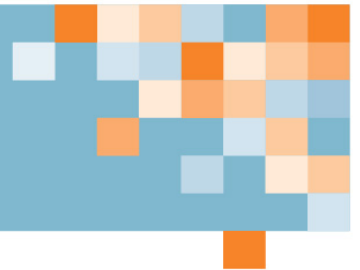


CANDIDATE PREPARATION PACKAGE

PROFESSIONAL COOK 1

PRACTICAL ASSESSMENT

Menu A



Candidate's Name:	
Exam Location:	Date:

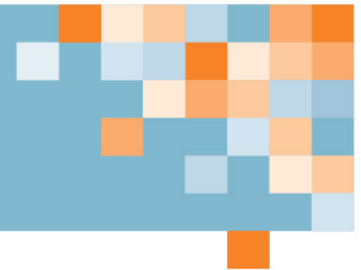
Included in this package:
Information about the practical assessment.
Work plans to prepare your menu.
Recipes required for your menu.

Instructions:

1. Read all the information completely about the practical assessment so you are aware of the requirements of your menu.
2. Assemble the recipes required to prepare your menu.
3. Prepare your work plan for the day of the practical assessment according to the required components.

Overview of Assessment Tasks

- You will be given a list of required menu items and asked to write your work plan.
- You will be asked to prepare, cook and present all menu items within the time limit allocated. One serving of each item is to be served unless otherwise indicated.
- The first 2 hours of the assessment are set aside for preparation – no finished dishes may be served during this time.
- After the first 2 hours of preparation, dishes may be presented according to the time line you prepared in your work plan. Dishes must be served in the sequence of the menu. Assessors will require a minimum of 15-20 minutes between dishes being served for assessment.
- If necessary, a maximum of 30 minutes Overtime is permitted for full menu completion. **Dishes served during this time will lose the *Critical Factor* marks for Timing.** After Overtime, no dishes will be accepted.
- You can expect the total time of the assessment from your arrival through clean up to be approximately 6 hours.
- Safety, Sanitation, Organization, and Work Habits are assessed throughout the day.



What the Assessor will be looking for:

- Safe work practices are followed.
- Food safety practices are followed.
- Correct selection and use of tools and equipment.
- Recipes are followed appropriately.
- Proper selection, preparation and storage of ingredients and menu items.
- Correct techniques used for cooking/baking.
- Dishes presented (including garnishes, sauces and accompaniments) are to the industry standard and servable to the customer based on visual appeal, doneness, taste, texture, color, portion size, etc.

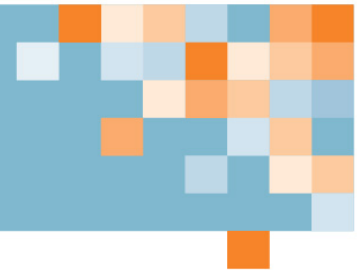
Criteria to demonstrate competency

Competence in all 3 sections must be successfully demonstrated in order to pass the practical assessment.

Criteria for each section is as follows:

Section 1: Safety and Sanitation

- 5 of 5 *Critical Factors* **must** be demonstrated – (See *Grading Scale – Appendix A*)
 - Uses safety/personal protective equipment (PPE)
 - Follows safety procedures
 - Correct product handling and storage
 - Minimizes risk of cross contamination
 - High level of personal hygiene



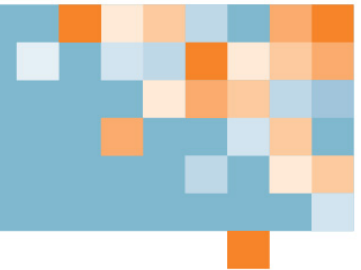
Criteria to demonstrate competency, cont.

Section 2: Organization, Technical (Prep) Skills, Cooking Technique

- A minimum 5 of 8 *Critical Factors* **must** be demonstrated – (See *Grading Scale – Appendix A*)
 - Works in an organized manner
 - Works well with others
 - Demonstrates suitable knife skills
 - Follows recipes
 - Minimizes wastage
 - Demonstrates a variety of cooking techniques (minimum 4)
 - Minimizes and rectifies faults
 - Tests for appropriate degree of doneness

Section 3: Finished Products (Dishes)

- A minimum 25 of 35 *Critical Factors* **must** be demonstrated – (See *Grading Scale – Appendix A*)
- Each of the 5 menu items will be evaluated for the following criteria,
 - Servable product – based on taste, texture, doneness, presentation, temperature, portion size, etc.
 - Served within the time limit – dishes presented within the time frame and in menu sequence



What do I need to bring?

