



Brief Program Description

This course is tailored for chefs and culinary professionals preparing to achieve their Red Seal certification. The program provides comprehensive guidance on culinary theory, practical skills, and exam strategies to ensure success in obtaining this prestigious certification, a hallmark of excellence in the culinary industry.

Career Occupation* (if applicable)

- Skilled Trades in the following occupations
- Chef

Admission Requirements*

- Minimum age of 19 years old
- High School Diploma or Certificate of Completion
- IELTS minimum score of 5.5 (International Students) or College English Assessment test with min. 60%
- Academic transcripts submitted in English
- Minimum 3-5 years full time experience in the Trade

Learning Objectives*

Upon completion of this program the successful student will have reliably demonstrated the ability to:

- Understand the Red Seal exam structure and expectations for chefs.
- Recognize and understand key concepts, trade-specific knowledge, and skills required for the exam.
- Refine their culinary skills and techniques to meet professional standards.
- Confidently apply food safety and sanitation protocols.
- Develop a mastery of implementing exam strategies, including time management and handling multiple-choice questions.
- An ability to understand the National Occupational Analysis (NOA) for their specific trade
- Gain greater confidence in exam taking skills
- Develop ways to manage their time.
- Understand their skill level in their Trade and how it measure up to employer expectations

Method(s) of Evaluation*

Methods of evaluation will consist of the following:

Participation / Attendance – 10%
Quizzes – 20%
Project Assignments – 30%



Practice Exams & Final Exam – 40%

Completion Requirements* Students must achieve a minimum grade of 70% in the class in order meet the graduation requirement for the program

Program Duration Course consists of 350 instructional hours over a period of 18 Weeks

Homework Hours Home work hours are set at an estimate of between 50 – 75 hours over 18 weeks period

Delivery Method(s) *Combined delivery (both in-class and distance)*

Required course materials The following text book List is required for this program:

Red Seal Cook Exam Preparation Book - Mirvoxid Press - ISBN-13 979-8883843258

Food service – Sanitation. 2. Food handling. 3. Foodborne diseases. 4. Food service – Sanitation – British Columbia. 5. Food handling – Problems, exercises, etc. I. BC FOODSAFE Secretariat. II. British Columbia. Ministry of Advanced Education. - Crown Publications, Queen’s Printer: www.crownpub.bc.ca.

Red Seal Study Guide/Year Four Cook – Unity Crest Solutions Inc.

Program Organization*

Module	Topic	Instructional Hours
C1	Canadian Trade Safety Awareness	20 Hours
C2	Canadian Essential Skills and NOC Classification system review	20 Hours
C3	Review of sketches and drawings, Tools and Canadian Codes	60 Hours
C4	Selection and Identification of key Block areas for study	20 Hours
C5	Review and study of Key Block areas Instruction for the exam	30 Hours
C6	Specific Trade exam review	200 Hours
	Total	350 Hours