



Health Care Cook

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.

PLAR fees for this program are set at 25% of the tuition cost as part of the partnership with Saskatchewan Health Authority.

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. You must have worked 900 hours in the last 5 years to be eligible to PLAR courses in the program.

Individual course PLAR

Individual course PLAR means that each single course is assessed separately with the exception of the courses identified in the Block Assessment, which are only available to PLAR as a block. If you have 1800 or more hours of experience in the disability support or rehabilitation field, you may apply to PLAR any course except PRAC 383 and 383. For PRAC 382 and 383, you need to also apply and be admitted to the program. See the Admissions and Special Admission sections on the program webpage

Course pre-requisites and co-requisites

Some courses have one or more other courses that must be completed first (pre-requisite) or at the same time (co-requisite). 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 co-requisites.

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.

The following courses are only available for PLAR as a block assessment CKNG 119, CKNG 139, CKNG 149, FOOD 104, FOOD 105, FOOD 106, FOOD 111

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 assessment 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 Services once you have signed approval on your [PLAR Application Form](#). The PLAR fee will be added to your student account.
6. **Finalize** a detailed Assessment Plan with your assigned assessor.
7. **Complete** assessment before your PLAR registration expires.

E. PLAR contact person

Contact the person below to arrange a consultation **after** you have read this guide and [general PLAR information](#) and rated yourself for each course (see next session). 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.

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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
BAKE 105	Bakery Production	
CKNG 149	Cold Foods	
CKNG 119	Breakfast Cooking Fundamentals	
CKNG 139	Introduction to Cooking	
CLTR 100	Diversity	
FOOD 102	Short Order Food Production	

COURSE CODE	COURSE NAME	Delivered by another department/program
FOOD 111	Quantity Food Production	
FOOD 104	Quantity Meat Preparation	
FOOD 105	Quantity Preparation of Vegetables and Starches	
FOOD 106	Quantity Preparation of Soups and Sauces	
FOOD 110	Regional and Cultural Foods	
HLTH 200	Health Care Operations	
NUTR 102	Special Diets 1	
NUTR 103	Special Diets 2	
NUTR 180	Nutrition and Healthy Living	
PLAN 100	Special Event Planning	
PLAN 101	Kitchen Operations in Health Care Settings	
PLAN 179	Menu Development	
PROF 101	Professionalism in the Food Service Sector	
SAFE 113	Kitchen Safety	
SANT 111	Safe Food Management	

BAKE 105 – Bakery Production

You will be introduced to the principles and procedures of preparing various yeast doughs, pastries, quick breads, pies and pie fillings. You will prepare quick breads, make pie fillings, make baked and unbaked pies, prepare puff pastry and its products, and produce and prepare a wide variety of bakery products.

Credit unit(s): 4.0
Pre and Co Requisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>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.</p>	Competent	Learning	None
1. Explain basic principles of baking.			
2. Describe baking ingredients and their uses.			
3. Prepare quick breads.			
4. Prepare yeast dough products.			
5. Prepare baked and unbaked pies.			
6. Prepare cookies and cakes.			

CKNG 149 – Cold Foods

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

Credit unit(s): 4.0
Pre and Co Requisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>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.</p>	Competent	Learning	None
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
Pre and Co Requisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>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.</p>	Competent	Learning	None
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
Pre and Co Requisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>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.</p>	Competent	Learning	None
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 the procedures for using convenience foods.			
5. Describe cooking utensils, containers, measuring devices, and their uses.			
6. Apply procedures for safe and efficient use of knives, tools, and equipment.			

CLTR 100 - Diversity

You will examine the elements of cultural, gender and disability diversity in Canada and how it impacts legislation in the workplace. You will explore elements of Indigenous culture with a view to understanding both historical elements and contemporary issues in Canada. Your studies will also provide opportunities to participate in current Indigenous cultural practices.

Credit unit(s): 3.0
Pre and Co Requisites: none
Equivalent course(s): CLTR 100CE

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>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.</p>	Competent	Learning	None
1. Examine the diverse Canadian Identity.			
2. Describe diversity and social inequality in Canadian society.			
3. Examine the impact of colonization and treaties on Indigenous peoples.			
4. Examine contemporary realities and resilience of Indigenous people in Canada.			
5. Explore cultural events.			
6. Promote inclusion.			

