

# APPRENTICESHIP & CERTIFICATION

## Study Guide Cook



**Apprenticeship and Certification  
Study Guide**

**COOK**

**(Based on Red Seal Occupational Standard – RSOS 2020)**

Government of Newfoundland and Labrador  
Department of Immigration, Population Growth and Skills

**Version 13**

REVISED  
April 2024

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## Introduction

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This Study Guide has been developed by the Newfoundland and Labrador Department of Immigration, Population Growth and Skills, Apprenticeship and Trades Certification Division, to assist apprentices and trade qualifiers as they prepare to write the Red Seal Exam. Red Seal Exams are available for all Red Seal trades. For a list of Red Seal trades please refer to the Department of Immigration, Population Growth and Skills website:

<https://www.gov.nl.ca/atcd/designated-trades/list-of-designated-trades/>

### Some of the specific goals of this guide are:

- ⇒ to help you understand the skills and knowledge that might be covered on the exam
- ⇒ to help you identify your strengths and weaknesses
- ⇒ to provide organization and structure for a course of study
- ⇒ to provide a list of resources to help you with your study plan
- ⇒ to support and supplement the teaching and learning process

This study guide outlines the theoretical portion of the program. The intent is not to replace technical training provided under the guidance of instructors. Rather, it is a tool to be used in conjunction with formal training.



# Exam Process

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## Before the Exam

You must contact the nearest Apprenticeship and Trades Certification Divisional office to make request to write the Red Seal exam (*See Appendix A for a list of regional offices*). Upon approval, the Apprenticeship Program officer (APO) will notify you of your eligibility to write the exam, and provide you with scheduling information. If you require special accommodations due to a disability or language barrier, please contact your regional office for information on applying for this service.

## During the Exam

### You must bring:

- personal identification such as a photo or signature ID or valid Newfoundland and Labrador driver's license
- your notification letter

### The following will be provided:

- a calculator (*see Appendix B for calculator information*)
- all other items required such as pencils, scrap paper, etc.

### Important Note:

Personal cell phones, calculators, or other electronic equipment are NOT allowed into the exam room. If you do bring them, they will be stored away and returned to you when you have completed the exam.

## After the Exam

Results will be mailed to you approximately seven to ten days after completion of the exam. All necessary instructions and information will be provided in the results letter.

The percentage mark you obtained will be provided. You will also be given a section by section breakdown, showing how many questions were in each section, as well as the number of questions in each section you completed successfully.

If you are successful in obtaining a 70% or more on your exam, you will be issued a Newfoundland and Labrador Certificate of Qualification with a Red Seal endorsement.



## Exam Format

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All Red Seal exams are written in multiple-choice format. Each exam has between 100 and 150 questions. A multiple choice question consists of a stem (a complete question) followed by four options (A, B, C, D). The stem contains all the information necessary to answer the question. The options consist of the one correct answer and three “distracters.” Distracters are incorrect. (See *Appendix C for a sample answer sheet*).

Red Seal exams contain three types of questions:

### Level 1 Knowledge and Recall

Questions at this level test your ability to recall and understand definitions, facts, and principles.

### Level 2 Procedural and Application

Questions at this level test your ability to apply your knowledge of procedures to a new situation.

### Level 3 Critical Thinking

Questions at this level test your ability to interpret data, solve problems and arrive at valid conclusions.

#### Level 1 Examples:

1. Which flour has the highest protein content?

- A. Cake.
- B. Pastry.
- C. Bread.
- D. All-purpose.



2. Which are natural thickeners?

- A. Barley, okra, navy beans, and potatoes.
- B. Barley, carrots, okra, and broccoli.
- C. Okra, lentils, broccoli, and cauliflower.
- D. Lentils, corn, mushrooms, and navy beans.



3. How should raw meat be stored in a refrigerator?

- A. Below any ready-to-serve products.
- B. Covered with a clean cloth.
- C. Away from the refrigerator door.
- D. In its original shipping container.



### Level 2 Examples:

1. What are the steps for cleaning and sanitizing a meat slicer?

- A. Clean and sanitize blade, unit and removable parts.
- B. Unplug, clean, reassemble and sanitize unit and blade.
- C. Unplug, disassemble, clean and sanitize blade, unit and removable parts.
- D. Disassemble, unplug, clean and sanitize blade, unit and removable parts.



