

Area of Interest: Culinary, Hospitality and Tourism

Culinary Skills - Cook II Apprenticeship

Ontario College Certificate

Program Code: 0346X01FWO

28 Weeks

Ottawa Campus

Our Program

Graduates from the Culinary Skills - Cook II Apprenticeship Ontario College Certificate program are equipped with the industry experience they need for a successful culinary career. By combining learning with industry work, this program gives you the skills, knowledge and confidence to excel in a culinary team.

In the culinary industry, it is important to be well-organized, have attention to detail and be able to work efficiently under time constraints. You learn the skills required for professional food preparation from highly-qualified instructor chefs in Algonquin College's world-class culinary labs.

Begin the program by completing 14 weeks of in-class instruction, followed by one year of work in the industry. Expand your work experience portfolio and gain valuable contacts before returning to Algonquin College to complete another 14 weeks of in-class learning.

Receive hands-on instruction in food preparation techniques, artistic plating presentation, and basic business skills, so that you can comfortably join a culinary team. In the culinary industry, it is important to be well-organized, attentive to detail and able to work efficiently under time constraints.

Some classes are held in the evening and on the weekend in Restaurant International, Algonquin College's on-campus fine dining restaurant, to give you a taste of your career after graduation. After completing the second level of in-class sessions, you receive 720 hours towards the 6,000 hours you'll need to write the Red Seal cook certification exam.

You may find employment as an assistant cook or cook in a variety of food service settings, both locally and globally at:

- hotels
- resorts
- catering organizations
- corporate food service departments

Further training can open doors for advancement into the roles of sous-chef, chef, executive chef and other managerial positions.

To learn more about apprenticeships, visit <https://www.ontario.ca/page/skilled-trades> for detailed information.

Employment

There is a strong demand for trained chefs and the food and beverage industry is now offering good salaries and working conditions to attract skilled personnel. Graduates may find employment in a variety of food service settings. Positions may include assistant cooks and cooks in hotels, resorts, catering organizations and corporate food service departments. Further training may open opportunities for advancement to positions such as sous-chefs, chefs, executive chefs and other supervisory roles.

Learning Outcomes

The graduate has reliably demonstrated the ability to:

- Provide fundamental culinary preparation and presentation for a variety of food service environments using a range of classical and contemporary techniques.
- Apply basic food and bake science to food preparation to create a desired end product.
- Contribute to and monitor adherence of others to the provision of a well-maintained kitchen environment and to the service of food and beverage products that are free from harmful bacteria or other contaminants, adhering to health, safety, sanitation and food handling regulations.
- Ensure the safe operation of the kitchen and all aspects of food preparation to promote healthy work spaces and the responsible, efficient use of resources.
- Support the development of menu options that reflect knowledge of nutrition and food ingredients, promote general health and well-being, respond to a range of nutritional needs and preferences and address modifications for special diets, food allergies and intolerances, as required.
- Apply fundamental business principles and recognized industry costing and control practices to food service operations to promote a fiscally responsible operation.
- Apply basic knowledge of sustainability, ethical and local food sourcing, and food security to food preparation and kitchen management, recognizing the potential impacts on food production, consumer choice and operations within the food service industry.
- Use technology, including contemporary kitchen equipment, for food production and promotion.
- Perform effectively as a member of a food and beverage preparation and service team and contribute to the success of a food-service operation by applying self-management and interpersonal skills.
- Develop strategies for continuous personal and professional learning to ensure currency with and responsiveness to emerging culinary techniques regulations, and practices in the food service industry.

Program of Study

Level: 01 (Basic)	Courses	Hours
FOD2102	Trade Calculations and Computer Applications	14.0
FOD2103A	Sanitation and Safety Training	14.0
FOD2105A	Farm to Fork	42.0
FOD2107A	Theory of Food	56.0
FOD2111A	Culinary Techniques I	70.0
FOD2119A	Introduction to Baking and Pastry	42.0
FOD2129A	Nutrition and Food Preparation	28.0
FOD2197A	Culinary Restaurant Operations	98.0
Level: 02 (Advanced)	Courses	Hours
FOD2126A	Culinary Techniques II	70.0
FOD2189A	Contemporary Banquet and Restaurant Operations	126.0
FOD2250A	Advanced Culinary Operations	35.0

FOD2253A	Pastry and Plating Techniques	42.0
HOS2131	Menu Planning	42.0
HOS2236	Food and Beverage Management	56.0

Fees for the 2025/2026 Academic Year

Tuition Fees: \$600 per level.