**Come prepared with the items needed for production*

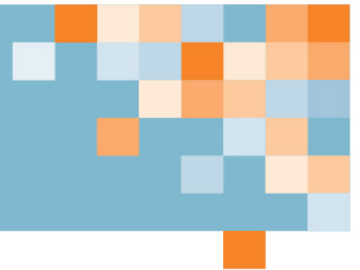
Essential

- Uniform – cook’s jacket, chef’s hat, appropriate pants (checkered, black or white), apron and CSA approved footwear.
- PPE – i.e. cut resistant gloves
- Small utensils and hand tools – see recommended list
- Knives – see recommended list
- Cloths – white kitchen towels
- Work plan and menu sheets
- Recipes for reference (Hard copies)
- Paper and pencil/pen for writing
- Timer (Clock or Digital)

Note – small kitchen utensils and knives will not be provided at the assessment venue

Recommended knife and small tools list

- French / Chef’s knife (10” - 12”)
- Paring knife
- Sharpening steel
- Serrated bread knife
- Flexible wire whisk
- Palette knife / offset spatula
- Rubber spatula
- Plastic dough scraper
- Set of professional quality tongs
- Vegetable peeler
- Measuring spoons
- Calibrated measuring cups
- Meat thermometer
- Slotted spoon
- Small sieve



Optional

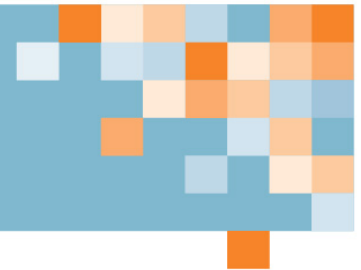
- Firm boning knife
- Flexible filleting knife
- Turning knife
- Fish tweezers
- Moulds or special baking dishes as required
- Small food processor
- Immersion blender
- Food mill
- Mandoline
- Piping bags/tips

Supplied

- All food items
- Commercial kitchen equipment, stoves and ovens
- Pots and pans
- Cutting boards
- Prep area with sink
- Refrigerator (may be shared with another candidate)
- Serving plates and platters
- Tasting spoons
- Aluminum foil
- Disposable gloves
- Paper towels
- Parchment paper
- Plastic wrap
- Skewers – bamboo

Prohibited

- Any outside food items or convenience products
- Any additional sources of heat or cold (portable burners, refrigerators, etc.)
- Internet connected devices – smartphones, tablets, computers, etc.



During the Assessment

- You will have the opportunity to demonstrate your skills against the standards for Professional Cook 1.
- You will be able to speak with your Assessor and ask for clarification. You will also need to answer questions throughout the assessment. If there are any issues with equipment or ingredients during the assessment, you must notify your Assessor immediately.
- You cannot ask other candidates for assistance or information or interrupt their assessment tasks in any way.
- You cannot use your cell phone during the practical assessment. If you do, your assessment may be compromised.
- While you are undertaking your practical assessment, you are expected to follow personal hygiene, food safety and occupational health and safety (OH&S) requirements that apply in the workplace. This includes wearing an appropriate uniform and personal protective equipment (PPE) as required.
- It is essential that you follow all your Assessor's instructions throughout the day.
- Major violations of safety or sanitation procedures may result in termination of the assessment.

Tips for Success

- Practice the menu several times before attempting the practical assessment
- Employ the highest sanitation standards
- Manage your waste, do not toss your green waste before checking with assessor(s)
- Properly anchor cutting board and set your station
- Have a plan for dealing with your dirty dishes
- Set up a place to wash and sanitize properly, have dish soap, scouring pads and sanitizer
- Display your work-plan
- Have your recipes organized
- Use single use tasting spoons
- Clean as you go, wash and sanitize properly, avoid cross contamination
- Have a seasoning tray
- Only have out what you need for the task at hand; everything else is clutter
- Keep high risk foods refrigerated at all times
- If something isn't going as planned, stop, re-evaluate and formulate a new plan; you can still recover



Overview of Assessment Day

Arrival and Briefing

- An Assessor will brief you on the practical tasks you will be required to complete.
- You will also receive any additional instructions for your assessment.
- Assessors will be available to answer any questions you have regarding the process.
- You must sign a declaration indicating that all the above has been completed before being allowed to set up your station.

Time

15-30 minutes

Set Up

- You will be allowed to set up your station and familiarize yourself with the location of kitchen equipment.
- You may finalize your work plan based on the menu you have to prepare.
- Your Assessor will review your work plan and recipes during the assessment.

15-30 minutes

Practical Assessment

- Your practical assessment will commence, and you will be required to complete the tasks specified in your menu within 4 hours. Preparation is 2 hours. Service of dishes is 2 hours.
- You will need to wear an appropriate uniform and personal protective equipment (PPE) and keep all relevant personal hygiene, food safety and occupational health and safety (OH&S) issues in mind.