2. An order is received from the dining room for four guests at the same table. Which item is started first?
- A. Garlic shrimp.
  - B. 180 g rare strip-loin.
  - C. Sauté of beef stroganoff.
  - D. Fresh boiled 680 g lobster.



3. What is the correct sequence for mechanical dishwashing?
- A. Sanitizing, rinsing, washing, racking, pre-rinsing, and scraping.
  - B. Scraping, pre-rinsing, rinsing, racking, sanitizing, washing and air drying.
  - C. Scraping, pre-rinsing, racking, washing, rinsing, sanitizing, and air drying.
  - D. Rinsing, scraping, pre-rinsing, racking, sanitizing, washing, and air drying.



### Level 3 Examples:

1. To maintain a 29% food cost, what must the menu price be of an item costing \$1.00 to produce?
- A. \$2.90.
  - B. \$3.45.
  - C. \$4.35.
  - D. \$5.45.





2. How many kilograms of freshly ground beef must be purchased to prepare 550 – 125 g hamburger patties for a barbecue picnic? (to the nearest kilogram)

- A. 64 kg.
- B. 69 kg.
- C. 74 kg.
- D. 79 kg.



3. How is demi-glace produced?

- A. Combine equal quantities of espagnole and brown stock and reduce by half.
- B. Combine equal quantities of espagnole and beef stock and simmer for 5 minutes.
- C. Reduce brown stock by half.
- D. Reduce espagnole by half.



**Source of Questions:**

<http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=54>

## Exam Content

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### Understanding the *Red Seal Occupational Standard (RSOS)*

The Red Seal model has historically been based on the development of the Red Seal Occupational Standard (RSOS) which supports the development of multiple-choice format examinations.

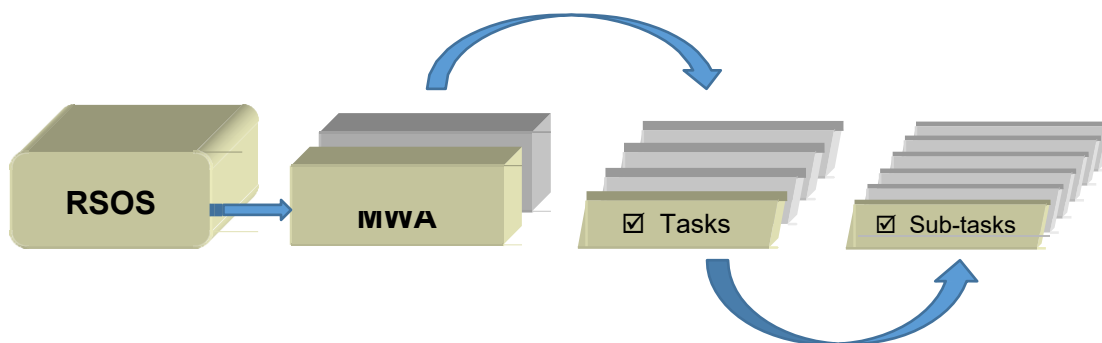
The RSOS was introduced in 2015 and is now taking the place of the RSOS. Each RSOS or RSOS sets the standard for a Red Seal trade. The Red Seal Examination is based on the Red Seal Standard.

The new standards provide greater consistency in learning resources and allow for increased industry involvement in the development of these standards. This new model places increases emphasis on apprenticeship training and assessing skills with industry learning objectives, outcomes and performance criteria.

The RSOS for each trade describes the tasks and sub-tasks; skills and knowledge requirements; summary of essential skills; safety information; trends affecting the trade; technical terms; names of tools and equipment; acronyms; learning objectives and outcomes; industry expected performance and essential skills related to each sub-task.

The RSOS is an excellent tool to use as you study for the Red Seal exam. RSOSs can be found at <http://www.red-seal.ca/resources/n.4.1-eng.html>

RSOS material is organized into the following categories: **MWA (Major Working Activity)**. The MWAs are further broken down into **TASKS** (*describes activities within an MWA*) and **SUB-TASKS** (*describe activities within a task – This is what the exam is based on*).

