

Professional Cook (PRCO)



Orientation & Information Session



Territorial Acknowledgement

Camosun College is located in beautiful Victoria, British Columbia with campuses on the Traditional Territories of the Lekwungen and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

Camosun College

- Camosun College is B.C.'s largest public college
- 19,000+ students
- 1,200+ faculty and staff
- Programs range from arts and business to tech and trades to university transfer and continuing education
- Credentials include dual credits, certificates, diplomas, degrees, post-degree diplomas



COVID-19

The health and wellbeing of students and staff remains the priority of Camosun College.

The college's COVID-19 Response Coordination Team is monitoring the situation and ensuring measures are in place to keep the college community safe.

We're ready for you. The college is planning for a mix in the delivery of courses following guidelines from the Provincial Health Officer, WorkSafe BC and the B.C. Government.

COVID-19 information and frequent updates are available at:
[Camosun.ca/COVID19](https://www.camosun.ca/COVID19)



School of Trades & Technology

Trades Training

For more than 40 years, students have come to Camosun for trades training, and employers have come to Camosun for skilled employees.

Trades Education and Innovation Complex

Camosun College is one of BC's largest trades and technical training providers. Our new Trades Education and Innovation Complex encompasses over 250,000 square feet of new and renovated classroom, lab and yard space at the Interurban campus, and is dedicated to the delivery of 20 different trades foundation and apprenticeship programs.

Camosun Culinary Arts offers one of the most successful Professional Cook Red Seal Endorsement (RSE) programs in Canada. COOK is a designated Red Seal trade credential; apprenticeship training is recognized across Canada and around the world.



SUN
EGE

CAFETERIA

CAMOSUN Culinary Arts
Pro Co
Reservations: 250-
Tuesday - Friday 5
October to Decemb
& February to April
Helmut Huber Buildi
Menus & Info at: cam

Professional Cook - PC1 (PRCO-100)

Turn your passion for food into an exciting career!

Camosun Culinary Arts offers one of the most successful Professional Cook Red Seal Endorsement (RSE) programs in Canada. COOK is a designated Red Seal trade credential; apprenticeship training is recognized across Canada and around the world.

You'll be trained in the many aspects of food preparation in modern industrial kitchens alongside professional standards of sanitation, personal hygiene, portion control, waste prevention, and nutritional considerations of common foods/diets.

Apprentices and instructors of the Professional Cook 2 program invite guests to experience exceptional four-course gourmet menus in the Classroom Restaurant at the Interurban Campus.

Camosun College is fiercely proud of the excellent quality of its instruction. Our teaching staff are experienced, inspiring and supportive of our students' individual journeys.

Professional Cook - PC1 (PRCO-100)

Traditional apprenticeship:

“...bound by indenture to work under a master craftsman for a prescribed period of time in exchange for education...”

Modern apprenticeship:

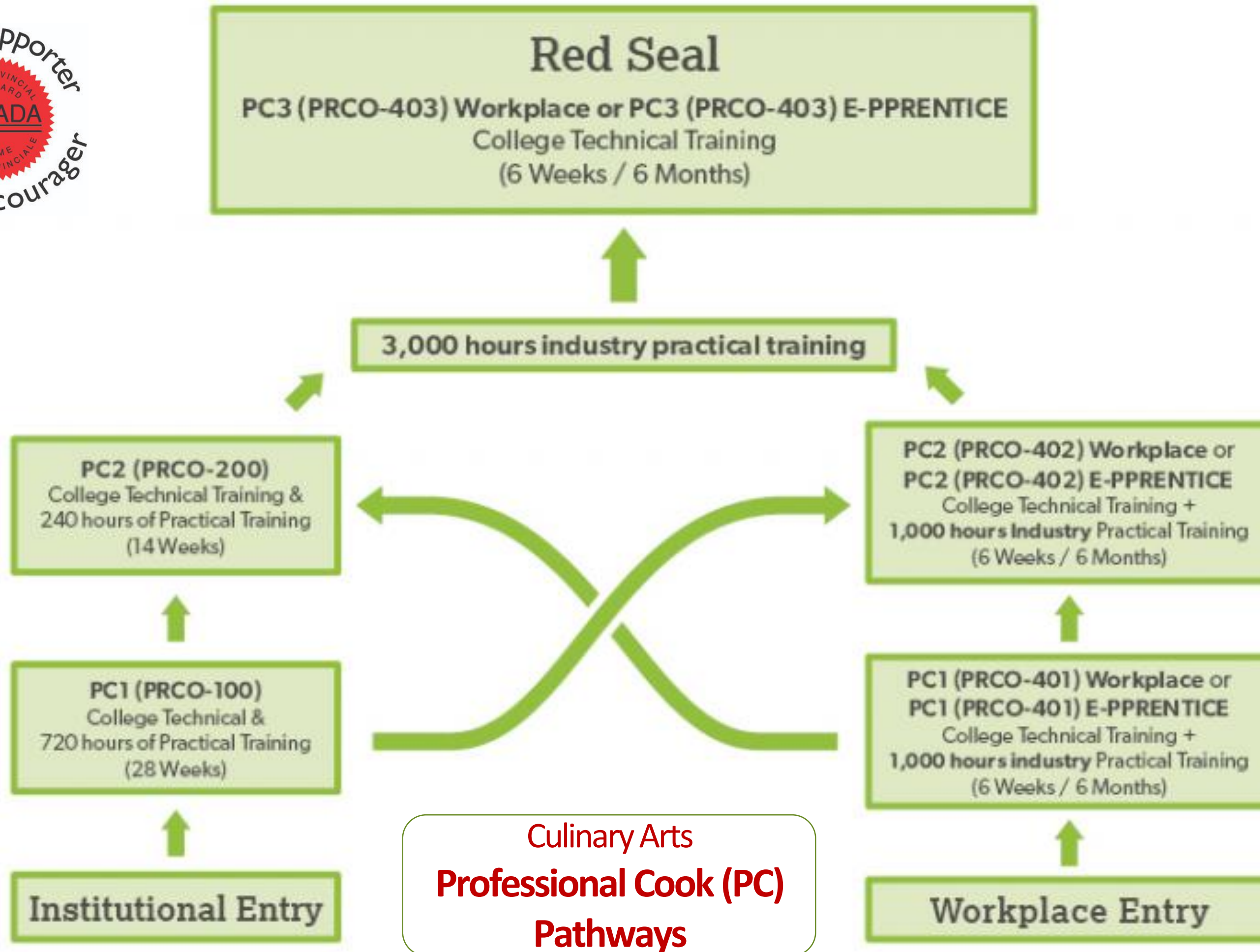
“...a learner works for another to learn the trade...”





