



# PROFESSIONAL COOK LEVEL 1

## ABOUT THIS CAREER

As a Cook, you're an artisan of food, taking dishes from concept to preparation and delivery. You're an attentive individual, looking out for high standards in every meal you create, while showing your signature style. You'll be able to multi-task, shining when faced with the adrenaline rush of a tight deadline. This may be as part of a team in a small kitchen or as the lead at a large station.

(\*SkilledTradesBC)

## WHAT YOU'LL NEED

### Educational Requirements

- Completion of Secondary school may be required, depending on employer
- Certification requires a 3-year apprenticeship program (certification not required to work as a cook in B.C.)
- Interprovincial Red Seal Certification can be earned by passing an exam and proving significant work experience

### Key Skills & Attributes

(technical training and on the job)



#### Active Listening

Giving full attention to what other people are saying, taking time to understand the points being made, asking questions as appropriate, and not interrupting at inappropriate times.



#### Critical Thinking

Using logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions or approaches to problems.



#### Time Management

Managing one's own time and the time of others.



#### Coordination

Adjusting actions in relation to others' actions.



**Chilliwack  
School District**  
CAREER EDUCATION

HOURLY PAY  
**\$16.75 - \$24.00\***  
(Est. Annual Salary: \$37,541)

ANNUAL EMPLOYMENT GROWTH: **1.3%\***  
(B.C. Labour Market Outlook 2023-2033)

JOB OPENINGS: **8,790\***  
\*WorkBC

## DUTIES & RESPONSIBILITIES

- Prepare and cook meals and individual dishes, including ethnic cuisine or specialty dishes
- Clean kitchen and work area
- Set up and oversee buffets
- Plan menus, determine size of food portions, estimate food requirements and costs, and monitor and order supplies
- Maintain inventory and records of food, supplies and equipment
- Oversee kitchen operations
- Schedule and supervise kitchen staff
- Hire, train and fire kitchen staff