Incidental Fee: \$150 per level.

Information Technology Fee: \$164.44 per level.

Additional program related expenses include:

Books, knives and supplies cost approximately \$1,200 to \$1,500 in the first year and \$600 in the second year and can be purchased at the campus store. Approved cook uniforms, embroidered with the School and College logo, must be purchased at the campus store.

Laptop required.

Admission Requirements for the 2026/2027 Academic Year

College Eligibility

- Ontario Secondary School Diploma (OSSD) or equivalent; OR
- Mature Student status (19 years of age or older and without a high school diploma at the start of the program). Eligibility may be determined by academic achievement testing, for which a fee will be charged.

Program Eligibility

- Prospective students must be registered apprentices with the Ministry of Labour, Training and Skills Development and must be a member in good standing with Skilled Trades Ontario (STO).
- Eligibility is determined by the Ministry of Labour, Training and Skills Development.

Admission Requirements for 2025/2026 Academic Year

College Eligibility

- Ontario Secondary School Diploma (OSSD) or equivalent; OR
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Program Eligibility

- Prospective students must be registered apprentices with the Ministry of Labour, Training and Skills Development and must be a member in good standing with Skilled Trades Ontario (STO).
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Application Information

CULINARY SKILLS - COOK II APPRENTICESHIP Program Code 0346X01FWO

Registration for Apprenticeship programs takes place through the Ministry of Labour, Training, and Skills Development.

For further information, contact:

Ministry of Labour, Training, and Skills Development
Division 347 Preston Street
3rd Floor, Suite 310
Ottawa, ON K1S 3H8

<https://www.ontario.ca/page/start-apprenticeship>

Telephone: 613-731-7100

Toll-free: 1-877-221-1220

Additional Information

Completion of St. John Ambulance First Aid course is strongly recommended.

Apprenticeship Incentive Grant:

The Apprenticeship Incentive Grant is a taxable cash grant of \$1,000 per year or level, up to a maximum amount of \$2,000 per person. The grant is for registered apprentices who successfully complete the first or second year/level (or equivalent) of an apprenticeship program for a designated Red Seal trade.

Application Deadline:

June 30 of the calendar year, after you complete the first or second level of our apprenticeship program. Find out if you are eligible for and how to apply for the Apprenticeship Incentive Grant:

<http://www.servicecanada.gc.ca/eng/goc/apprenticeship/incentivegrant/program.s> .

Contact Information

Program Coordinator(s)

- Dan Halden, <mailto:haldend@algonquincollege.com> , 613-727-4723, ext. 7320

Course Descriptions

FOD2102 Trade Calculations and Computer Applications

In order to select appropriate menu prices, culinary professionals must be able to calculate the cost of individual portions and recipes, as well as manipulate food cost percentages. Students practise basic and advanced trade calculations to define common food costing terminology, cost recipes and calculate menu prices. Emphasis is on the introduction of industry-relevant computer applications used to create common workplace documents and presentations. Students practise costing basic menus, performing a variety of industry-specific calculations and using applicable computer software and applications.

Prerequisite(s): none

Corerequisite(s):none

FOD2103A Sanitation and Safety Training

An awareness of key regulations and requirements is a necessity in order to be equipped for the hands-on and practical components of a career in the food service industry. Students are certified in a variety of industry-related food handling training, and Canadian sanitation and safety regulations and procedures, in addition to harassment training. Hands-on experiential components prepare students for real-world culinary and food service occupations.

Prerequisite(s): none

Corerequisite(s):none

FOD2105A Farm to Fork

Understanding the relationships throughout the food service industries in Canada is crucial to working in the various stages of food production and service. Students learn about the food business, its social impact, food security and sustainability and the movement concerned with producing and delivering food locally. In-class practical activities allow students to interact with international and local foods and food industry experts.

