

Curriculum Resource

Working in a Professional Kitchen

OALCF Alignment

Competency	Task Group	Level
Competency A -Find and Use Information	A1. Read continuous text	2
Competency A -Find and Use Information	A2. Interpret documents	2
Competency B - Communicate Ideas and Information	B3. Complete and create documents	2
Competency C - Understand and Use Numbers	C1. Manage money	2
Competency C - Understand and Use Numbers	C2. Manage time	1
Competency C - Understand and Use Numbers	C3. Use measures	2
Competency C - Understand and Use Numbers	C4. Manage data	1
Competency D - Use Digital Technology	N/A	2

Goal Paths (check all that apply)

- Employment
- Apprenticeship
- Secondary School Credit
- Postsecondary
- Independence

Embedded Skills for Success (check all that apply)

- Adaptability
- Collaboration
- Communication
- Creativity and innovation
- Digital
- Numeracy
- Problem Solving
- Reading
- Writing

Notes:

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“Working in a Professional Kitchen” is a compilation of new curriculum related to the culinary trades along with several task-based activities for learners on the apprenticeship goal path that were originally housed on QUILL’s [Task Based Activities for LBS](#) portal.

As part of Community Literacy of Ontario’s Skills for Success initiative, several task-based activities were updated to reflect the apprenticeship system in Ontario as of February 2023. The tasks that were either updated or partially used in this resource included:

- Investigate a Trade in Foods
- Complete a self-assessment to help determine a career exploration choice
- Soup recipe for a restaurant
- Explore the Cooking Trade
- Cook Purchase Order

CLO Researcher / Writer: Summer Burton

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Working in a Professional Kitchen

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Craving a Culinary Career?

Working in a professional kitchen can be a great choice for different reasons. What might make it right for you? Read the reasons below to see if some of them fit with your interest in a culinary career.

You love to cook and want to turn that into a career. If you worked in a professional kitchen, you would learn new kinds of cooking, work with high-quality ingredients, and create delicious dishes.

You're creative and want to express yourself through cooking or baking. Working in a professional kitchen can be a great outlet to explore your own creativity, put together flavours in new way, and try different things.



You like working with other people. A professional kitchen is a busy place, and everyone needs to work together to make sure dishes are prepared and served on time. It feels great when everyone pulls together as a team to complete a dinner service!

You want a job you can grow in. There are lots of different roles in a professional kitchen, from dishwashers and kitchen helpers to bakers and executive chefs. If you take the time to learn the basics, you may be able to work your way up to jobs with more responsibility.

You like a fast-paced work environment where there is a lot going on. There is never a dull moment in a professional kitchen! Every day brings surprises and new opportunities to learn and grow.

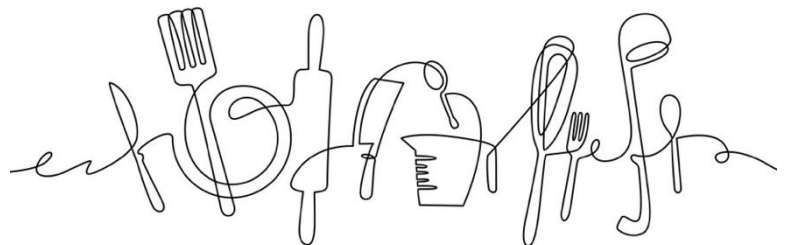
Opportunities to Work in a Professional Kitchen

If you want to work in a professional kitchen, you can apply for an entry-level job like a kitchen helper or dishwasher and work your way up by proving yourself to your employer. You can also apply for a job as an apprentice. What is the difference?

Applying for an entry-level job in a kitchen is like applying for any other job. You need to meet the employer's requirements, which might include:

- A specific level of education
- Being able to speak a specific language
- Having previous experience working in a similar kind of job
- Certification in things like First Aid or Safe Food Handling
- Having a driver's licence and your own transportation
- Being available to work specific hours

If you meet these qualifications and apply for the job, you might be hired. You will probably receive training in how to do your new job. After that, you will work as part of a team in the kitchen, doing the job you were hired for – and possibly several other jobs around the kitchen.










Review Kitchen Job Postings

Look at this job posting on the [Government of Canada Job Bank](#) and answer the questions on the next page.