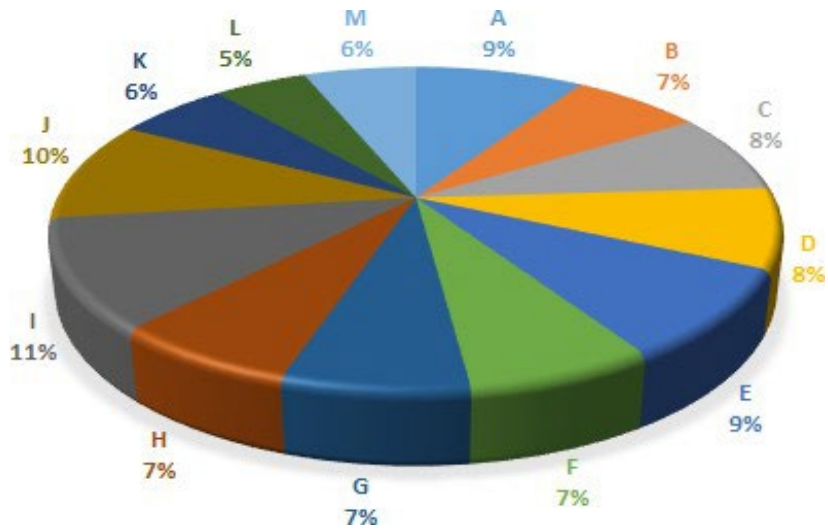


The RSOS will continue to be used as the occupational standard for trades that do not yet have an RSOS developed.

## RSOS Pie Chart

The RSOS Pie Chart presents the MWA percentages in the form of a pie chart which tells you the approximate number of questions from each MWA. For example, 9% of the questions on the **Cook** Exam will be based on **MWA A**.

### COOK



MWA Titles			
<b>MWA A</b>	Hygiene, sanitation and safety	<b>MWA G</b>	Pastas, Noodles, Stuffed Pastas and Dumplings
<b>MWA B</b>	Common Occupational Skills	<b>MWA H</b>	Grains, Pulses, Seeds, Nuts, and Alternative Proteins
<b>MWA C</b>	Produce	<b>MWA I</b>	Meat, Game, Poultry, Game Birds and Variety Meats
<b>MWA D</b>	Stocks, Broths and Soups	<b>MWA J</b>	Fish and Seafood
<b>MWA E</b>	Sauces	<b>MWA K</b>	Salads and Sandwiches
<b>MWA F</b>	Cheese, Dairy, Dairy Plant-Based Alternatives, Eggs and Egg Products	<b>MWA L</b>	Specialty Preparation
		<b>MWA M</b>	Sweet and Savoury Baked Goods and Desserts

## Exam Breakdown

The **Cook** exam currently has 150 questions. The following table shows a breakdown of the number of questions that come from each RSOS MWA. It is important to note that the exact number of questions can change at any time. When you are ready to write your exam, you may contact your regional office to verify the number of questions (See Appendix A).

		# of Questions
<b>MWA A</b>	<b>Hygiene, Sanitation and Safety</b>	<b>13</b>
<b>Task 1</b>	Performs safety and hygiene-related functions	5
<b>Task 2</b>	Practices food safety procedures	8
<b>MWA B</b>	<b>Common Occupational Skills</b>	<b>11</b>
<b>Task 3</b>	Uses tools and equipment	2
<b>Task 4</b>	Organizes work	1
<b>Task 5</b>	Manages information	1
<b>Task 6</b>	Manages products	2
<b>Task 7</b>	Performs trade activities	2
<b>Task 8</b>	Adapts cooking practices to meet dietary requirements	2
<b>Task 9</b>	Uses communication and mentoring techniques	1
<b>MWA C</b>	<b>Produce</b>	<b>12</b>
<b>Task 10</b>	Prepares herbs and spices	3
<b>Task 11</b>	Prepares vegetables	5
<b>Task 12</b>	Prepares fruit	4
<b>MWA D</b>	<b>Stocks, Broths and Soups</b>	<b>12</b>
<b>Task 13</b>	Prepares stocks and broths	6
<b>Task 14</b>	Prepares soups	6
<b>MWA E</b>	<b>Sauces</b>	<b>13</b>
<b>Task 15</b>	Prepares thickening and binding agents	4
<b>Task 16</b>	Prepares sauces	9
<b>MWA F</b>	<b>Cheese, Dairy, Plant-based Dairy Alternatives, Eggs and Egg Products</b>	<b>10</b>
<b>Task 17</b>	Uses cheese, dairy products and plant based dairy alternative products	5
<b>Task 18</b>	Prepares eggs and egg-based dishes	5
<b>MWA G</b>	<b>Pastas, Noodles, Stuffed Pastas and Dumplings</b>	<b>10</b>
<b>Task 19</b>	Prepares pastas and noodles	6
<b>Task 20</b>	Prepares Stuffed pastas and dumplings	4
<b>MWA H</b>	<b>Grains, Pulses, Seeds, Nuts and Alternative Proteins</b>	<b>11</b>
<b>Task 21</b>	Prepares grains and pulses	4
<b>Task 22</b>	Prepares seeds and nuts	3
<b>Task 23</b>	Prepares alternative proteins	4