Professional Cook - PC1 (PRCO-100)

- PRCO-100 and PRCO-200 students are registered as Camosun College apprentices with the Industry Training Authority (ITA)
- 'Institution Sponsored' apprenticeship



Professional Cook - PC1 (PRCO-100)

Requirements for Professional Cook Certification

- Technical Training (theory in school)
- Practical Training (WBT hours):
 - PC-1 1000 hours
 - PC-2 2000 hours
 - PC-3 5000 hours
- Assessment:
 - Practical Assessment (ITA Standards)
 - Written Examination (ITA Standards)
- *Must complete PC-1 prior to registering for PC-2*



Professional Cook - PC1 (PRCO-100)

Granted by Camosun College:



Credit towards required practical hours of training:

➤ 600 hours for PC-1

- Plus 120 hours work experience placement

- **Total 720 hours**

➤ 240 hours for PC-2



Professional Cook - PC1 (PRCO-100)

PRCO-100

Basic: 14 Weeks

- 4 Wks. in Lab
- 2 Wks. Bakery
- 2 Wks. Hot Station
- 2 Wks. Vegetable Station
- 2 Wks. Cold Kitchen
- 2 Wks. Short Order

PRCO-100

Advance: 14 Weeks

- 2 Wks. Bakery
- 2 Wks. Hot Station
- 2 Wks. Vegetable Station
- 2 Wks. Cold Kitchen
- 2 Wks. Food Truck
- 4 Wks. Work Experience



Professional Cook - PC1 (PRCO-100)

CREDENTIALS

Issued by Camosun College

upon completion of the technical training

- Professional Cook - 1 Technical Training (PRCO-100)
- Professional Cook - 2 Technical training (PRCO-200)



Professional Cook - PC1 (PRCO-100)

CREDENTIALS

Issued by the Industry Training Authority (ITA)

upon completion of practical and written assessments

- **Certificate of Qualification Professional Cook - 1**
- **Certificate of Qualification Professional Cook - 2**
- **Certificate of Qualification Professional Cook - 3**

Professional Cook - PC1 (PRCO-100)

DAILY ROUTINE & EXPECTATIONS

- Monday to Friday: 7:30 AM – 2:30 PM
- Physically demanding
- It is full time work
- Attendance & Punctuality – critical professional attitude!
- Marks will be deducted
- WBT credit hours will be deducted



Professional Cook - PC1 (PRCO-100)

WHAT DOES IT TAKE TO SUCCEED?



- Be prepared to learn
- Be present and pay attention
- Understand the difference between a student & an Apprentice
- Self-motivation & strong desire to learn

Professional Cook - PC1 (PRCO-100)

WHAT DOES IT TAKE TO SUCCEED?

- Excellent time management skills
- Practical hands-on experience
- Access to course materials,
Including hardware/software to complete on line activities
- Willingness & ability to speak up & ask for assistance



Professional Cook - PC1 (PRCO-100)

ITA Registration

[Industry Training Authority \(ITA\)- home page](#)

Register as soon as possible!

Student Services at Camosun



Admissions & Recruitment
The right start at Camosun



The Writing Centres
How can we help?



Centre for Accessible Learning
Supporting your learning experience



Academic Advising
Guiding you on your educational journey



Academic Upgrading
Whatever your need, we have an option for you



Indigenous Student Support
Find your way and feel like you belong – with our help



Fitness & Recreation
Make time for your well-being



Financial Aid & Awards
Funding your education



Counselling Centre
Supporting you through life's challenges



Thank you

CULINARY ARTS CENTER MAIN OFFICE 250-370-3780

SHIRLY WENDLAND (REGISTRATION) 250-370-3842

DAVID LANG Department Chair langd@camosun.ca 250-370-3778