4 hours

Overtime (if necessary)

- A maximum of 30 minutes Overtime is permitted for full menu completion. **Dishes served during this time will lose the Critical Factor marks for Timing.** After Overtime, no dishes will be accepted.

30 minutes

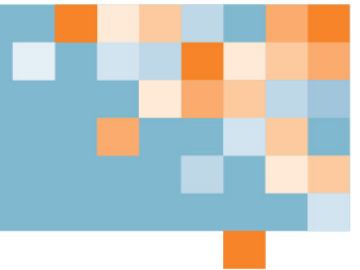
Clean Up

- Dishes will **not** be accepted during this time. You will be expected to clean your station and help with any common areas to return the kitchen to the state it was in before the assessment.

30 minutes

Food / Breaks

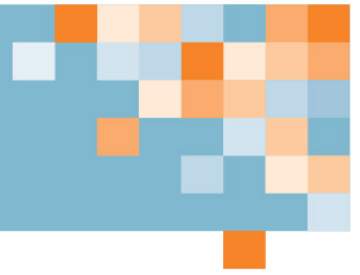
- If you require a short break during the assessment, it can be scheduled into your work plan. However, the menu still must be completed within the assigned time frame.
- Bathroom breaks may be taken at any time as long as you notify the Assessor.
- Meals are not provided. It is your responsibility to bring drinks, snacks or refreshments that you will need. Water will be available at the venue.



Assessment Tasks – Menu A

- You will be preparing the menu items from the following categories:
- The recipes for this menu are included in this package.

Category:	Menu Requirements:
Soup	Clear Soup – Beef and Barley <ul style="list-style-type: none">• Prepare 1 litre• Serve 1 portion (250 ml)
Egg Dish	3-Egg Omelet – Ham and Cheese <ul style="list-style-type: none">• Prepare 1 serving• Prepare 1 serving of orange segments
Cold Dish	Seafood Salad Wrap with Emulsified Mayonnaise Dressing <ul style="list-style-type: none">• Prepare 1 serving seafood salad wrap• Prepare 500 ml mayonnaise dressing
Hot Dish	Braised Chicken with Mushroom Sauce Pasta with Herbs and Butter Seasoned Broccoli <ul style="list-style-type: none">• Prepare 1 serving braised chicken w/ mushroom sauce (made with freshly cooked chicken leg)• Prepare 1 serving pasta w/ herbs and butter• Prepare 1 serving seasoned broccoli
Quick Bread	Cheddar Cheese Scones <ul style="list-style-type: none">• Prepare 12 and serve 12



CANDIDATE WORK PLAN

Give this sheet to the Assessor to place on your presentation area

Use this sheet to illustrate each item on your menu, and the service time.
No dishes may be served in the first 2 hours, this time is set aside for preparation.

Candidate's Name:	Date:
--------------------------	--------------

Menu Item	Description	Service Time
Soup	Clear Soup – Beef and Barley	
Egg Dish	3-Egg Omelet – Ham and Cheese	
Cold Dish	Seafood Salad Wrap with Emulsified Dressing	
Hot Dish	Braised Chicken Leg with Mushroom Sauce, Pasta with Herbs and Butter, Seasoned Broccoli	
Quick Bread	Cheddar Cheese Scones	



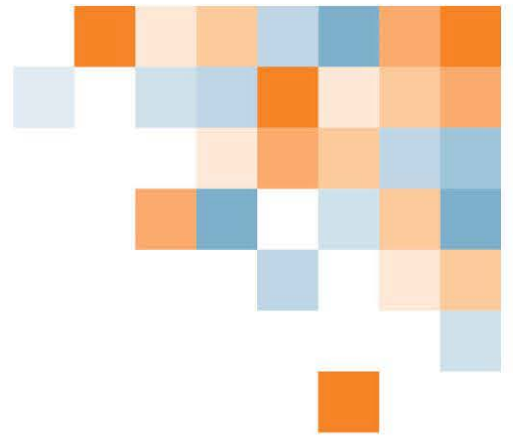
CANDIDATE DRAFT / PRACTICE WORK PLAN

Use this sheet to plan your time to complete all menu items

NOTE: Assessors require a minimum of 15 minutes between dishes being served for assessment

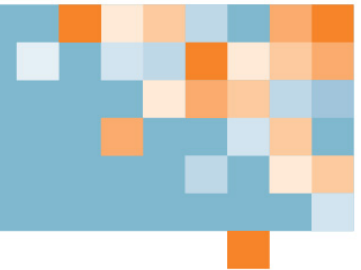
Candidate's Name:	Date:
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Time am / pm	Minutes Allowed	
	15 min	Arrival and sign declaration
	15 min.	Briefing and questions
	30 min.	Gather equipment and dishware, set up station, pre-heat oven
	↓	Begin cooking (2 hours) – no dishes are served during this time
	30 min	
	30 min	
	30 min	
	30 min	
	↓	Begin Service period (2 hours) – dishes are served during this time
	30 min	
	30 min	
	30 min	
	30 min	
	30 min	Overtime – dishes accepted but Critical Factor marks for Timing not achieved.
	30 min	Clean up – no dishes are accepted