		# of Questions (Cont'd)
<b>MWA I</b>	<b>Meat, Game, Poultry, Game Birds and Variety Meats</b>	<b>16</b>
<b>Task 24</b>	Prepares meat and game meat	8
<b>Task 25</b>	Prepares poultry and game birds	6
<b>Task 26</b>	Prepares variety meats	2
<b>MWA J</b>	<b>Fish and Seafood</b>	<b>15</b>
<b>Task 27</b>	Prepares fin fish	7
<b>Task 28</b>	Prepares seafood	8
<b>MWA K</b>	<b>Salads and Sandwiches</b>	<b>9</b>
<b>Task 29</b>	Prepares sandwiches	3
<b>Task 30</b>	Prepares salads	3
<b>Task 31</b>	Prepares condiments, preserves and dressings	3
<b>MWA L</b>	<b>Specialty Preparation</b>	<b>8</b>
<b>Task 32</b>	Prepares hors d'oeuvres and other finger foods	3
<b>Task 33</b>	Prepares charcuterie and cured products	2
<b>Task 34</b>	Prepares gels and glazes	1
<b>Task 35</b>	Prepares marinades, rubs and brines	2
<b>MWA M</b>	<b>Sweet and Savoury Baked Goods and Desserts</b>	<b>10</b>
<b>Task 36</b>	Prepares dough-based products	2
<b>Task 37</b>	Prepares batter-based products	2
<b>Task 38</b>	Prepares creams, mousses, frozen desserts, fillings, icings, toppings and sugar works	2
<b>Task 39</b>	Assemble cakes	1
<b>Task 40</b>	Prepares savoury and sweet pastries and pies	2
<b>Task 41</b>	Prepares chocolate	1
	<b>Total</b>	<b>150</b>



## RSOS Sub-tasks

The following *RSOS Task Profile Checklist* outlines the blocks, tasks and sub-tasks for your trade. The Red Seal exam is written to test your knowledge and abilities regarding the sub-tasks in the RSOS. This chart can be used to review your current knowledge. You can review by placing a checkmark (✓) next to those you understand fully.

Place your focus on those you do not understand and study them until you are comfortable with the material. Think of possible questions in that particular content area.

The RSOS also contains a list of “supporting knowledge and abilities” for each sub-task. They are the skills and knowledge you must have to perform a sub-task. The supporting knowledge and abilities identified under each sub-task will be very helpful as you review. The list can be found in the RSOS for your trade.

# Task Profile Checklist Based on 2020 RSOS COOK

## MWA A: Hygiene, Sanitation and Safety

### Task 1: Performs safety and hygiene-related functions

Sub-Tasks

- Maintains safe work environment.
- Uses personal protective equipment (PPE) and safety equipment.
- Maintains personal hygiene.

### Task 2: Practices food safety procedures

Sub-Tasks

- Maintains safe condition and temperature of raw and finished product.
- Cools food rapidly.
- Re-thermalizes foods.
- Prevents cross-contamination.
- Cleans tools and equipment.
- Sanitizes tools and equipment.

## MWA B: Common Occupational Skills

### Task 3: Uses tools and equipment

Sub-Tasks

- Uses knives.
- Uses pots, pans and utensils.
- Uses equipment and appliances.

### Task 4: Organizes work

Sub-Tasks

- Organizes kitchen workplace.
- Schedules production.