FOOD 102 – Short Order Food Production

You will prepare a variety of meals and food items appropriate for a short order cooking environment. You will integrate a wide range of skills you have learned in previous courses.

Credit unit(s): 4.0
Pre and Co Requisites: none
Equivalent course(s): COOK 197

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>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.</p>	Competent	Learning	None
1. Perform mise en place for short order food production.			
2. Prepare short order meals and items that include sandwiches.			
3. Prepare short order meals and items that include breakfast food.			
4. Prepare salads and salads dressing for short order food service.			

FOOD 111 – Quantity Food Preparation

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): 4.0
Pre and Co Requisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>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.</p>	Competent	Learning	None
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
Pre and Co Requisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>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.</p>	Competent	Learning	None
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
Pre and Co Requisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>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.</p>	Competent	Learning	None
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
Pre and Co Requisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>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.</p>	Competent	Learning	None
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.			

FOOD 110 – Regional and Cultural Foods

You will learn how to adapt menus to incorporate Indigenous, regional and cultural food practices.

Credit unit(s): 3.0
Pre and Co Requisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>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.</p>	Competent	Learning	None
1. Describe the historical background of regional and Indigenous cuisine.			
2. Identify opportunities to incorporate multicultural cookery.			
3. Examine the various ingredients used in indigenous regional, and multicultural cookery.			
4. Plan menus using Indigenous, regional, and multicultural cuisine.			
5. Prepare a multicultural menu.			

HLTH 200 – Health Care Operations

You will examine the unique inner workings of health care facilities and how they operate with focus on LEAN concepts, customer service, mental health and safety and security.

Credit unit(s): 3.0
Pre and Co Requisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>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.</p>	Competent	Learning	None
1. Examine LEAN concepts in health care settings.			
6. Discuss pandemic and disaster planning.			
7. Discuss mental health issues affecting the workplace.			
8. Identify the unique customer service elements in health care settings.			
9. Discuss current safety and security issues in health care.			
10. Discuss labour relations as it applies to health care.			
11. Discuss the development of policies and procedures.			
12. Describe the steps for planning, conducting and evaluating a meeting.			

NUTR 102 – Special Diet 1

You will learn about various disease states and their required specialized diets. You will apply menu modification techniques in the lab and will gain practical experience writing special diets and making menus.

Credit unit(s): 4.0
Prerequisites: NUTR 180 (concurrent)
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>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.</p>	Competent	Learning	None
1. Compare the various texture modified diets used in health care facilities using the International Dysphagia Diet Standardization Initiative (IDDSI) guidelines.			
2. Apply texture modification techniques in menus using the IDDSI guidelines.			
3. Explain how food, herb and drug interactions can affect menus.			
4. Describe the diet used in the treatment of inborn errors of metabolism.			
5. Examine the body’s response to stress and what dietary changes are necessary to aid in recovery.			
6. Discuss food sensitivities and allergies and their diet modifications.			
7. Compare diet therapies for diseases of the upper and lower gastrointestinal tract.			

NUTR 103 – Special Diets 2

Building on the skills you developed in Clinical Nutrition 1, you will continue to learn about various disease states and required specialized diets. You will continue to gain practical experience cooking for special diets, writing special diets and making menus.

Credit unit(s): 4.0
Prerequisites: NUTR 102 (concurrent)
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>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.</p>	Competent	Learning	None
1. Compare the dietary therapies used for diabetes mellitus.			
2. Compare the dietary therapies used for disorders of the circulatory system.			
3. Compare the dietary therapies used for kidney diseases.			
4. Compare the dietary therapies used for liver diseases, gallstones and gout.			
5. Compare the dietary therapies used for cancer and HIV patients.			
6. Prepare special diets.			
7. Create a therapeutic menu for an acute or long-term care facility.			

NUTR 180 – Nutrition and Healthy Living

You will study the fundamental principles of the science of human nutrition. How nutritional intake affects health will be emphasized. Contemporary issues in nutrition will be discussed.