RECIPES - MENU A

**PROFESSIONAL COOK 1
PRACTICAL ASSESSMENT**



CLEAR SOUP:

Yield: 1 litre

Beef and Barley

Serve 1 portion (250 mL)

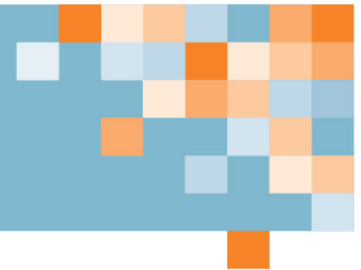
Ingredients:

10 g	Butter, whole
1 clove	Garlic, minced
40 g	Yellow onion, small dice
40 g	Carrot, small dice
40 g	Celery, small dice
40 g	Leek, small dice
850 mL	Beef stock
75 g	Beef, cooked, small dice
100 g	Barley, cooked
To taste	Salt and pepper
15 mL	Parsley, fresh, finely chopped

Procedure:

1. Sweat the garlic and onion in butter until translucent.
2. Add the carrots, celery and leek. Continue cooking. Do not let them brown.
3. Add the stock. Simmer until vegetables are just tender.
4. Add the cooked beef and barley and return to a simmer.
5. Degrease the soup and adjust seasoning with salt and pepper.
6. Serve in a warm soup bowl and garnish with chopped parsley.

Assessor Notes: The beef and barley are to be cooked previously, pre-portioned and provided to the candidate; beef to be diced by the candidate. Vegetables are provided unpeeled and unprocessed.



EGG DISH:

Yield 1 Serving

3-Egg Omelet (Ham & Cheese)

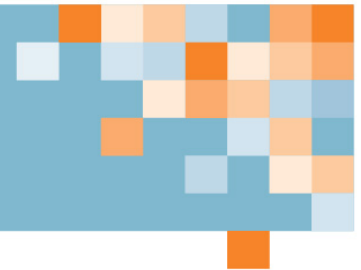
Ingredients:

3	Eggs, large
To taste	Salt and pepper
30 g	Ham, small dice
15 g	Butter, whole
30 g	Cheese, grated
1	Orange, segmented

Procedure:

1. Crack eggs and whisk in a small bowl. Season with salt and pepper.
2. Sauté the ham in butter in an 8 inch omelet pan until heated.
3. Pour egg into omelet pan.
4. Shake the pan back and forth, while stirring the eggs with a heat-proof spatula.
5. When eggs are nearly set, sprinkle cheese across the center of the egg.
6. Roll the omelet onto a warm serving plate.
7. Finished omelet should be moist on the inside, tender on the outside, and yellow or only slightly browned.
8. Serve orange segments in a side dish with the eggs.

Assessor Notes: Ham is provided pre-weighed; candidate must dice. Cheese is provided pre-weighed and previously grated.



COLD DISH:

Yield: 1 Serving

Seafood Salad Wrap

Ingredients:

1	12 inch flour tortilla
1 portion	Seafood salad
250 mL	Lettuce, chiffonade

Seafood Salad:

Yield: 1 Serving

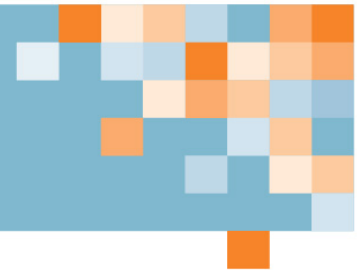
Ingredients:

90 g	Salmon, boneless, skinless and raw
600 mL	Court Bouillon
30 g	Baby shrimp, cooked
30 g	Celery, small dice
20 mL	Mayonnaise (see recipe)
5 mL	Lemon juice, fresh
5 mL	Dill, fresh
To taste	Salt and Pepper

Procedure:

1. Poach Salmon in court bouillon until done.
2. Remove Salmon and chill in refrigerator.
3. Flake the salmon into a bowl.
4. Squeeze excess moisture from the shrimp and add to the salmon.
5. Add celery, mayonnaise, lemon juice, dill and salt and pepper.
6. Combine thoroughly.
7. Place seafood salad and lettuce on center of tortilla.
8. Fold sides of tortilla in and roll up.
9. Serve wrap cut on the bias.