Prerequisite(s): none

Corerequisite(s):none

FOD2107A Theory of Food

A fundamental, theoretical knowledge of culinary concepts is essential for success in the food service industry. Students learn basic and advanced principles for the identification and selection of meat, fish, shellfish and vegetable products, as well as best practices and cooking methodologies for their preparation. Students also explore intrinsically related aspects of sustainability and prepare to challenge the Red Seal Cook certification exam.

Prerequisite(s): none

Corerequisite(s):none

FOD2111A Culinary Techniques I

Students focus on foundational cooking methods and organizational skills. Students butcher, cook and taste a variety of meats, poultry and fish items with appropriate sauces and garnishes. Emphasis is on portion control, reinforcement of proper techniques and sanitary work environments. Students view basic food preparation demonstrations. They prepare each item demonstrated and practise in modern facilities. Demonstrations include sauces, stocks, poultry, meats, soups and fish.

Prerequisite(s): none

Corerequisite(s):none

FOD2119A Introduction to Baking and Pastry

Students learn the basic concepts, skills and techniques of baking. Emphasis is placed on identification of products, weights and measures. Practical classes cover topics of breads, cakes, pies, puddings and desserts.

Prerequisite(s): none

Corerequisite(s):none

FOD2126A Culinary Techniques II

Students expand on the core cooking principles introduced in semester one. Students will focus on advanced culinary techniques with an emphasis on organizational skills, butchering, cooking and plating. Students observe and prepare intricate dishes used in advanced a la carte applications, with emphasis on colour, taste, texture and presentation.

Prerequisite(s): FOD2111A

Corerequisite(s):none

FOD2129A Nutrition and Food Preparation

A poor diet may have a harmful impact on health, and many food service customers in contemporary society have specific nutritional and dietary requirements. Students learn about the basic principles of nutrition and how these apply to food preparation. Emphasis is on the selection of ingredients and foods, based on requirements for general wellness from Canada's Food Guide for Healthy Living. Students explore current nutrition recommendations for fats, protein, carbohydrates, vitamins, minerals and weight control and apply them to the nutritional analysis of selected recipes.

Prerequisite(s): none

Corerequisite(s):none

FOD2189A Contemporary Banquet and Restaurant Operations

This course expands the skills and knowledge obtained in Year 1 by focusing on different service styles within the culinary industry. Students may experience preparing buffets, grazing stations,

banquets and a la carte by following chef-developed menus. Students practise culinary management skills through assisting in the execution of culinary events.

Prerequisite(s): FOD2197A
Corerequisite(s):none

FOD2197A Culinary Restaurant Operations

Drawing from concepts learned in previous courses, students are introduced to cooking in a restaurant environment in the College's Restaurant International. Students practise cooking breakfast and lunch foods based on chef-developed menus. Students develop teamwork skills, experience working as an entry-level cook under a head chef and practise more cooking skills in a supervised environment. Students evaluate the flow of a typical kitchen and assess their own teamwork and employee-ready skills.

Prerequisite(s): none
Corerequisite(s):none

FOD2250A Advanced Culinary Operations

This course expands the skills and knowledge obtained in semester 3 by having students cook a variety of new dishes using more advanced skills. Students cook contemporary faculty-developed items that focus on modern cooking and plating techniques.

Prerequisite(s): none
Corerequisite(s):none

FOD2253A Pastry and Plating Techniques

Building on the skills acquired in Introduction to Baking and Pastry, students observe and prepare both hot and cold plated desserts. Emphasis is placed on textures, colours, garnishing and plating techniques.

Prerequisite(s): FOD2119A
Corerequisite(s):none

HOS2131 Menu Planning

Students gain the necessary skills, using computer applications, to develop menus for the many sectors of the hospitality industry, including a la carte, table d'hote and specialty menus.

Prerequisite(s): none
Corerequisite(s):none

HOS2236 Food and Beverage Management

Students acquire a practical foundation in food, beverage and labour operations. Students also learn the process to control and reduce costs in purchasing, receiving, production and labour.

Prerequisite(s): none
Corerequisite(s):none