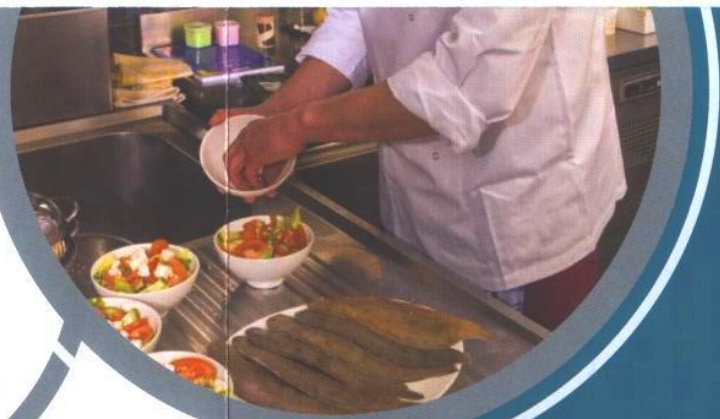


Did you know there is a skilled trade shortage throughout Ontario and Canada and by 2020, it is estimated Canada may be short one million skilled trade workers?

*Conference Board of Canada*



# COOK UP A CAREER!

- Learn a skilled trade through hands-on training - 80 to 90% of your apprenticeship is employer-based training and 10 to 20% is in-class training
- Cooks prepare, cook and present a variety of food for any amount of people - from five to five hundred!

Some of the duties performed by cooks:

- Prepare, season and cook foods according to set menus
- Maintain a high level of cleanliness in the kitchen and conform to strict standards
- Maintain records of food supplies and re-ordering when necessary
- Help plan the menu and determine the size of food portions for each dish
- Supervise kitchen helpers
- Work with customers, dieticians or other senior personnel to design meals according to individual medical/health needs
- Perform job duties with care and creativity



**An apprenticeship as a cook can lead to many careers such as:**

- Chef in a restaurant, resort, cruise ship, private residence
- Dietician in a hospital, school, institution
- Food Journalism
- Party Planning
- Catering
- Food Retailing
- Food Business Ownership

For more information on culinary careers visit:

[www.ccfcc.ca](http://www.ccfcc.ca)

**In order to participate in OYAP, students must:**

- Be 16 years of age at the time the co-op placement begins
- Have successfully completed 16 credits towards their OSSD
- Have a sincere interest in and aptitude for the skilled trade

**Contact:**

Your co-op, guidance or technology teacher

**Visit OYAP [www.oyap.com](http://www.oyap.com)**

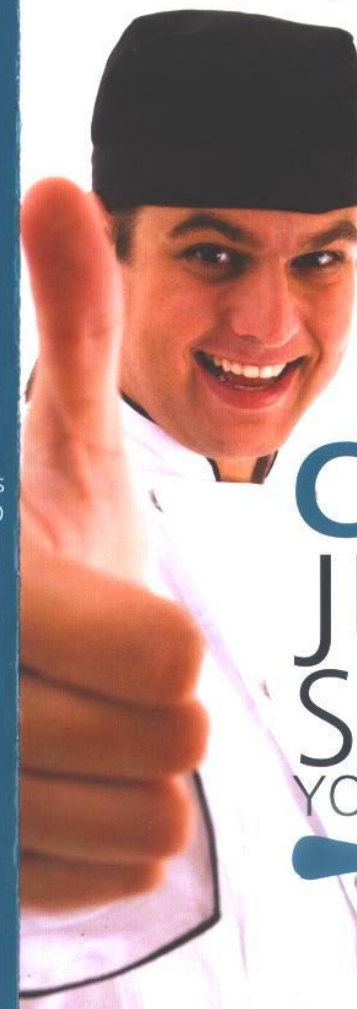


**Hastings and Prince Edward District School Board**

156 Ann St., Belleville, ON K8N 1N9  
613.966.1170 1.800.267.4350  
[www.hpedsb.on.ca](http://www.hpedsb.on.ca)



**ONTARIO  
YOUTH  
APPRENTICESHIP  
PROGRAM**



**COOK  
JUMP  
START  
YOUR CAREER**





# PATHWAYS

## TO A COOK APPRENTICESHIP

- 1. Register for a Cooperative Education Course**
  - Get the opportunity to complete your co-op in any of the skilled trade areas.
  - This is an excellent opportunity to 'test' a trade to see if it's right for you!
- 2. Registered OYAP/Co-op**
  - Continue your co-op placement in a skilled trade area AND get registered as an apprentice with the Ministry of Training Colleges and Universities (Apprenticeship Branch).
  - The hours completed at co-op will count towards the completion of your apprenticeship program.
- 3. Level 1 OYAP/Co-op**

Registered apprentices may have the opportunity to complete the 1st level of the in-school portion of apprenticeship training.

  - Attending Loyalist College, Belleville in your grade 12 year, provides an opportunity to complete the first in-school component (360 hours) of the Cook Apprenticeship program.
  - Receive secondary school credits for the time spent in the cooperative education placement, and may receive secondary school credits and college credits for the in-school time at college as well.
  - Length of apprenticeship is 5280 hours – 3 to 4 years (including TWO 360 hour in school components).

# GETTING STARTED!

### RECOMMENDED COURSES

#### Grade 11

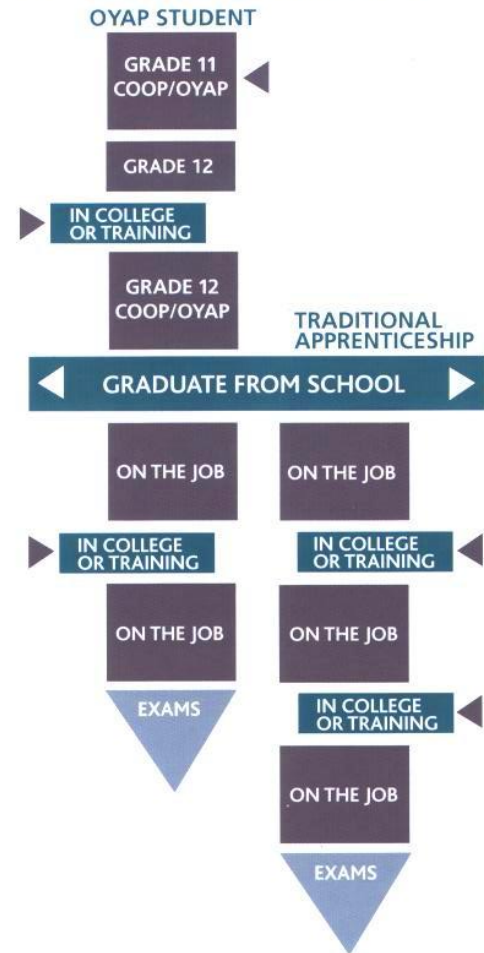
- English
- Math
- Technology/Foods Course
- OYAP/Co-op

#### Grade 12

- English
- Math
- Technology/Foods Course
- OYAP/Co-op



### APPRENTICESHIP TIMELINES



### TRADE CERTIFICATION