Kitchen helper ✓ VERIFIED

Posted on February 15, 2023 by **Manchu Wok (London)**

Job details

 London, ON	 Starts as soon as possible
 15.50 to 16.00 hourly for 30 hours per 30 to 40 hours per week	 2 vacancies
 Permanent employment Full time	 Verified
	 Job Bank #2344448

Overview

Languages

English

Education

No degree, certificate or diploma

Experience

Will train

Responsibilities

Tasks

- Clean and sanitize items such as dishwasher mats, carts and waste disposal units
- Handle and store cleaning products
- Receive, unpack and store supplies in refrigerators, freezers, cupboards and other storage areas
- Remove kitchen garbage and trash
- Sharpen kitchen knives
- Sweep, mop, wash and polish floors
- Wash, peel and cut vegetables and fruit

QUESTIONS:

1. What is the name of the restaurant that is hiring? _____
2. What is the job title? _____
3. Is this a full-time or part-time job? Full-time Part-time
4. Do you need a degree, certificate or diploma for this job? Yes No
5. Do you need previous experience for this job? Yes No
6. List three tasks that the person hired for this job will do.



Being an **apprentice** is different. Apprentices are training for a very specific job in a professional kitchen, and they do most of their training by working with a fully certified professional. Their trainer in the kitchen is called a **journeyperson**.

Eighty percent of an apprentice's training is done on-the-job, and the other 20% is done in a college classroom, or at a trade school or union. Depending on where they need to go for their in-school training, apprentices may take this training in one of four different ways:

- In a block, where the apprentice needs to leave their job for up to two months to attend full-time classes
- Weekly where the apprentice leaves their job one day a week for a full school year (usually from September to June)
- Part-time, where the apprentice continues to work full-time hours at their job, then attends a night-school program for their in-school classes
- Through online or correspondence classes (which is very uncommon)

Because an apprentice is learning one specific job, their training is very focused and detailed. It normally takes three to five years to complete.



Applying to become an apprentice is similar to applying for an entry-level job in a kitchen. You must still meet the employer's requirements, but they will be different. Look at the job posting and answer the questions on the following page.

Cook ✓ VERIFIED 🔪 APPRENTICE JOB

Posted on January 25, 2023 by [Nine North \(Viet-Thai Cuisine\)](#)

Job details

📍 86 Dalhousie Street Brantford, ON N3T 2J2	🕒 10:00 to 22:00
💰 15.50 hourly for 40 hours per 40 to 60 hours per week	📅 Starts as soon as possible
📄 Permanent employment Full time	🎁 Benefits: Health benefits, Financial benefits
	👤 2 vacancies
	✅ Verified
	🇨🇦 Job Bank #2318586

Overview

Languages

English

Education

No degree, certificate or diploma

Experience

1 to less than 7 months

Asset languages

Vietnamese

Work setting

Restaurant

Cook categories

- Cook (general)
- Line cook
- Prep cook

Responsibilities

Tasks

- Prepare and cook complete meals or individual dishes and foods
- Prepare dishes for customers with food allergies or intolerances
- Inspect kitchens and food service areas
- Maintain inventory and records of food, supplies and equipment
- Clean kitchen and work areas

Credentials

Certificates, licences, memberships, and courses

Safe Food Handling certificate

Apprenticeship training

- Pre-apprenticeship training
- Level one apprenticeship training

Experience and specialization

Cuisine specialties

- Cantonese cuisine
- Thai
- Vietnamese cuisine

Additional information

Transportation/travel information

- Own transportation
- Own vehicle
- Valid driver's licence
- Public transportation is available

QUESTIONS:

1. What is the name of the restaurant that is hiring? _____

2. What is the job title? _____

3. Is this a full-time or part-time job?

Full-time Part-time

4. Do you need previous experience for this job?

Yes No

5. List three tasks that the person hired for this job will do.

6. What credentials does someone applying for this position need to have?

**Tip:**

If you've never worked in a professional kitchen, applying for an entry-level job is a great way to find out what it's like. Working in a fast-paced kitchen won't be a great fit for everyone, but if you find you enjoy that environment you may want to start looking for opportunities to apprentice.



