



CAMBRIDGE COLLEGE

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BC Care Aide &
Community Health
Worker Registry



StudentAidBC

Program Title

Red Seal Chef Exam Preparation Course

Brief Program Description

The Red Seal Chef Exam Preparation Course is an online program tailored to prepare culinary professionals for the Red Seal certification exam. This course offers comprehensive coverage of the National Occupational Analysis (NOA) for chefs, focusing on key culinary techniques, kitchen management, food safety, and exam strategies. Through interactive modules and practical assignments, students will gain the skills and confidence required to meet Canadian culinary standards.

Career Occupation

Skilled Trade: Chef (Cooking)

Admission Requirements

- Minimum age of 19 years
- High School Diploma or equivalent
- IELTS minimum score of 5.5 (for International Students)
- Academic transcripts submitted in English

Learning Objectives

Upon completion of this online program, students will be able to:

- Understand the structure and requirements of the Red Seal exam for chefs.
- Master essential culinary techniques and kitchen management skills.
- Apply effective exam strategies, including time management and recipe standardization.
- Interpret and utilize the National Occupational Analysis (NOA) for culinary trades.
- Demonstrate confidence in meeting Canadian culinary industry standards and expectations.

Method(s) of Evaluation

- **Participation / Attendance (10%):** Engagement in live classes and discussion forums ensures interaction with instructors and peers, essential for culinary skill development.
- **Quizzes (20%):** Regular quizzes assess understanding of culinary principles, food safety, and kitchen operations, allowing students to track progress.
- **Project Assignments (20%):** Practical assignments involve planning and executing recipes, focusing on skills such as food preparation, cooking techniques, and presentation.
- **Practice Exams (30%):** These timed exams simulate the Red Seal test environment, preparing students for the exam's structure and content.
- **Final Exam (20%):** The final assessment tests cumulative knowledge and skills, ensuring exam readiness.



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Completion Requirements

A minimum grade of 70% is required for successful course completion.

Program Duration

- **Total Duration:** 350 instructional hours, delivered over 36 weeks.
- **Homework Hours:** Estimated between 50–75 hours for recipe practice, project assignments, and study.

Delivery Method(s)

- **Online Learning:** Delivered through live virtual classes, interactive modules, and self-paced study materials.

Required Course Materials

1. **National Occupational Analysis (NOA) for Cooks:** An essential guide to culinary standards and skills required for the Red Seal exam.
2. **Canadian Food Safety and Sanitation Code:** This codebook provides essential information on food safety regulations, sanitation practices, and hygiene requirements in Canada.
3. **Red Seal Practice Exams for Chefs:** Exam-style questions prepare students for the structure and rigor of the Red Seal certification exam.
4. **Professional Chef Textbook:** A comprehensive resource covering culinary theory, cooking techniques, and kitchen management, essential for both practical and theoretical aspects of the exam.

Program Organization

Module	Topic	Instructional Hours
C1	Canadian Food Safety and Sanitation	20 hours
C2	Canadian Essential Skills & NOC Review	20 hours
C3	Kitchen Tools, Equipment, and Ingredient Identification	60 hours
C4	Culinary Fundamentals: Stocks, Sauces, and Soups	40 hours
C5	Cooking Techniques (Baking, Grilling, Roasting, Poaching)	40 hours
C6	Menu Planning, Costing, and Kitchen Management	50 hours
C7	Comprehensive Trade-Specific Exam Review	120 hours

Total Hours: 350 instructional hours