Assessor Notes: One portion of boneless, skinless Salmon is pre-weighed and provided to the candidate raw. Court bouillon is prepared for the candidate. Cooked baby shrimp is pre-portioned and provided to the candidate. Lettuce is pre-washed and dried for the candidate.



Mayonnaise:

Yield: 500 mL

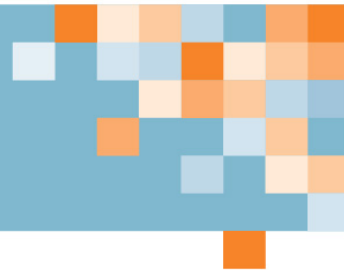
Ingredients:

2	Eggs, large
7 mL	Vinegar, white
7mL	Water
2.5 mL	Salt
2.5 mL	Mustard, dry
Pinch	Cayenne
425 mL	Oil, vegetable
15 mL	Vinegar, white
12.5 mL	Lemon juice

Procedure:

1. Separate the eggs. Reserve the whites for other use.
2. Place the egg yolks in a bowl with the first vinegar, water and dry Ingredients. Beat until well mixed.
3. Add the oil gradually while whisking continuously. When the emulsion forms, add the oil slightly faster.
4. When the mayonnaise becomes thick, thin with a little of the second quantity of vinegar.
5. Gradually beat in the remaining oil alternately with the vinegar.
6. Adjust the tartness and the consistency by beating in lemon juice.

NOTE: If the mayonnaise breaks, it can be rescued. Start with a fresh egg yolk. Using the same procedure in step 3, begin emulsifying the broken mayonnaise into the yolk as was done with vegetable oil. Continue until all the broken mayonnaise has been added and re-formed.



HOT DISH:

Yield: 1 Serving

Braised Chicken Leg with Mushroom Sauce

(Plated with Pasta and Seasoned Broccoli)

Ingredients:

1	Chicken leg; bone-in, skin on and raw	30 g	Mushrooms, button, quartered
To taste	Salt and pepper	20 g	Yellow onion, brunoised
5 mL	Oil, vegetable	10 g	Flour, all purpose
10 g	Butter, whole	250 mL	Chicken stock

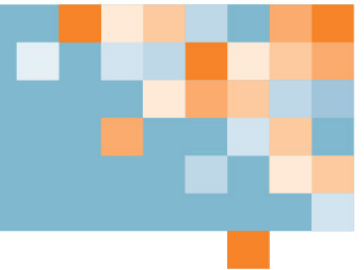
To Finish

30 mL	Whipping cream
To taste	Salt and pepper
10 mL	Parsley, fresh, chopped

Procedure:

1. Separate the chicken leg into thigh and drumstick. Season with salt and pepper.
2. Lightly brown the chicken in a pan with oil.
3. Remove chicken; set aside.
4. Add butter, mushrooms, onion and sauté until lightly browned.
5. Add the flour to make a blonde roux.
6. Gradually stir in the stock. Bring to a simmer, stirring until the sauce thickens.
7. Add the chicken.
8. Cover tightly and place in a conventional oven (350°F/175°C). Cook to internal temperature of 165°F/74°C (30 - 40 minutes).
9. Remove chicken from the sauce and keep warm in a covered pan.
10. Reduce sauce to desired consistency; then add cream to finish.
11. Adjust seasoning with salt and pepper; add chopped parsley.
12. Arrange the chicken, pasta and vegetables on a warm plate. Serve with the sauce over the chicken.

Assessor Notes: One chicken leg, bone in and skin on is provided to the candidate raw.



STARCH - SIDE DISH:

Yield: 1 Serving

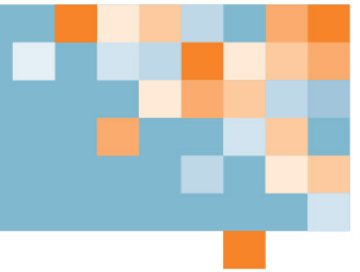
Pasta with Herbs and Butter

Ingredients:

50 g	Linguine or fettuccine (dry pasta)
15 g	Butter, whole
1 small	Garlic clove, minced
15 mL	Parsley, fresh, chopped
5 mL	Oregano, fresh, chopped
5 mL	Lemon juice, fresh
10 g	Grated Parmesan cheese
To taste	Salt and pepper

Procedure:

1. Cook pasta in boiling salted water "al denté".
2. Melt the butter in a saucepan and sauté garlic until fragrant.
3. Add pasta to the pan and sauté (add a splash of water to help steam the pasta if it has been allowed to cool).
4. Add remaining ingredients and mix until well dispersed.
5. Season with salt and pepper.



