

# ACE IT Professional Cook



# Program Overview

The ACE IT Professional Cook Program is offered in partnership between the Sunshine Coast School District and Vancouver Island University (VIU). The program provides a unique opportunity to work under a Red Seal Chef while gaining course credit towards graduation. Instructors from VIU oversee the program and give credit for work completed so that when students complete the program, they have had the opportunity to write their Level 1 Theory and Practical exams, in addition to the Industry Trades Authority (ITA) Certificate of Qualification Exam.

## Minimum Application Requirements

- Completion of Grade 10 courses
- Mature
- Team Player
- Pass VIU academic assessment
- Good attendance
- Recommendation by school staff



## Application Process:

Interested students complete the district ACE IT application package and submit to school counselor.

ACE IT program staff review applications.

Potential applicants will be contacted for an interview.

Applicants must pass academic assessment for registration with Vancouver Island University.

**Admission to the program requires a \$400.00 registration fee to cover the cost of materials kept by students.**

For more information, see the Ministry of Education Workplace Program Guides @ [http://www.bced.gov.bc.ca/irp/workplace\\_program\\_guides.php](http://www.bced.gov.bc.ca/irp/workplace_program_guides.php)

A stylized logo consisting of the letters 'E' and 'W' intertwined in a cursive, handwritten style.

## Skills covered during the program



### Work Experience

Participation in this program will include:

- Work experience placement
- Gaining useful employability skills
- Understanding of a safe workplace



### Food Skills

A sample of skills you will learn:

- Vegetable and starch cookery
- Meat and poultry cooking
- Stocks, sauces and soups



### Kitchen Skills

Technical skills include:

- Basic food service
- Safety, sanitation and equipment
- Health care/cook/chill

## Professional Cook Program

Held in the "Cougar Cafe"  
Elphinstone Secondary School  
8:00 am - 1:30 pm  
Monday to Friday

# About ACE IT

**ACE IT** (Accelerated Credit Enrollment in Industry Training) offers the ability for students to begin work experience and training in a certified trade while still in secondary school. Overseen by the Industry Trades Authority ([www.itabc.ca](http://www.itabc.ca)), students complete their work under the supervision of a Red Seal certified Chef, foods teacher, and Vancouver Island University Instructor.



Students will complete four courses towards graduation (16 credits). These include: Cooks Training 12 A, B, and C, and Work Experience. Students require at least 50% to pass these courses. Students who complete the program with over 70% will receive credit from Vancouver Island University, and have the opportunity to write their Level 1 Certificate of Qualification exam. Students will require 1,000 hours of on the job training to complete their Level 1 Professional Cook Certification.

The Ministry of Education recognizes that this program provides a valuable transition for students as they move into the working world:

"The goals of ACE IT include:

- To provide students with a smooth transition from school to work.
- To enhance students' existing trade-specific job-readiness skills, or provide opportunities for the development of new skills.
- To provide students with the opportunity to obtain a Level 1 technical training certification in a given trade.
- To help prepare students to enter the world of work with the skills, attitudes, and sense of responsibility necessary to be successful.

School District No. 46 Careers Office is located at  
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For more information contact:

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