



Appendix A

WORK PROCESS SCHEDULE COOK

O*NET-SOC CODE: 35-2014.00 RAPIDS CODE: 0663CB

This schedule is attached to and a part of these Standards for the above identified occupation.

1. APPRENTICESHIP APPROACH

☐ Time-based ☒ Competency-based ☐ Hybrid

2. TERM OF APPRENTICESHIP

The Cook Program is meant to serve as an entry-level program for individuals new to culinary arts. Completion of the Cook program prepares and qualifies participants for entry into specialized and advanced fields in culinary arts. The term of the occupation is based on the apprentice's demonstration of the mastery of the competencies as specified and estimated to complete in approximately **1-2 years** supplemented by **324 hours** of related training instruction.

3. RATIO OF APPRENTICES TO JOURNEYWORKERS

The apprentice to journeyworker ratio is: 2 Apprentice(s) to 1 Journeyworker(s).

4. APPRENTICE WAGE SCHEDULE

Apprentices shall be paid a progressively increasing schedule of wages based on either a percentage or a dollar amount of the current hourly journeyworker wage rate, which is: \$19.90 /per hour.

Period	Wage (Hourly)	Description
1	\$16.50	Starting Pay
2	\$17.50	50% of demonstrated competencies
3	\$18.00	100% of demonstrated competencies

5. PROBATIONARY PERIOD

Applicants selected for apprenticeship will serve a probationary period of **1000** hours.



6. SELECTION PROCEDURES

The selection procedures for this occupation are listed below: Applicants will be selected by individual participating employer sponsors using selection method # 4, as outlined in the California Code of Regulations, Title 8, Chapter 2, Part 1, Section 215, Chapter 6, from a pool of candidates created during the established recruiting process in accordance with the State and Federal Equal Opportunity regulations.

1. The minimum age of all applicants shall be 16 years. There is no maximum age.
2. Educational prerequisite for entry: None
3. Successful completion of physical exam and background check
4. Physical prerequisites: The individual employer sponsor will define the physical examination required.
5. Interested applicants will have an opportunity to attend a public orientation and enroll in the program.
6. Applicants will follow the directives of individual employer partners through job application, interview, pre-screening, and on boarding



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Suggested On-the-Job Learning Outline

Cook	
Job Description: Prepare, season, and cook dishes such as soups, meats, vegetables, or desserts in restaurants. May order supplies, keep records and accounts, price items on menu, or plan menu.	
RAPIDS Code: 0663CB	O*NET Code: 35-2014.00
Estimated Program Length: 12-24 Months	
Apprenticeship Type: <input checked="" type="checkbox"/> Competency-Based <input type="checkbox"/> Time-Based <input type="checkbox"/> Hybrid	

Suggested On-the-Job Learning Outline

On-the-Job Work Processes		
Competencies to be evaluated:	Date Completed	Initial
1. Inspect and sanitize food preparation areas, such as equipment, work surfaces, and serving areas, to ensure safe and sanitary food-handling practices.		
2. Ensure proper understanding of freshness of food safety and ingredients by checking for quality, keeping track of old and new items, and rotating stock.		
3. Ensure food is stored and cooked at the correct temperature by regulating the temperature of ovens, broilers, grills, and roasters by checking with a calibrated thermometer for 15 seconds.		
4. Season and cook food according to recipes or experience and personal judgment.		
5. Observe and test foods to determine if they have been cooked sufficiently, using methods such as tasting, smelling, or temping with a thermometer.		
6. Properly portion, present on the plate with the appropriate garnish for food to be served (when applicable), being aware of any allergy considerations requested by clients.		
7. Weigh, measure, and mix ingredients according to recipes or personal judgment, using various kitchen utensils and equipment.		
8. Utilize methods such as bake, roast, broil, and steam meats, fish, vegetables, and other foods in accordance with the recipe, meal plan, or desired menu.		
9. Wash, peel, cut, and seed fruits and vegetables to prepare them for consumption in accordance with individualized techniques.		
10. Knowledge of safe use of kitchen equipment, including sanitation of items and understanding how to assemble and disassemble all food equipment.		
11. Arrives at work on time each day, prepared to work in accordance with proper uniform standards, maintain personal hygiene guidelines, and ready to interact with colleagues and guests in a professional manner.		
12. Efficiently take orders from the head chef in a timely manner with a positive attitude.		



RELATED INSTRUCTION OUTLINE COOK

O*NET-SOC CODE: 35-2014.00 RAPIDS CODE: 0663CB

Through consultation with the Apprenticeship Committee and the indenturing employer, apprentices will select an applicable program of study/course track and complete a minimum of 144 hours of related instruction per year of apprenticeship.

The standard term of apprenticeship shall be competency based with a minimum of 324 related and supplemental instruction (RSI) hours required, and completion required within approximately 24 months.

Courses will be approved by the Apprenticeship Committee and made available to applicable apprentices by approved education providers/institutions. Apprentices will enroll in, and complete, the required coursework that satisfies the minimum requirements of the program. Prior applicable education and training will be credited towards completion of related education requirements and apprentices will be offered tracks advancing their technical aptitude in the profession.

The following related training outline identifies the courses that are currently identified as suggested course work for this occupation:

Provider	
Name: Los Angeles Mission College	
Address: 13356 Eldridge Ave., Sylmar, CA 91342	
Email: ulianamr@lamission.edu	Phone Number: 818-364-7600
Suggested Related Instruction Hours: 324	

Suggested Related Instruction Outline

Courses	Hours
Culinary Fundamentals	216
Culinary Nutrition	108
Total Hours	324



Appendix A = Work Process Schedule and Related Instruction Outline by LAUNCH Apprenticeship Network, Department of Labor (DOL) – Apprenticeship Building America (ABA) Grant, FoundationCCC is licensed under CC BY 4.0.

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