VEGETABLE - SIDE DISH:

Yields 1 portion

Seasoned Broccoli

Ingredients:

70 g	Broccoli florets, trimmed
5 g	Butter, whole
To taste	Salt and pepper

Procedure:

1. Blanch and refresh the broccoli.
2. Refrigerate until serving time.
3. Re-heat in boiling salted water.
4. Sauté broccoli in butter until nicely coated and season with salt and pepper.



QUICK BREAD:

Yield: 12 Scones

Cheddar Cheese Scones

Ingredients:

500 g	Flour, all purpose
15 g	Baking powder
3 g	Salt
20 g	Sugar
125 g	Butter, whole, chilled and cubed
125 g	Cheddar cheese, grated
280 mL	Milk
70 g	Eggs, beaten
30 mL	Egg wash

Procedure:

1. Sift together dry ingredients.
2. Cut in butter to the size of peas.
3. Mix the cheese into the dry ingredients.
4. Make a well in the center and pour in the milk and eggs.
5. Mix gently until ingredients are just combined and soft dough is formed.
6. On a floured surface, roll the dough to 15 mm thick and cut into 12 uniform pieces.
7. Arrange them on a parchment lined baking tray and brush lightly with egg wash.
8. Bake at 350°F/175°C in a conventional oven until golden and center is cooked (15-20 minutes).
9. Serve all 12 scones.

GRADING SCALE for PROFESSIONAL COOK PRACTICAL ASSESSMENTS

Level 1 Level 2 Level 3

Critical Factors	Excellent	Good	Satisfactory	Borderline	Unacceptable
Accompaniments	<ul style="list-style-type: none"> Complement and enhance main item No improvements suggested 	<ul style="list-style-type: none"> Complement main item Some minor adjustments may be recommended 	<ul style="list-style-type: none"> Quality acceptable, but does not complement main item Some adjustments recommended but not critical 	<ul style="list-style-type: none"> Quality lacking, but still servable Adjustments definitely needed 	<ul style="list-style-type: none"> Detracts from other items on plate Item would be sent back
Balance	<ul style="list-style-type: none"> Perfect balance between items on plate No improvements suggested 	<ul style="list-style-type: none"> Good balance between items on plate Some minor adjustments may be recommended 	<ul style="list-style-type: none"> Overall balance between items on plate acceptable. Minor number of components on plate need adjustment 	<ul style="list-style-type: none"> Major components on plate are slightly tough or too firm or soft, but still servable 	<ul style="list-style-type: none"> Some products on plate inedible Unpleasant texture, would be sent back
Baking (Colour)	<ul style="list-style-type: none"> Perfectly even colour and sheen No improvements suggested 	<ul style="list-style-type: none"> Even colour Some minor adjustments may be recommended 	<ul style="list-style-type: none"> Mostly even colour Minor adjustments are recommended 	<ul style="list-style-type: none"> Pale or dark, but not under done or burnt Adjustments definitely needed 	<ul style="list-style-type: none"> Burnt or extremely pale Not sellable or edible
Baking (Size/Shape)	<ul style="list-style-type: none"> Perfect size and shape, as per recipe No improvements suggested 	<ul style="list-style-type: none"> Even size and shape May be slightly larger or smaller than recipe yield 	<ul style="list-style-type: none"> Slightly inconsistent size and shape Within range of recipe yield 	<ul style="list-style-type: none"> Uneven size and shape Still within servable range 	<ul style="list-style-type: none"> Shape and size unacceptable Too small or large to serve
Consistency (Soup)	<ul style="list-style-type: none"> Perfect texture and viscosity Degreased perfectly Ideal amount and quality of garnish No improvements suggested 	<ul style="list-style-type: none"> Overall good texture and viscosity Mostly degreased, is suitable Reasonable amount of garnish; garnish good quality Some minor adjustments may be recommended 	<ul style="list-style-type: none"> Texture or viscosity needs adjustment Degreased somewhat, could use a little more. Lacking or too much garnish, but garnish still good quality 	<ul style="list-style-type: none"> Texture and viscosity definitely needs adjustment Marginally degreased, Garnish lacking or of poor quality, but still servable 	<ul style="list-style-type: none"> Unpleasant texture or viscosity Degreased poorly or not at all Garnish inedible Would be sent back
Cooking Technique	<ul style="list-style-type: none"> Cooking techniques demonstrated properly Regular monitoring of food with superior results 	<ul style="list-style-type: none"> Cooking techniques demonstrated properly Regular monitoring of food with expected results 	<ul style="list-style-type: none"> Cooking techniques generally demonstrated properly, but may lack production speed Occasional monitoring of food with small minor errors in results 	<ul style="list-style-type: none"> Cooking techniques not always demonstrated properly, or lacking production speed Food not monitored while cooking, but still results in a servable product 	<ul style="list-style-type: none"> Techniques not demonstrated or demonstrated incorrectly with major faults in outcome Food not monitored while cooking resulting in a non-servable product
Doneness	<ul style="list-style-type: none"> All components cooked perfectly No improvements suggested 	<ul style="list-style-type: none"> Most components cooked to ideal doneness Some minor adjustments may be recommended 	<ul style="list-style-type: none"> Minor components slightly over or undercooked Some adjustments are recommended, but not critical 	<ul style="list-style-type: none"> Major components somewhat over or undercooked, but still moist and tender Adjustments definitely needed 	<ul style="list-style-type: none"> Items extremely over or undercooked Item would be sent back Food safety concern with doneness