Not every job in a kitchen can be learned through apprenticeship – in a professional kitchen, there are only six specific jobs that offer apprenticeship training. They are:

- Baker
- Baker-Pâtissier
- Chef
- Cook
- Cook-Assistant
- Institutional Cook

Put a checkmark next to any of the jobs listed above that you would like to learn more about.

Is Working in a Professional Kitchen Right for Me?

Working in a professional kitchen can be hard work, but it can also be very rewarding. Ask yourself the following questions to see whether working in a professional kitchen might be a good fit for you!

Do you have good hand-eye coordination?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you a creative person?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you comfortable working with measurements and ratios, and performing calculations?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you like working with your hands and with different tools and equipment?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you able to follow Health & Safety guidelines?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have good customer service skills?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have patience?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you detail-oriented and good with colours?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you team-oriented? Do you work well with others?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you able to lift more than 50lbs?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you able to stand or sit for long periods of time?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Can you follow directions?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you like to create and experiment with new ideas for recipes?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have good mathematical, measuring and problem-solving skills?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have strong writing, reading and communication skills?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have good listening skills?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you an organized person?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Can you work under pressure and make quick decisions?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you reliable, a self-starter and able to work with minimal supervision?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Can you start and finish work on time?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

How many times did you check “yes”? _____ If you checked “yes” to 11 or more times, a career in a professional kitchen might be a great fit for you!

Jobs in a Professional Kitchen That Offer Apprenticeship Training

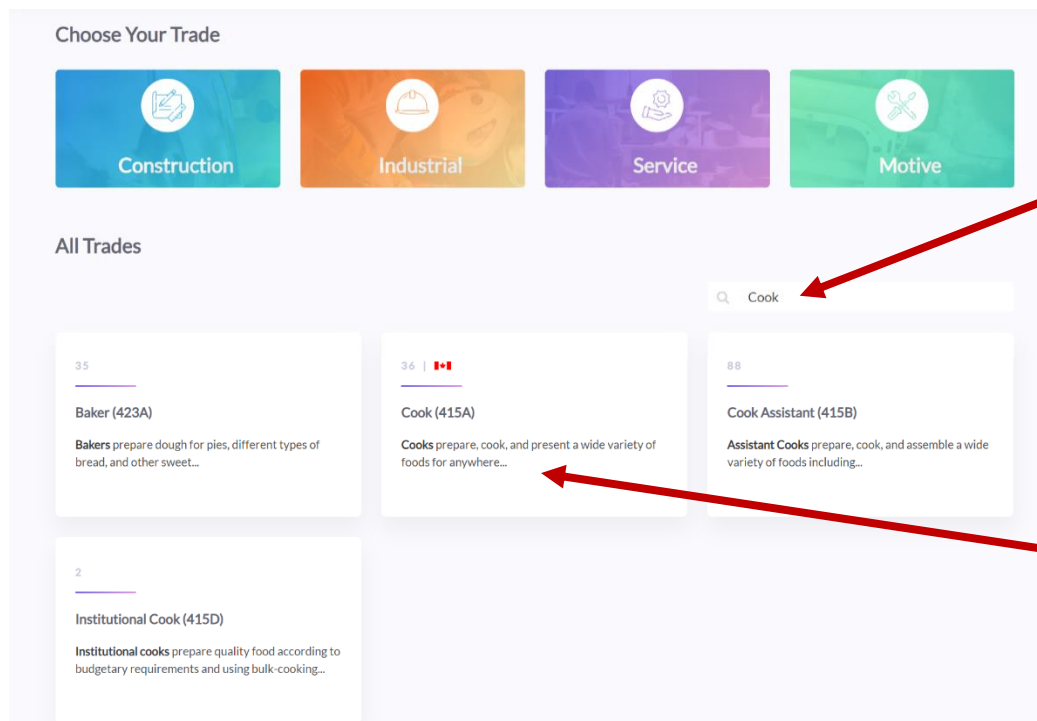
You looked at a list of jobs in a professional kitchen that offer apprenticeship training and thought about which ones you would like to learn more about. Pick one of the jobs you put a checkmark next to and write it below.