## MWA B: Meat, Poultry and Game (Cont'd)

### Task 5: Manages information

#### Sub-Tasks

- Plans menu and mise en place.
- Uses documentation.

### Task 6: Manages products

#### Sub-Tasks

- Orders products.
- Receives products.
- Stores products.
- Maintains inventory.

### Task 7: Performs trade activities

#### Sub-Tasks

- Uses recipes.
- Performs portion control.
- Presents finished product.
- Uses convenience foods.

### Task 8: Adapts cooking practices to meet dietary requirements

#### Sub-Tasks

- Adapts kitchen practices to meet dietary requirements.
- Selects ingredients to meet dietary requirements.
- Prepares food to meet dietary requirements.

### Task 9: Uses communication and mentoring techniques

#### Sub-Tasks

- Uses communication techniques.
- Uses mentoring techniques.

## MWA C: Produce

### Task 10: Prepares herbs and spices

- Sub-Tasks**
- Selects herbs and spices.
  - Cleans herbs.
  - Processes herbs and spices.

### Task 11: Prepares vegetables

- Sub-Tasks**
- Selects vegetables.
  - Cleans vegetables.
  - Processes vegetables.
  - Cooks vegetables.
  - Finishes vegetables.

### Task 12: Prepares fruit

- Sub-Tasks**
- Selects fruit.
  - Cleans fruit.
  - Processes fruit.
  - Cooks fruit.
  - Finishes fruit.

## MWA D: Stocks, broths and Soups

### Task 13: Prepares stocks and broths

- Sub-Tasks**
- Selects stock and broth ingredients.
  - Processes stock and broth ingredients.
  - Cooks stocks and broths.

### Task 14: Prepares soups

- Sub-Tasks**
- Selects soup ingredients.
  - Processes soup ingredients.
  - Cooks soups.
  - Finishes soups.

## MWA E: Sauces

### Task 15: Prepares thickening and binding agents

- Sub-Tasks**
- Selects thickening and binding ingredients.
  - Processes thickening and binding ingredients.

### Task 16: Prepares sauces

- Sub-Tasks**
- Selects sauce ingredients.
  - Processes sauce ingredients.
  - Cooks sauces.
  - Finishes sauces.

## MWA F: Cheese, Dairy, Plant-Based Dairy Alternatives, Eggs and Egg Products

### Task 17: Uses cheese, dairy products and plant-based dairy alternative products

- Sub-Tasks**
- Selects cheese, dairy and plant-based dairy alternative ingredients.
  - Processes cheese, dairy and plant-based dairy alternative ingredients.
  - Finishes cheese, dairy and plant-based dairy alternative products.

### Task 18: Prepares eggs and egg-based dishes

- Sub-Tasks**
- Selects ingredients for eggs and egg-based dishes.
  - Processes ingredients for eggs and egg-based dishes.
  - Cooks eggs and egg-based dishes.
  - Finishes eggs and egg-based dishes.

## MWA G: Pastas, Noodles, Stuffed Pastas and Dumplings

### Task 19: Prepares pastas and noodles

- Sub-Tasks**
- Selects pasta and noodle ingredients.
  - Processes pastas and noodles.
  - Cooks pastas and noodles.
  - Finishes pastas and noodles.

### Task 20: Prepares stuffed pastas and dumplings

- Sub-Tasks**
- Selects stuffed pasta and dumpling ingredients.
  - Processes stuffed pastas and dumplings.
  - Cooks stuffed pastas and dumplings.
  - Finishes stuffed pasta and dumplings.



## MWA H: Grains, Pulses, Seeds, Nuts, and Alternative Proteins

### Task 21: Prepares grains and pulses

#### Sub-Tasks

- Selects grains and pulses.
- Processes grains and pulses.
- Cooks grains and pulses.

### Task 22: Prepares seeds and nuts

#### Sub-Tasks

- Selects seeds and nuts.
- Processes seeds and nuts.
- Cooks seeds and nuts.

### Task 23: Prepares Alternative Proteins

#### Sub-Tasks

- Selects alternative proteins.
- Processes alternative proteins.
- Cooks alternative proteins.