Note: Any *Borderline* or *Unacceptable* mark selected for a *Critical Factor* **will not be** included when calculating the final mark.

GRADING SCALE for PROFESSIONAL COOK PRACTICAL ASSESSMENTS

Level 1 Level 2 Level 3

Critical Factors	Excellent	Good	Satisfactory	Borderline	Unacceptable
Organization	<ul style="list-style-type: none"> Well-constructed work plan Organized station, no clutter Timelines accurate and followed 	<ul style="list-style-type: none"> Well-constructed work plan Organized station, minimal clutter Timelines mostly accurate and followed 	<ul style="list-style-type: none"> Basic work plan Generally organized station, some clutter Timelines somewhat accurate and followed 	<ul style="list-style-type: none"> No work plan Some disorganization and clutter on station Timelines not followed, but tasks still completed within required parameters 	<ul style="list-style-type: none"> No work plan Completely disorganized station and loss of composure
Presentation / Menu Requirements Met	<ul style="list-style-type: none"> Presented appropriately Portion sizes perfect Menu requirements accurately met Ideal balance of shapes and colours No improvements suggested 	<ul style="list-style-type: none"> Plate attractively presented Portion size within recommended range Menu requirements mostly met Range of shapes and colours Some minor adjustments may be recommended 	<ul style="list-style-type: none"> Plates clean, not sloppy Portion sizes need some adjustment, but minor Menu requirements are just met May be lacking some colour Some minor adjustments are recommended 	<ul style="list-style-type: none"> Plates lacking visual interest or colour Portion sizes too large or small Menu requirements under acceptable level. Somewhat difficult to eat 	<ul style="list-style-type: none"> Extremely sloppy plates Unappealing colour (grey, burnt, etc.) Portion sizes far too large or small Menu requirements not evident at all
Protein	<ul style="list-style-type: none"> Perfect doneness and tenderness No improvements suggested 	<ul style="list-style-type: none"> Doneness close to accurate, but not perfect Some minor adjustments may be recommended 	<ul style="list-style-type: none"> Slightly over or undercooked Some adjustments are recommended but not critical 	<ul style="list-style-type: none"> Somewhat over or undercooked, but still moist and tender Adjustments definitely needed 	<ul style="list-style-type: none"> Extremely over or undercooked Plate would be sent back
Safety	<ul style="list-style-type: none"> Exceptional safety practices Calm and organized throughout the day Any hazards addressed immediately 	<ul style="list-style-type: none"> Strong safety practices Calm and organized throughout the day Any hazards addressed in a timely manner 	<ul style="list-style-type: none"> Generally strong safety practices Generally calm and organized throughout the day Any hazards addressed, but not always in the timeliest manner 	<ul style="list-style-type: none"> Some questionable safety practices or minor infractions No major safety risks or hazards Any hazards addressed, but not always in the timeliest manner 	<ul style="list-style-type: none"> Questionable safety practices Major safety risk or hazard Hazards not addressed
Sanitation	<ul style="list-style-type: none"> Exceptional sanitation practices No errors of any kind All food stored and handled appropriately 	<ul style="list-style-type: none"> Consistent sanitation practices Occasional minor errors, but not presenting any risk All food stored and handled appropriately 	<ul style="list-style-type: none"> Consistent sanitation practices Occasional minor errors, but not presenting any risk Most food stored and handled appropriately, but any errors not to the point of presenting risk 	<ul style="list-style-type: none"> Inconsistent sanitation practices Occasional errors, but not presenting any risk Most food stored and handled appropriately, but any errors not to the point of presenting risk 	<ul style="list-style-type: none"> Poor sanitation practices Major food safety risk or hazard Food cross contaminated and not servable
Sauce	<ul style="list-style-type: none"> Exceptional body and texture Complements and enhances main item No improvements suggested 	<ul style="list-style-type: none"> Good body and texture Complements main item Some minor adjustments may be recommended 	<ul style="list-style-type: none"> Reasonable body and texture Marginally complements main item Some adjustments are recommended, but not critical 	<ul style="list-style-type: none"> Quality lacking, but still servable Does not complement main item Adjustments definitely needed 	<ul style="list-style-type: none"> Detracts from other items on plate Plate would be sent back

Note: Any *Borderline* or *Unacceptable* mark selected for a *Critical Factor* **will not be** included when calculating the final mark.