What job did you choose? _____

You can find out more about this job (and every other job that offers apprenticeship training) online. For this activity, you will use two specific websites:

- [Apprenticesearch.com](https://www.apprenticesearch.com)
- [Skilled Trades Ontario](https://www.skilledtradesontario.com)

First, we will visit Apprenticesearch.com to find out more about the job you chose. Open a web browser and go to <https://www.apprenticesearch.com/trades>



Type the name of the job you wrote above here.

That job will show up at the bottom of the screen. Click the job you want to learn more about.

The page that opens will tell you all about the trade you chose. Read it, and answer the following questions.

1. What are two of the “Job Related Skills, Interests and Values” for this job?

1. _____

2. _____

2. Do you need a secondary school diploma for this job? Yes No

3. How many hours is the apprenticeship training for this job? _____

4. List two employers who hire people to do this job.

1. _____

2. _____

5. What is the wage rate for this job? _____

Now, let's learn about this job on the Skilled Trades Ontario website. Open a new tab in your web browser and go to <https://www.skilledtradesontario.ca/about-trades/trades-information/>

Half way down this page you will find a search box called "Search for a Trade." Type the name of the job you chose in this box and then click the blue "Search" button.



Your Search Returned 2 Matches

Trade Name	Trade Code	Classification	Exam	Red Seal	Trade Details
Baker	423A	Non-compulsory	No		View Details →
Baker-Pâtissier	423C	Non-compulsory	Yes		View Details →

Matching jobs will appear at the bottom of the page. Click the blue "View Details" button next to the job you chose to learn more about it. Read the information you see and then answer the questions below and on the following page.

At the top of the page, there is a list of things that someone in this career might do. List two of them below.

1. _____

2. _____

How many hours of on-the-job work experience does an apprentice in this job need? _____

How many hours of in-school training does an apprentice in this job need? _____

How many levels of theoretical (in school) training would someone in this job need to do? _____

List two things that an apprentice in this job would learn during their in-school training.

1. _____

2. _____

Think about what you learned

Now that you've read information about this job on both the Apprenticesearch.com and Skilled Trades Ontario websites, do you think you would like to work towards an apprenticeship in this job?

Yes

No

Why or why not? _____

What other job(s) that offers apprenticeship training would you be interested in learning about?

Skills for Success in the Kitchen

Skills for Success are the skills needed to participate and thrive in learning, work and life. They are the foundation on which all other skills are built, and they are very important for anyone working in a professional kitchen.



There are nine Skills for Success. They are:



Adaptability Being adaptable means you are flexible and can handle unexpected changes or challenges. You also have to be able to manage stress, stay focused on your goals, and be positive even when things are difficult. People who are adaptable are able to learn, grow and change.

When do you think someone working in a professional kitchen would need to be adaptable? Provide an example below.



Collaboration Working with other people in a team is collaboration. When you collaborate with others, you can often do more than you could have on your own. People who are good collaborators appreciate the skills, knowledge and ideas other people have and respect their differences.

Working in a professional kitchen is a team effort. Provide an example of three people that need to work together for a kitchen to run well.



Communication The act of exchanging information with other people is communication. You communicate using your tone of voice, body language and actual words. People who are good communicators are good listeners and choose the words they use carefully to make sure others understand them.

Who are some of the people anyone working in a professional kitchen would need to communicate with? List two examples below.



Creativity and innovation Being creative means you can see the world from different points of view. Innovation means doing things in new and different ways. Creative and innovative people can often imagine things that don't exist yet and as a result can come up with amazing new inventions.

When do you think someone working in a professional kitchen would need to be creative or come up with a new way of doing something?



Digital Computers, tablets and smartphones are all digital devices used both at work and outside of work. Technology is changing all of the time, and feeling confident using digital technology is important for your success. People who have strong digital skills are comfortable using both traditional and new technology to accomplish their goals.

What digital devices do you think might be used in a professional kitchen? Write at least one example below.



Numeracy Numbers, math, percentages, fractions, calculations and formulas are all part of numeracy. These things are all important at work – for example, when creating a budget, ordering supplies or figuring out what to charge customers. People who have good numeracy skills understand the logic behind numbers and can use them comfortably.

Describe a situation when you think someone working in a professional kitchen would need to use numeracy skills.



