
	Task 23 – Prepares alternative proteins	4
I - Meats, game, poultry, game birds and variety meats		16
	Task 24 – Prepares meats and game meats	8
	Task 25 – Prepares poultry and game birds	6
	Task 26 – Prepares variety meats	2
J – Fish and seafood		15
	Task 27 – Prepares fin fish	7
	Task 28 – Prepares seafood	8
K – Salads and sandwiches		9
	Task 29 – Prepares sandwiches	3
	Task 30 – Prepares salads	3
	Task 31 – Prepares condiments, preserves and dressings	3
L – Specialty preparation		8
	Task 32 – Prepares hors d'oeuvres and other finger foods	3
	Task 33 – Prepares charcuterie and cured products	2
	Task 34 – Prepares gels and glazes	1
	Task 35 – Prepares marinades, rubs and brines	2
M- Sweet and savoury baked goods and desserts		10
	Task 36 - Prepares dough-based products	2
	Task 37 - Prepares batter-based products	2
	Task 38 - Prepares creams, mousses, frozen desserts, fillings, icings, toppings and sugar works	2
	Task 39 - Assembles cakes	1
	Task 40 - Prepares savoury and sweet pastries and pies	2
	Task 41 - Prepares chocolate	1
		Total: 150