## MWA I: Meat, Game, Poultry, Game Birds and Variety Meats

### Task 24: Prepares meats and game meats

#### Sub-Tasks

- Selects meats and game meats.
- Processes meats and game meats.
- Cooks meats and game meats.
- Finishes meats and game meats.

### Task 25: Prepares poultry and game birds

#### Sub-Tasks

- Selects poultry and game birds.
- Processes poultry and game birds.
- Cooks poultry and game birds.
- Finishes poultry and game birds.

### Task 26: Prepares variety meats

#### Sub-Tasks

- Selects variety meats.
- Processes variety meats.
- Cooks variety meats.
- Finishes variety meats.

## MWA J: Fish and Seafood

### Task 27: Prepares fin fish

#### Sub-Tasks

- Selects fin fish.
- Processes fin fish.
- Cooks fin fish.
- Finishes fin fish.

### Task 28: Prepares seafood

#### Sub-Tasks

- Selects seafood.
- Processes seafood.
- Cooks seafood.
- Finishes seafood.

## MWA K: Salads and Sandwiches

### Task 29: Prepares sandwiches

#### Sub-Tasks

- Selects sandwich ingredients.
- Processes sandwich ingredients.
- Assembles sandwiches.
- Cooks sandwiches.

### Task 30: Prepares salads

#### Sub-Tasks

- Selects salad ingredients.
- Processes salad ingredients.
- Finishes salad.

### Task 31: Prepares condiments, preserves and dressings

#### Sub-Tasks

- Selects ingredients for condiments, preserves and dressings.
- Processes ingredients for condiments, preserves and dressings.

## MWA L: Specialty Preparation

### Task 32: Prepares hors d'oeuvres and other finger foods

#### Sub-Tasks

- Selects ingredients for hors d'oeuvres and other finger foods.
- Processes ingredients for hors d'oeuvres and other finger foods.
- Assembles hors d'oeuvres and other finger foods.
- Cooks hors d'oeuvres and other finger foods.
- Finishes hors d'oeuvres and other finger foods.

### Task 33: Prepares charcuterie and cured products

#### Sub-Tasks

- Selects ingredients for charcuterie and cured products.
- Processes ingredients for charcuterie and cured products.
- Cooks charcuterie and cured products.
- Finishes charcuterie and cured products.

### Task 34: Prepares gels and glazes

#### Sub-Tasks

- Selects ingredients for gels and glazes.
- Processes ingredients for gels and glazes.
- Finishes gels and glazes.

### Task 35: Prepares marinades, rubs and brines

#### Sub-Tasks

- Selects marinade, rub and brine ingredients.
- Processes marinade, rub and brine ingredients.

## MWA M: Sweet and Savoury Baked Goods and Desserts

### Task 36: Prepares dough-based products

#### Sub-Tasks

- Selects ingredients for dough.
- Processes ingredients for dough.
- Cooks dough-based products.
- Finishes dough-based products.

### Task 37: Prepares batter-based products

#### Sub-Tasks

- Selects ingredients for batters.
- Processes ingredients for batters.
- Cooks batter-based products.
- Finishes batter-based products.

### Task 38: Prepares creams, mousses, frozen desserts, fillings, icings, toppings and sugarworks

#### Sub-Tasks

- Selects ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works.
- Processes ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works.
- Finishes creams, mousses, frozen desserts, fillings, icings, toppings and sugar works.

### Task 39: Assembles cakes

#### Sub-Tasks

- Selects cake components for assembly.
- Finishes cakes.

## MWA M: Sweet and Savoury Bakes Goods and Desserts (Cont'd)

### Task 40: Prepares savoury and sweet pastries and pies

#### *Sub-Tasks*

- Selects ingredients for savoury and sweet pastries and pies.
- Assembles savoury and sweet pastries and pies.
- Cooks savoury and sweet pastries and pies.
- Finishes savoury and sweet pastries and pies.

### Task 41: Prepares chocolate

#### *Sub-Tasks*

- Selects chocolate and ingredients.
- Processes chocolate.
- Finishes chocolate.



## Create a Study Plan

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As you prepare for your exam, it is important to plan a schedule. The following two tables will help you stay on track.

The first table is a **“Weekly Study Plan.”** In this table list the areas you will focus your study for each day. You should include items you need to review as well as items you need to study. Remember, more time will be needed for study in areas you find difficult, whereas you may only require review in areas you are more familiar with. As you work through the RSOS sub-task list you can start to fill in this table.

