



LESTER B. PEARSON

Continuing Education

Professional Cooking

Competency Code	Competency Description	Competency Hours
904532	The Trade and the Training Process	30
904542	Hygiene and Food Safety	30
904552	Health and Safety	30
904563	Sensory Properties of Food	45
904572	Cooking Techniques	30
904582	Kitchen Organization	30
904594	Fruits and Vegetables	60
904606	Basic Preparations	90
904612	Professional Relationships	30
904623	Mise en Place: Soups	45
904634	Basic Doughs, Pastries and Batters	60
904647	Mise en Place: Meat, Poultry and Game	105
904656	Mise en Place: Fish and Seafood	90
904664	Mise en Place: Hors-d'Oeuvres and Appetizers	60
904677	Mise en Place: Desserts	105
904684	Menu Planning	60
904694	Service: Breakfasts	60
904703	Culinary Presentations	45
904714	Service: Menus du jour	60
904723	Service: High-Volume Menus	45
904735	Production: Banquets and Food Service Operations	75
904743	Service: Buffets	45
904759	Service: Table d'Hôte and à la Carte Menus	135
904767	Integration into the Workplace	105
	Total Program Hours	1470

Available at:



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Pearson Adult and Career Centre