Problem solving Figuring out how to make things better when something goes wrong is problem solving. It's a skill you use when things don't go the way you expected them to, or you don't know how to do something you need to do. People who are good problem solvers can come up with several different solutions and try them out to see what works.

Think about what kinds of problems someone working in a professional kitchen might have to solve. Describe one below, and suggest a possible solution.



Reading Understanding the words and symbols you see written on paper, in books and magazines, on posters, in emails and texts, or online is reading. You may read for fun, as part of your training for a job, and when you're at work. People who are good readers can understand the purpose of the words they know and make good guesses for words they don't know yet.

Give three examples of things someone working in a professional kitchen would need to read.



Writing Communicating with other people clearly through words written on paper or digitally is writing. To be a good writer, you need to use correct sentence structure, good grammar, and proper punctuation. You also need to be able to spell correctly. People with strong writing skills know how to write in different ways and can get their point across clearly by using language that others understand.

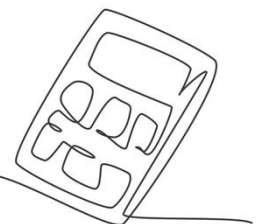
Provide an example of when you think someone working in a professional kitchen would need good writing skills.

Math in the Kitchen

As you saw, numeracy is one of the Skills for Success and is important for anyone working in a professional kitchen. Cooks, Bakers and Chefs all use math to:

- Change recipes so they can feed more people
- Decide how much produce, meat and other supplies to buy
- Know how many dishes each of the items in their kitchen can be used in before they run out
- Calculate the cost of individual meals so they know how much to charge customers to make money

Now it's your turn to think like someone working in a professional kitchen! Complete the activities on the following pages. Be sure to read each recipe or document carefully.



**Clam Chowder Recipe****Prep Time:** 30 minutes**Cook Time:** 45 minutes**Yield:** 30 servings**Ingredients:**

1 cup butter

7 ½ cups diced onion

4 cups diced celery

4 cups diced leek

2 teaspoons chopped garlic

1 cup flour

30 cups of milk

7 ½ cups minced clams with juice

7 ½ cups diced potato

7 teaspoons salt

2 teaspoons white pepper

7 teaspoons dried thyme

4 cups heavy cream

Directions:

1. In a large soup pot, melt butter over medium heat
2. Add onion, celery, leeks and garlic and sauté for 3 minutes, mixing often
3. Remove from the heat and add the flour, mixing well
4. Add milk slowly, 1 cup at a time, while whisking vigorously
5. Drain clams and add juice to soup
6. Slowly bring to a low boil, stirring often
7. Reduce heat to a simmer and add potatoes and seasonings; simmer 10 minutes
8. Add clams and simmer 5-8 minutes
9. Finish with heavy cream

QUESTIONS:

1. How many servings does this recipe make? _____
2. Including preparation and cooking time, how long does it take to make this recipe?

3. Calculate how many cups of diced leeks are needed to **triple** the recipe. Show your work below.
4. Calculate how many cups of heavy cream are needed to **double** the recipe. Show your work below.



Grilled Chicken Caesar Salad Recipe

Prep time: 10 minutes

Cook time: 10 minutes

Yield: Makes 8 full servings and 4 side dishes.

Ingredients:

2 heads romaine lettuce	½ cup freshly grated parmesan cheese
1 pound button mushrooms, sliced	1 teaspoon cracked peppercorns
1 cup garlic croutons	¼ cup of grapeseed oil
4 cloves garlic, chopped	8 chicken breasts, boned and skinned
2 onions, thinly sliced	1 teaspoon salt
½ - 1 cup Caesar dressing	2 teaspoons crushed rosemary

Directions:

1. Brush chicken breasts with oil, then season with salt, pepper and rosemary. Grill for 5 minutes per side or until internal cooking temperature reaches 165° F. Remove from heat and cover.
2. Wash romaine thoroughly, dry and tear into bite-size pieces. Toss with sliced mushrooms, garlic, onion and Caesar dressing.
3. Place mixed salad on chilled salad plates. Spoon 1 teaspoon parmesan cheese over each serving and top with croutons and cracked black pepper.
4. Slice reserved chicken and fan over salad. Garnish with remaining cheese.