The second table is a **“Study Time Table.”** It is important to create a study schedule where you determine the best days of the week and times of day for you to study.

Print several copies of these tables and fill out for each week of study. It is important to stick to your study schedule.

**Weekly Study Plan for Week of:** \_\_\_\_\_

	Area of Study 1	Area of Study 2	Area of Study 3	Area of Study 4	Area of Study 5	Area of Study 6
Mon.						
Tues.						
Wed.						
Thu.						
Fri.						
Sat.						
Sun.						

**Study Time Table for Week of:** \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM - 9:00 AM							
9:00 AM - 10:00 AM							
10:00 AM - 11:00 AM							
11:00 AM - 12:00 Noon							
12:00 Noon - 1:00 PM							
1:00 PM - 2:00 PM							
2:00 PM - 3:00 PM							
3:00 PM - 4:00 PM							
4:00 PM - 5:00 PM							
5:00 PM - 6:00 PM							
6:00 PM - 7:00 PM							
7:00 PM - 8:00 PM							

## Resources - Websites

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Study information can be drawn from a variety of sources. A sample list of study materials (websites and books) is provided below. These and other helpful resources may be found in a local college bookstore, on the Internet, or at your place of employment. You may also be able to borrow them from an apprentice or journey person in your trade.

### Study Strategies and Exam Preparation Guide

The *Study Strategies & Exam Preparation Guide* is meant to be used in conjunction with this study guide. It provides direction and information on such areas as study habits, test preparation and test taking techniques.

<https://www.gov.nl.ca/atcd/apprentices-youth/self-study/study-guides/>

### Plan of Training (POT)

A *Provincial Plan of Training* details the full scope of learning for a particular occupation, including both technical training competencies and industry experiences necessary to write a Red Seal exam (and complete the requirements for Red Seal Certification), or to write a provincial examination. The Plan of Training is based on the RSOS.

<https://www.gov.nl.ca/atcd/designated-trades/pots-aacs/>

### Red Seal Website

Red Seal is a program that sets common standards to evaluate the skills of tradespeople across Canada. It is a partnership between the Federal Government and the provinces/territories.

The Red Seal model has been based on the National Occupational Analyses (NOA) which supports the development of multiple-choice examinations. A new Red Seal Occupational Standard (RSOS) was introduced in 2015 and is taking the place of the NOA.

<http://www.red-seal.ca/>

### Cook PRACTICE Exam

This is **NOT** a Red Seal exam. This is a practice exam provided by the Red Seal Standards Program. It was developed using similar question types to that of a Red Seal exam. The exam is intended to be used for self-assessment in preparation for writing a Red Seal Exam.

[www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=54](http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=54)

### Red Seal Exam Self-Assessment Guide

Use this self-assessment tool to rate your own understanding and experience with the tasks of the trade that are on the Red Seal examination:

<https://www.red-seal.ca/eng/resources/selfexamspace.shtml?tid=54>

### Acronyms

The Red Seal website also lists Acronyms which will be helpful in preparing for your Red Seal exam:

[https://www.red-seal.ca/eng/trades/cooks/2020\\_rs.4s\\_.1pp-.1.shtml](https://www.red-seal.ca/eng/trades/cooks/2020_rs.4s_.1pp-.1.shtml)

### List of Tools and Equipment

The Red Seal website shows a Tools and Equipment list which will be helpful in preparing for the Red Seal exam:

[https://www.red-seal.ca/eng/trades/cooks/2020\\_rs.4s\\_.1pp-b.shtml](https://www.red-seal.ca/eng/trades/cooks/2020_rs.4s_.1pp-b.shtml)

### Glossary of Terms

The Red Seal website also lists a Glossary of Terms which will be helpful in preparing for your Red Seal exam:

[https://www.red-seal.ca/eng/trades/cooks/2020\\_rs.4s\\_.1pp-c.shtml](https://www.red-seal.ca/eng/trades/cooks/2020_rs.4s_.1pp-c.shtml)

## Resources – Book List

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You can use this list to help you obtain information on specific topics. It is not necessary to use these books specifically, as you may find others that will be equally beneficial.

