

# PROFESSIONAL COOK CERTIFICATION PROGRAM

LEVELS OF CERTIFICATION AT A GLANCE

## > PROFESSIONAL COOK 1 (PC1)



### Workplace Skills

- Professionalism: Personal hygiene, organization, teamwork & communication
- Workplace & food safety
- Use of tools & equipment
- Knife skills & common cuts
- Trimming & portioning meat, poultry & seafood
- Following & adjusting recipes
- Basic terminology & nutrition
- Applying basic cooking & baking techniques
- Receiving & storage procedures

### Products You Can Make From Scratch

- Basic stocks, soups & sauces
- Common vegetables & fruits
- Basic potato, rice & pasta dishes
- Basic meat, poultry & seafood dishes
- Salads, salad dressings & sandwiches
- Eggs & breakfast items
- Basic pies, tarts & cookies
- Fruit desserts & custards
- Basic quick & yeast breads
- Coffee & tea products

C=0  
PC1

## > PROFESSIONAL COOK 2 (PC2)



### Workplace Skills

#### All PC1 skills plus:

- Preparing food for allergies & special diets
- Volume & banquet cooking
- Deboning meat, poultry & seafood
- Basic cost calculations
- Basic menu planning
- Taking inventory

### Products You Can Make From Scratch

#### All PC1 skills plus:

- Specialty soups & secondary sauces
- Specialty vegetables & vegetarian dishes
- Specialty potato, pasta & grain dishes
- Meat, poultry & seafood dishes for volume functions
- Specialty salads & dressings
- Hors d'oeuvre & appetizers
- Presentation platters
- Pastries, cakes & cheesecakes
- Laminated & specialty breads

C=0  
PC2

## > PROFESSIONAL COOK 3 (PC3)



### Workplace Skills

#### All PC1 & PC2 skills plus:

- Specialty cooking methods
- Maintaining food safety systems
- Food & labour costing
- Basic teambuilding, leadership & supervision skills
- Buffet presentation & layout
- Basic wine knowledge & selection

### Products You Can Make From Scratch

#### All PC1 & PC2 skills plus:

- Specialty & ethnic sauces
- Game & variety meats
- Specialty & classic meat, poultry & seafood dishes
- Pates, terrines, basic sausage making, curing & smoking
- Hot & specialty plated desserts
- Specialty cakes & tortes
- Frozen desserts, ice creams & sorbets
- Basic chocolate & sugar garnishes

C=0  
PC3

# Ita Professional Cook 2 Sample Test

**Minjie Lin**



## Ita Professional Cook 2 Sample Test:

**Diabetes Literature Index** ,1974      Wallace's Farm and Dairy ,1908      **Cumulated Index Medicus** ,1971      The Athenaeum ,1903      **Flour and Feed** ,1920      *Flour & Feed* ,1919      **The Mining Journal, Railway and Commercial Gazette** ,1899      **Scientific American** ,1888      Comfort ,1898      MLN. ,1892 Provides image and full text online access to back issues Consult the online table of contents for specific holdings      **Current Bibliography of Epidemiology** ,1970 Monthly with annual cumulations Comprehensive current index to periodical medical literature intended for use of practitioners investigators and other workers in community medicine who are concerned with the etiology prevention and control of disease Citations are derived from MEDLARS tapes for Index medicus of corresponding date Arrangement by 2 sections i e Selected subject headings and Diseases organisms vaccines No author index      *Index Medicus* ,2002 Vols for 1963 include as pt 2 of the Jan issue Medical subject headings      **The Rural New-Yorker** ,1901      *Grain World* ,1915

**Every Saturday** ,1871      The Journal of Education Thomas Williams Bicknell,Albert Edward Winship,Anson Wood Belding,1894      *The Maritime Farmer and Co-operative Dairyman* ,1922      Bibliography of Agriculture ,1984-10      **The Chicago Legal News** ,1885      **Motor Age** ,1924

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