



**RUSS EDWARDS  
SCHOOL**  
Agriculture & Environment

Eligible for  
**FINANCIAL AID  
& AWARDS**

# PROFESSIONAL COOKING

**8-Month** Certificate

Gain the foundational skills to thrive in the kitchen, from mastering classical cooking methods and baking techniques to ensuring food safety and efficiency in operations. With hands-on training in menu planning, teamwork, and kitchen technology, you'll be prepared to step confidently into the culinary industry.

## PROGRAM LEARNING OUTCOMES

- ▶ Demonstrate fundamental skills in culinary preparation and presentation using classical cooking methods.
- ▶ Apply basic principles of food and bake science in the preparation of a variety of dishes and baked goods.
- ▶ Adhere to food safety and sanitation standards to maintain a safe and hygienic kitchen environment.
- ▶ Safely operate kitchen tools and equipment in accordance with industry health and safety practices.
- ▶ Plan and prepare basic menus that reflect nutritional principles and accommodate dietary preferences or restrictions.
- ▶ Apply introductory costing and inventory control principles to support efficient kitchen operations.
- ▶ Use standard kitchen technology and equipment to support food production processes.

For a full list of program learning outcomes, visit [assiniboine.net/procook](https://assiniboine.net/procook)

## You might be a good fit for this program if you would enjoy:

- ▶ Cooking and experimenting in the kitchen.
- ▶ An opportunity to learn from and interact with different Chef Instructors and exposure to a variety of worldviews, techniques, and culinary styles.
- ▶ Using your creativity, your keen sense of taste and smell, and your interest in precision work.
- ▶ Using your organizational skills and ability to multitask.
- ▶ A physically demanding occupation that involves rapid problem-solving and critical thinking.
- ▶ Working in a collaborative team environment.
- ▶ Continually learning and adapting to changing conditions in a fast-paced environment.
- ▶ Being versatile enough to assist with any task that needs doing within the kitchen.
- ▶ A customer service focus.



**Campus/Delivery Options**  
North Hill campus



**Available Intakes**  
May



**Work Integrated Learning**  
Learn by Doing

## EXPECTATIONS

### Program & Industry

- ▶ Work shift work, including early mornings, late evenings, holidays and weekends, and the number of hours worked each week varies depending on the type of position and assignment or establishment.
- ▶ Participate in live restaurant and event operations during the program which falls outside of the typical day schedule and includes early mornings, evenings and weekend hours.
- ▶ Work with alcohol, meat, and a variety of culinary traditions.
- ▶ Work under a great deal of pressure to provide quick and quality service.
- ▶ Have physical strength and stamina as well as mobility and motor skills to undertake the required tasks.
- ▶ Groom and dress according to industry expectations.
- ▶ Develop good habits and discipline, arrive on time, in a clean uniform, and ready to work.

## CAREER OPPORTUNITIES

- ▶ Hotels
- ▶ Restaurants
- ▶ Resorts
- ▶ Institutional kitchens
- ▶ Catering companies

## ADMISSION REQUIREMENTS

- ▶ A complete Manitoba Grade 12 or equivalent
- ▶ English 40G/40S or equivalent
- ▶ Consumer/Essential Mathematics 40S or equivalent

# NEXT STEPS

Confidence in the career path you choose to embark on is key and selecting the right program for you is the first step. At Assiniboine, we offer an opportunity to explore and experience a program before applying. Choose to:

### SPEND A DAY WITH US

Our Spend a Day program runs from November to March for most programs. When you spend a day at Assiniboine, we partner you with a current student in the program of your choice so you have the opportunity to:

- ▶ Participate in classroom activities
- ▶ Experience college life
- ▶ Explore all of our helpful services for students
- ▶ Meet current college students and instructors
- ▶ Enjoy a free lunch on us!

[assiniboine.net/spendaday](http://assiniboine.net/spendaday)

### ATTEND AN INFO SESSION

Join our free live online info sessions to get the inside scoop on your program of interest and life at Assiniboine. Register in advance and log in from home to learn about Assiniboine.

[assiniboine.net/infosessions](http://assiniboine.net/infosessions)

Ready to Start?  
**APPLY NOW!**

