

Cook (CKA) Apprenticeship Curriculum Mapping

Program Curriculum

A collection of 15 CTS courses has been developed to align with the current Cook Apprenticeship Course Outline. These courses, when combined, cover the First Period technical training content.

Alberta Apprenticeship Training Profile First Period	CTS Course Alignment to Apprenticeship First Period Topics	Assessment
Topic	CTS Course Number and Name	
SECTION ONE – SAFETY, KITCHEN ORIENTATION AND TRADE MATHEMATICS		
Safety Legislation, Regulations and Industry Policy in the Trades	CKA3900: Apprenticeship Safety	
Climbing, Lifting, Rigging and Hoisting		
Hazardous Materials and Fire Protection		
Kitchen Orientation and Introduction		
Food Safety		
Tools and Equipment	CKA3401: Kitchen Orientation	
Kitchen Fundamentals		
Weights and Measures		
Basic Kitchen Mathematics	CKA3406: Kitchen Mathematics	
SECTION TWO – BUTCHER SHOP		
Purchasing, Grading, Handling and Storage	CKA3411: Meats & Seafood 1	
Portioning	CKA3416: Meats & Seafood 2	
SECTION THREE – INTRODUCTION TO COOKING PROTEINS		
Preparation and Seasoning	CKA3421: Cooking Proteins 1	
Cooking, Holding and Serving Techniques	CKA3426: Cooking Proteins 2	
SECTION FOUR – INTRODUCTION TO SAUCIER		
Stocks	CKA3431: Stocks & Soups	
Soups		
Thickening and Binding Agents	CKA3436: Thickeners & Sauces	
Sauces		



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Topic	CTS Course Number and Name	
SECTION FIVE – INTRODUCTION TO COLD KITCHEN		
Purchasing Specifications and Storing Procedures	CKA3441: Fruits & Vegetables	
Vegetable Cuts		
Fruits and Vegetables		
Potatoes, Pasta and Rice	CKA3446: Starches & Salads	
Salads and Dressings		
Sandwiches, Spreads and Fillings		
SECTION SIX – BREAKFAST, BEVERAGES AND DAIRY PRODUCTS		
Breakfast	CKA3451: Breakfast & Dairy	
Dairy and Beverages		
Evaluate Value-added Products		
SECTION SEVEN – INTRODUCTION TO BAKESHOP		
Principles of Baking	CKA3456: Introduction to Baking	
Yeast Products	CKA3461: Breads & Cookies	
Cookies and Quick Breads		
Pies, Fillings and Decorating Techniques	CKA3466: Pies & Fillings	
CTS COURSES THAT ALLOW STUDENTS ADDITIONAL PRACTICAL TIME		
	CKA3560: CKA Practicum A	
	CKA3565: CKA Practicum B	
	CKA3570: CKA Practicum C	
	CKA3575: CKA Practicum D	