



Food Service Cook Applied Certificate

PLAR Candidate Guide

Prior Learning Assessment and Recognition (PLAR)

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Prior learning credit options at Saskatchewan Polytechnic

See [Get Credit for What you Know](#) for important information about all options to get credit for prior learning at Sask Polytech, including PLAR, transfer credit, Canadian Armed Forces credit, and equivalency credit.

How to navigate this document

This document contains links to other document sections or webpages. To return to where you were from another section in this document, press the *ALT* key and *left arrow* key at the same time. To return to this webpage from another webpage, close the other webpage or click back on the browser tab for this document.

Contents of this guide

This guide contains the following specific PLAR information and tools for this program

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A. PLAR fees

Fees for PLAR challenges are set to cover our costs for consultation, assessment, and related administrative tasks. PLAR fees are non-refundable and non-transferrable.

The PLAR fees policy is subject to change for each new academic year. Please see the **Cost** section on the [PLAR webpage](#) for current fee information.

B. PLAR eligibility and options

To be eligible for PLAR for courses in this program, you must first apply for admission and be accepted into the program. You must also consult with the [PLAR contact person](#) and be approved for PLAR assessment.

Course prerequisites and corequisites

Some courses have one or more other courses that must be completed first (prerequisite) or at the same time (corequisite). See [course outlines](#) in this guide to identify any pre- or co-requisites for each course. Discuss with your [PLAR contact person](#) how to deal with courses with corequisites.

Block assessment

Some programs may assess a cluster of courses together in one block, which may save you time and effort. Ask the [PLAR contact person](#) whether there are any block assessment options in this program.

C. Dates when PLAR assessment is available

PLAR assessment for this program is available from Sept 1 to June 15 in each academic year.

All PLAR assessments must be completed by June 15 of each academic year.

D. Special directions for this program

1. **Review** the [PLAR process and FAQs](#) and the information in this guide.
2. **Self-rate** your learning for each course using the [Course Outlines](#) in this guide.
3. **Consult** with the [PLAR contact person](#) for PLAR approval. Be prepared to provide your resume, course self-ratings (see [section F](#)), and a partially completed [PLAR application](#). If you are approved for PLAR, the contact person will sign your PLAR application and explain next steps.
4. Apply for admission to the program. See [directions](#) for applying.
5. **Register** for PLAR at [Registration/Enrolment Services](#) once you have signed approval on your [PLAR Application Form](#). The PLAR fee will be added to your student account.
6. **Finalize** an assessment plan with your assigned assessor.
7. **Complete** assessment before your PLAR registration expires.

E. PLAR contact person

Contact one of the Program Heads below to arrange a consultation **after** you have read this guide and [general PLAR information](#) and rated yourself for each course (see next section). Consultation may be by phone, online, or in person. Be prepared to provide your resume, course self-ratings, and a partially completed [PLAR application](#). If agreement is reached to go ahead with PLAR, the contact person will sign approval on your PLAR application and explain the next steps. Admission to the program is required before you can register for PLAR.

Teal Fisher, Program Head
Prince Albert Campus
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F. Self-rating course outlines

Clicking on a course code below opens a page where you can rate yourself on the knowledge and skills assessed for PLAR credit. For Arts & Sciences courses, clicking on the course code opens another PLAR guide. The [PLAR contact person](#) for this program will refer you to another person to discuss PLAR for courses delivered by Arts & Sciences or another program/department.

COURSE CODE	COURSE NAME	Delivered by another department/program
CKNG 103	Garde Manger	
CKNG 119	Breakfast Cooking Fundamentals	
CKNG 139	Introduction to Cooking	
FOOD 103	Quantity Food Production	
FOOD 104	Quantity Meat Preparation	
FOOD 105	Quantity Preparation of Vegetables and Starches	
FOOD 106	Quantity Preparation of Soups and Sauces	
SFTY 111	Safety, Sanitation and WHMIS	

CKNG 103 - Garde Manger

You will prepare hot and cold sandwiches, fruits, salads, and salad dressings.

Credit unit(s): 4.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

Use a checkmark (✓) to rate yourself as follows for each learning outcome		Competent	Learning	None
Competent:	I can apply this outcome without direction or supervision.			
Learning:	I am still learning skills and knowledge to apply this outcome.			
None:	I have no knowledge or experience related to this outcome.			
1. Prepare sandwiches.				
2. Prepare sandwich spreads.				
3. Prepare fruits.				
4. Prepare salad dressings.				
5. Prepare salads.				

CKNG 119 - Breakfast Cooking Fundamentals

You will prepare breakfast and dairy products. This includes cooking eggs using a variety of methods; preparing omelets, frittatas, pancakes, waffles and French toast, cooking breakfast meats and potatoes.

Credit unit(s): 4.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

Use a checkmark (✓) to rate yourself as follows for each learning outcome		Competent	Learning	None
Competent:	I can apply this outcome without direction or supervision.			
Learning:	I am still learning skills and knowledge to apply this outcome.			
None:	I have no knowledge or experience related to this outcome.			
1. Cook eggs by a variety of methods.				
2. Prepare omelets and frittatas.				
3. Prepare pancakes, waffles, and French toast.				
4. Cook breakfast meats and potatoes.				

CKNG 139 - Introduction to Cooking

The course provides an introduction to the fundamental principles and methods that are the foundation of the cooking trade. You will study the major cooking methods and preliminary seasoning, flavoring, cooking, mise en place and pre-preparation techniques. You will learn the principles and procedures for the safe handling of tools and equipment and the principles of safety and sanitation.

