

EDUCATION & EXPERIENCE

- ▶ Grade 12 completion may be required.
- ▶ Some employers require completion of a cooking, culinary arts or related program; often, on-the-job training may also be provided.
- ▶ Trade certification for cooks is available but is not mandatory for employment. Apprenticeship programs may be started in secondary school, through entry-level training courses or through direct entry to the workplace.

TRAINING

The Industry Training Authority (www.itabc.ca) is a good place to find information about becoming a professional cook and training for careers in Trades. You can register at a number of different schools for foundation courses and apprenticeship training to become a cook. If you are interested in completing Grade 12 or upgrading your skills, you have a number of options. Check out adult basic education programs at:

- ▶ The College of New Caledonia.
- ▶ Coast Mountain College

If you have completed Grade 12 and are interested in exploring your career options in exploration and mining, contact:

- ▶ General education advisors or First Nations Access coordinators at Coast Mountain College
- ▶ School of Exploration & Mining advisors at Coast Mountain College
- ▶ Academic advisors at the College of New Caledonia

CAREER ADVANCEMENT POTENTIAL

- ▶ There is mobility among the various types of cooks in this group.
- ▶ Progression to supervisory or more senior positions, such as chef, is possible with experience and training.
- ▶ Red Seal trade certification allows for interprovincial mobility.

To learn more about a career as a cook or kitchen helper (including information about work duties and working conditions, salaries and employment prospects), you can access information in the National Occupational Classification (NOC) System at www.workbc.ca. The NOC code for this cooks is 6322. The NOC code for kitchen helpers is 6711.

COOKS & KITCHEN HELPERS

Cooks prepare and cook a wide variety of foods. They may be responsible for overseeing staff, planning menus, or managing kitchen activity. Kitchen helpers perform a number of different activities to assist workers who prepare or serve food and beverages. Cooks and kitchen helpers are employed by many different places, including restaurants, hotels, hospitals, educational institutions, on ships, and at construction, logging and mining camps.



Image source: MIHR Council and iStock

JOB DESCRIPTION

If you're employed as a cook, you perform some or all of the following duties:

- ▶ Prepare and cook complete meals or individual dishes and foods.
- ▶ Prepare and cook special meals for patients as instructed by a dietician or chef.
- ▶ Schedule and supervise kitchen helpers.
- ▶ Oversee kitchen operators.
- ▶ Maintain inventory and records of food, supplies, and equipment.
- ▶ May plan menus, determine size of food portions, estimate food requirements and costs, and monitor and order supplies.
- ▶ May hire and train kitchen staff.

Kitchen helpers perform some or all of the following duties:

- ▶ Wash and peel vegetables and fruit.
- ▶ Wash work tables, cupboards and appliances.
- ▶ Remove trash and clear kitchen garbage containers.
- ▶ Sweep and mop floors, and perform other duties to assist cook and kitchen staff.