

Issued: June 13, 2022

Cook

To: ITA Training Providers
Articulation Chair
System Liaison Person
School Districts ITA Training Providers

Subject: **Cook Interprovincial Exams aligned to 2019 RSOS will be implemented**

From: ITA Program Standards

Effective Date: July 20, 2022

Summary: Interprovincial (IP) exams aligned to the 2019 Cook Red Seal Occupational Standard (RSOS) will be implemented by ITA as of July 20, 2022. Candidates who write a Cook IP exam on or after July 20, 2022 will receive an exam aligned to the 2019 RSOS.

IP Table The IP table can be found at <https://www.itabc.ca/program/cook-professional-cook-3> and on the following page.



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	Task 1 – Performs safety and hygiene-related functions	5
	Task 2 – Practices food safety procedures	8
B- Common Occupational Skills	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	Task 10 – Prepares herbs and spices	3
	Task 11 – Prepares vegetables	5
	Task 12 – Prepares fruit	4
D– Stocks, broths and soups	Task 13 – Prepares stocks and broths	6
	Task 14 – Prepares soups	6
E – Sauces	Task 15 – Prepares thickening and binding agents	4
	Task 16 – Prepares sauces	9
F – Cheese, dairy, plant-based dairy alternatives, eggs and egg products	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	Task 19 – Prepares pastas and noodles	6
	Task 20 – Prepares stuffed pastas and dumplings	4
H - Grains, pulses, seeds, nuts and alternative proteins	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	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	Task 27 – Prepares fin fish	7
	Task 28 – Prepares seafood	8
K – Salads and sandwiches	Task 29 – Prepares sandwiches	3
	Task 30 – Prepares salads	3
	Task 31 – Prepares condiments, preserves and dressings	3
L – Specialty preparation	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	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

Details: The Interprovincial Red Seal exam is a summative assessment intended to test an apprentice's trade knowledge gained through both on-the-job experience and technical training. Exam questions are developed by certified trade worker subject matter experts (SMEs) as well as instructors and are intended to reflect trade practices in Canada. The exams are edited, translated, and peer reviewed by additional SMEs before they are implemented. The exams are developed to test the sub-tasks of the most recent Red Seal Occupational Standard.

The Cook 2019 RSOS can be downloaded here: https://www.red-seal.ca/_conf/assets/custom/docms/cook_rsos2020_eng.pdf

A comparative analysis of the sub-task changes from the previous standard can be found on the [ITA trade page](#).

For more information contact: ITA Program Standards
Email: programstandards@itabc.ca

cc: ITA Staff