Credit unit(s): 4.0
Pre and Co Requisites: none
Equivalent course(s): NUTR 180CE

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>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.</p>	Competent	Learning	None
1. Demonstrate knowledge of nutrient composition of foods and making healthy food choices.			
2. Apply guidelines to healthy menu planning and food choices.			
3. Describe the physiology and function of the digestive tract and the related organs of the body.			
4. Determine the role of the energy-yielding nutrients in health and disease.			
5. Explain how the body utilizes food for energy and how it maintains energy balance.			
6. Determine the roles body composition and diet play in maintaining a healthy body weight.			
7. Interpret how the body uses vitamins, minerals and water.			

PLAN 100 – Special Event Planning

You will plan special events involving food service suitable for health care settings. This will include a catering function.

Credit unit(s): 2.0
Pre and Co Requisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>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.</p>	Competent	Learning	None
1. Examine catering and group food service events.			
2. Examine organizational requirements for catering and group food service events.			
3. Organize a catering event.			
4. Prepare foods for a catered event.			

PLAN 101 – Kitchen Operations in Health Care Settings

You will learn the procedures necessary to manage a kitchen in a health care setting. Your studies will include purchasing and inventory functions in a health care setting. You will also study the process of preparing and delivering food services off site (Meals on Wheels) and you will have an opportunity to plan and schedule staff and other functions. You will understand the principles of cook/chill and re-therming foods.

Credit unit(s): 4.0
Pre and Co Requisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>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.</p>	Competent	Learning	None
1. Describe the organization of a professional kitchen in a health care setting.			
2. Compare the use of common purchasing forms.			
3. Identify basic purchasing management principles.			
4. Compare purchasing criteria for food, beverage, and non-food products.			
5. Apply common inventory control systems.			
6. Perform food costing.			
7. Identify standards and specifications for equipment purchases.			
8. Examine the procurement of kitchen equipment and small wares.			
9. Plan off-site meal services.			
10. Describe the principles of cook/chill and re-thermalization of foods.			

PLAN 179 – Menu Development

You will learn the basic principles of menu planning and standardizing recipes as a tool for maintaining quality, controlling production, and simplifying purchasing. You will also plan various types of menus.

Credit unit(s): 3.0
Pre and Co Requisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>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.</p>	Competent	Learning	None
1. Explain successful and profitable menu planning.			
2. Explain the role of nutrition in menu planning.			
3. Demonstrate principles of menu planning.			
4. Adapt regular menus for modified and culturally diverse diets.			
5. Discuss the financial considerations in menu planning.			
6. Plan a non-commercial menu.			
7. Explain the implementation of a recipe standardization program.			
8. Standardize recipes for use in a food service operation.			

PROF 101 – Professionalism in the Food Service Sector

You will learn strategies to effectively lead and coach employees in the food services industry. You will also develop a resume and apply job search skills relevant to the field of food services and hospitality.

Credit unit(s): 4.0
Pre and Co Requisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>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.</p>	Competent	Learning	None
1. Identify personal leadership style.			
2. Identify roles and responsibilities of a leader and coach in the food service industry.			
3. Apply time management techniques for food service operations.			
4. Perform scheduling functions for various food service operations.			
5. Explain change management in the food service industry.			
6. Apply coaching strategies in a food service setting.			
7. Apply job search skills.			

SAFE 113 – Kitchen Safety

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

Credit unit(s): 1.0
Pre and Co Requisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>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.</p>	Competent	Learning	None
1. Complete WHMIS Certification.			
2. Describe the procedures for working safely in the kitchen.			

SAFE 113 – Kitchen Safety

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

Credit unit(s): 1.0
Prerequisites: SANT 181 (concurrent) or SFTY 111 (concurrent)
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>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.</p>	Competent	Learning	None
1. Complete WHMIS Certification.			
2. Describe the procedures for working safely in the kitchen.			

SANT 111 – Safe Food Management

You will learn sanitary food handling techniques that reduce the risk of food poisoning. You will develop management skills and tools to foster a culture of food safety.

Credit unit(s): 1.0
Pre and Co Requisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>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.</p>	Competent	Learning	None
1. Analyze risks related to food hazards.			
2. Correlate standard operating procedures with legal and HACCP requirements.			