THE SITUATION:

It is 45 minutes before closing and the kitchen has run out of grilled chicken Caesar salad, which is one of the most popular side dishes in the restaurant. The cook doesn't want to make up a whole batch since a lot of it will go to waste. They decide to use a quarter of the recipe.

QUESTIONS:

1. How much romaine lettuce should they use? _____
2. How many cloves of garlic will they chop? _____
3. How much onion will they slice? _____
4. How many chicken breasts will they cook? _____
5. Based on the yield for this recipe, how many servings will a quarter of the recipe make?

Purchase Order for Supplies

Purchase Order

PO #: M28-23

Supplier Name: Ontario Wholesale Foods
 Address: 123 Main Street, Youville, Ontario L0I 0I0
 Phone Number: 123-456-7890
 email: customerservice@ontairowholesale.ca

Order Date: March 28, 2023
 Ordered by: P.G.
 Authorized By: S.B
 Delivery Date: April 2, 2023
 Received By:

Stock #	Stock Item	Quantity		Pack	Order Qty	Unit cost	Extension
	Jumbo hotdogs 450 g	8	g	case		\$ 3.99	0
	beef burger 225g	40	per	case		\$ 24.99	0
	debreizini sausage	25	per	case		\$ 18.75	0
	kaiser bun	1		dozen		\$ 4.99	0
	hotdog bun	1		dozen		\$ 2.29	0
	sliced cheddar cheese 40g/slice	12	g	case		\$ 4.99	0
	ketchup 2.84L	6	2.84 lt cans per	case		\$ 12.14	0
	mustard 2.84L	4	2.84 lt cans per	case		\$ 8.76	0
	relish	2	4 lt bottles per	case		\$ 15.36	0
	hot peppers	2	4 lt bottles per	case		\$ 14.08	0
	dill pickles	2	4 lt bottles per	case		\$ 20.48	0
	coke	24	cans per	case		\$ 9.38	0
	diet coke	24	cans per	case		\$ 9.38	0
	sprite	24	cans per	case		\$ 9.38	0
	gingerale	24	cans per	case		\$ 9.38	0
	orange crush	24	cans per	case		\$ 9.38	0
	root beer	24	cans per	case		\$ 9.38	0
	2ply napkins	375 ct	per	case		\$ 4.00	0
	Aluminum Foil	18.5 sq m	per	case		\$ 9.29	0
						TOTAL:	

THE SITUATION:

To make sure they have enough supplies to fill customer orders at restaurants and special events, staff in professional kitchens need to purchase them from a supplier. Review the details of the purchase order on the previous page and follow the instructions below.

1. Highlight, underline or circle the purchase order number.
2. Highlight, underline or circle the number of sausages there are in one case of debreizini sausages.
3. Calculate the cost of two cases of Diet Coke and write it below.
4. Calculate the cost of three cases of aluminum foil.
5. Calculate the cost of an individual beef burger.
6. Calculate the total cost of ordering three (3) cases of jumbo hot dogs, two (2) dozen hot dog buns and one (1) case of root beer.

Conclusion

You have learned a lot about different jobs in a professional kitchen. Think about what you know now, and answer the questions below.

1. Would you prefer to start in an entry-level position in a professional kitchen or to get hired directly into an apprenticeship position? Why?

2. What apprenticeship website did you find the most interesting?

- Apprenticesearch.com
- Skilled Trades Ontario

3. Which of the Skills for Success do you think you would use the most working in a professional kitchen? Check all that apply!

- | | | |
|--|--|--|
| <input type="checkbox"/> Adaptability | <input type="checkbox"/> Creativity and innovation | <input type="checkbox"/> Problem solving |
| <input type="checkbox"/> Collaboration | <input type="checkbox"/> Digital | <input type="checkbox"/> Reading |
| <input type="checkbox"/> Communication | <input type="checkbox"/> Numeracy | <input type="checkbox"/> Writing |

4. Do you feel comfortable with the numeracy skills required to work in a professional kitchen?

- Yes No



Tip:

If you answered “no” to the question above, there are free adult education programs across Ontario that can help you improve your numeracy skills! You can find a program near you at

<https://www.ontario.ca/page/adult-learning-literacy-and-basic-skills>