Credit unit(s): 3.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

Use a checkmark (✓) to rate yourself as follows for each learning outcome		Competent	Learning	None
Competent:	I can apply this outcome without direction or supervision.			
Learning:	I am still learning skills and knowledge to apply this outcome.			
None:	I have no knowledge or experience related to this outcome.			
1.	Explain cooking principles, methods and terminology.			
2.	Describe preliminary cooking, coating, seasoning and flavor techniques.			
3.	Describe mise en place and pre-preparation techniques.			
4.	Describe mise en place and pre-preparation techniques.			
5.	Describe cooking utensils, containers, measuring devices, and their uses.			
6.	Apply procedures for safe and efficient use of knives, tools, and equipment.			

FOOD 103 - Quantity Food Production

You will prepare foods in quantity. You will perform in a safe manner and comply with sanitation legislation. You will be required to adhere to portion and quality controls for all types of food preparation.

Credit unit(s): 2.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

Use a checkmark (✓) to rate yourself as follows for each learning outcome		Competent	Learning	None
Competent:	I can apply this outcome without direction or supervision.			
Learning:	I am still learning skills and knowledge to apply this outcome.			
None:	I have no knowledge or experience related to this outcome.			
1. Perform mise en place for quantity food production.				
2. Demonstrate safety principles in a quantity food production environment.				
3. Perform proper sanitation in a quantity food production environment.				
4. Demonstrate quantity control in a quantity food production environment.				

FOOD 104 - Quantity Meat Preparation

You will be exposed to volume cooking and service techniques for meat, poultry, fish and seafood. You will use a variety of cooking techniques to prepare meals using these meats.

Credit unit(s): 4.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

Use a checkmark (✓) to rate yourself as follows for each learning outcome		Competent	Learning	None
Competent:	I can apply this outcome without direction or supervision.			
Learning:	I am still learning skills and knowledge to apply this outcome.			
None:	I have no knowledge or experience related to this outcome.			
1.	Prepare quantity meals and items that include meat cooked using a moist heat method.			
2.	Prepare quantity meals and items that include meat cooked using a dry heat method.			
3.	Prepare quantity meals and items that include meat cooked using a dry heat method without fat.			
4.	Prepare quantity meals and items that include seafood.			
5.	Prepare quantity meals and items that include poultry cooked using a moist heat method.			
6.	Prepare quantity meals and items that include poultry cooked using a dry heat method.			
7.	Prepare quantity meals and items that include poultry cooked in a moist heat method without fat.			

FOOD 105 - Quantity Preparation of Vegetables and Starches

You will learn volume cooking and service techniques for potatoes, vegetables, starches, and pasta. You will use a variety of cooking techniques to prepare meals using these ingredients.

Credit unit(s): 3.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

Use a checkmark (✓) to rate yourself as follows for each learning outcome		Competent	Learning	None
Competent:	I can apply this outcome without direction or supervision.			
Learning:	I am still learning skills and knowledge to apply this outcome.			
None:	I have no knowledge or experience related to this outcome.			
1.	Prepare vegetables and potatoes in volume for cooking.			
2.	Prepare quantity meals that include vegetables cooked using moist-heat methods.			
3.	Prepare quantity meals that include vegetables cooked using dry heat methods with fat.			
4.	Prepare quantity meals that include vegetables cooked using dry heat methods without fat.			
5.	Prepare quantity meals that include prepared legumes.			
6.	Prepare quantity meals that include potatoes cooked using moist heat methods.			
7.	Prepare quantity meals that include potatoes cooked using dry heat methods with fat.			
8.	Prepare quantity meals that include potatoes cooked using dry heat methods without fat.			
9.	Prepare quantity meals that include cooked rice, pasta, and dumplings.			

FOOD 106 - Quantity Preparation of Soups and Sauces

You will learn volume cooking and service techniques for soups and sauces. You will create a variety of soups and sauces in large quantities.

Credit unit(s): 3.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

Use a checkmark (✓) to rate yourself as follows for each learning outcome		Competent	Learning	None
Competent:	I can apply this outcome without direction or supervision.			
Learning:	I am still learning skills and knowledge to apply this outcome.			
None:	I have no knowledge or experience related to this outcome.			
1.	Identify the major types of stocks for quantity meals.			
2.	Prepare the major types of soups for quantity meals.			
3.	Prepare thickening agents for quantity meals.			
4.	Prepare white sauces for quantity meals.			
5.	Prepare brown sauces for quantity meals.			
6.	Prepare tomato sauces for quantity meals.			
7.	Prepare butter sauces for quantity meals.			
8.	Prepare miscellaneous sauces for quantity meals.			

SFTY 111 - Safety, Sanitation and WHMIS

You will gain an understanding of the procedures related to safety and sanitation in a professional kitchen. This will include the handling of workplace hazardous materials. You will learn how to prepare safe, sanitary foods for customers while avoiding injury to yourself and your colleagues.

Credit unit(s): 2.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

Use a checkmark (✓) to rate yourself as follows for each learning outcome		Competent	Learning	None
Competent:	I can apply this outcome without direction or supervision.			
Learning:	I am still learning skills and knowledge to apply this outcome.			
None:	I have no knowledge or experience related to this outcome.			
1.	Describe general sanitation procedures in the kitchen.			
2.	Describe time-temperature control and rates of cooling.			
3.	Describe the procedures for working safely in the kitchen.			
4.	Complete Food Safe Certification.			
5.	Complete WHMIS certification.			