GRADING SCALE for PROFESSIONAL COOK PRACTICAL ASSESSMENTS

Level 1 Level 2 Level 3

Critical Factors	Excellent	Good	Satisfactory	Borderline	Unacceptable
Starch	<ul style="list-style-type: none"> Perfect doneness and texture Complements and enhances main item No improvements suggested 	<ul style="list-style-type: none"> Slightly over or undercooked Texture not quite perfect Complements main item Some minor adjustments may be recommended 	<ul style="list-style-type: none"> Slightly over or undercooked Texture needs adjustments Marginally complements main item Some adjustments are recommended, but not critical 	<ul style="list-style-type: none"> Somewhat over or undercooked Quality lacking, but still servable Does not complement main item Adjustments definitely needed 	<ul style="list-style-type: none"> Extremely over or undercooked Detracts from other items on plate Plate would be sent back
Taste	<ul style="list-style-type: none"> Outstanding flavour No improvements suggested 	<ul style="list-style-type: none"> Overall pleasant flavour Minor improvements suggested 	<ul style="list-style-type: none"> Flavour needs some enhancement Neutral flavour; somewhat bland 	<ul style="list-style-type: none"> Highly over or under seasoned, but not to the extent that it would be sent back Too spicy or salty for some tastes 	<ul style="list-style-type: none"> Far over or under seasoned Unpleasant flavour or smell
Technical Skills	<ul style="list-style-type: none"> Higher level of skill for program level Accurate and even knife work Efficient use of ingredients 	<ul style="list-style-type: none"> Expected level of skill for program level Accurate and even knife work Efficient use of ingredients 	<ul style="list-style-type: none"> Average level of skill for program level Mostly accurate and even knife work, but may lack production speed Generally good use of ingredients, but some waste 	<ul style="list-style-type: none"> Below average level of skill for program level Some inaccurate or uneven knife work; may lack production speed Minor errors in recipe outcome or excessive waste 	<ul style="list-style-type: none"> Skills not demonstrated or very poor skill level demonstrated Major errors in recipe outcome or extreme waste
Temperature	<ul style="list-style-type: none"> All food items on plate at ideal temperature Serving dishes at appropriate temperature (hot plates for hot food, cold plates for cold food) 	<ul style="list-style-type: none"> Food on plate at appropriate temperature Serving dishes may need minor adjustments to temperature (too hot or cold) 	<ul style="list-style-type: none"> Food on plate mostly at adequate temperature Serving dishes do need minor adjustments to temperature 	<ul style="list-style-type: none"> Food a bit too cool or warm Hot food on cold dishes; cold food on hot dishes Adjustments definitely needed 	<ul style="list-style-type: none"> Food served at incorrect temperature Plates too hot to touch
Texture	<ul style="list-style-type: none"> Perfect texture and balance between items on plate No improvements suggested 	<ul style="list-style-type: none"> Overall good texture of major components Some minor adjustments may be recommended 	<ul style="list-style-type: none"> Minor number of components on the plate need adjustments Some minor adjustments are recommended 	<ul style="list-style-type: none"> Major components on the plate slightly tough or too firm or soft, but still servable 	<ul style="list-style-type: none"> Some products on plate inedible Unpleasant texture, would be sent back
Timing	<ul style="list-style-type: none"> Items presented in menu order and within 5 minutes of candidate work plan 	<ul style="list-style-type: none"> Items presented in menu order and within 30 minutes of candidate work plan 	<ul style="list-style-type: none"> Items presented in menu order; more than 30 minutes of candidate work plan, but within 2 hour time limit 	<ul style="list-style-type: none"> Item(s) presented during the 30 minute overtime Loses the Critical Factor for Timing 	<ul style="list-style-type: none"> Item(s) presented after the 30 minute overtime, or not presented at all
Vegetables	<ul style="list-style-type: none"> Perfect doneness, colour and tenderness Complements and enhances main item All cuts meet the specifications No improvements suggested 	<ul style="list-style-type: none"> Slightly over or undercooked Complements main item Most cuts meet the specifications Some minor adjustments may be recommended 	<ul style="list-style-type: none"> Somewhat over or undercooked Marginally complements main item Some cuts done to specifications Some adjustments are recommended, but not critical 	<ul style="list-style-type: none"> Over or undercooked Quality lacking, but still servable Very few cuts made to specifications Adjustments definitely needed 	<ul style="list-style-type: none"> Extremely over or undercooked Not cut to specifications Detracts from other items on plate Plate would be sent back

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