### Here is the reference information:

- Professional Cooking for Canadian Chefs*, 7<sup>th</sup> edition, 2010, Gisslen, W., ISBN 978-0470197547
- On Cooking*, 5<sup>th</sup> Canadian edition, Pearson Education Canada, 2011, Bevan, A., Hause, A.M., Labensky, S.R., Malley, F., Martel, P.A., and Sicoli, S., ISBN 978-013800918-2
- Culinary Math*, 3<sup>rd</sup> edition, The Culinary Institute of America, 2007, Blocker, L., and Hill, J., ISBN 978-0470068212
- Math Principles for Food Service Operations*, 4<sup>th</sup> edition, Delmar Learning, 2007, Strianese, A.J., and Strianese, P.P., ISBN 978-0766813177
- The Professional Chefs Art of Garde Manger*, 5<sup>th</sup> edition, 1992, Nicolas, J.F., and Sonnenschmidt, F.H., ISBN 978-0471284890
- The New Food Lover's Companion*, 3<sup>rd</sup> edition, Barron's Educational Series, 2001, ISBN 978-0764135774

## Disclaimer

Various external resources (websites, textbooks) have been listed in this study guide to assist an individual in preparing to write a Red Seal Exam. This does not mean the Department of Immigration, Population Growth and Skills, Newfoundland and Labrador endorses the material or that these are recommended as the best resources. There may be other resources of equal or greater value to an individual preparing for a Red Seal exam. The Department of Immigration, Population Growth and Skills has no control over the content of external textbooks and websites listed, and no responsibility is assumed for the accuracy of the material.

## Conclusion

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We hope this guide has provided you with some useful tools as you prepare for your Red Seal exam. If you have any questions regarding your Red Seal exam please contact your regional office (*see Appendix A for a list of regional offices*).

We appreciate your comments and feedback regarding the usefulness of this study guide. If you have any comments or suggestions, we welcome your feedback. The feedback form at the end of this guide can be used for this purpose.

## Appendix A: Regional Offices

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If you have any questions regarding your Red Seal exam, please contact one of the following regional offices:

Department of Immigration, Population Growth and Skills  
Apprenticeship and Trades Certification Division  
Toll Free: 1-877-771-3737

<https://www.gov.nl.ca/atcd/contact-us/staff-listing-and-office-locations/>

### Corner Brook

1-3 Union Street  
Aylward Building, 2<sup>nd</sup> Floor  
Corner Brook, NL A2H 5M7

Telephone: (709) 637-2366  
Facsimile: (709) 637-2519

### Grand Falls-Windsor

42 Hardy Avenue  
Grand Falls-Windsor, NL  
A2A 2J9

Telephone: (709) 292-4215  
Facsimile: (709) 292-4502

### Clarenville

45 Tilley's Road  
Clarenville, NL  
A5A 1Z4

Telephone: (709) 466-3982  
Facsimile: (709) 466-3987

### t. John's

P.O. Box 8700  
1170 Topsail Road  
Mount Pearl, NL A1B 4J6

Telephone: (709) 729-2729  
Facsimile: (709) 729-5878

### Happy Valley – Goose Bay

163 Hamilton River Road  
Burse Building  
Happy Valley – Goose Bay, NL  
A0P 1E0

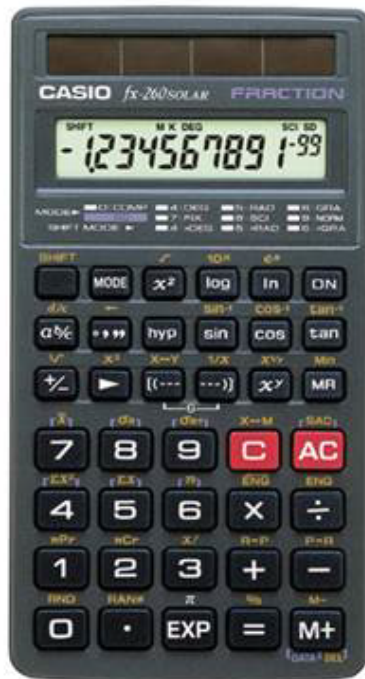
Telephone: (709) 896-6348  
Facsimile: (709) 896-3733

## Appendix B: Calculator Use

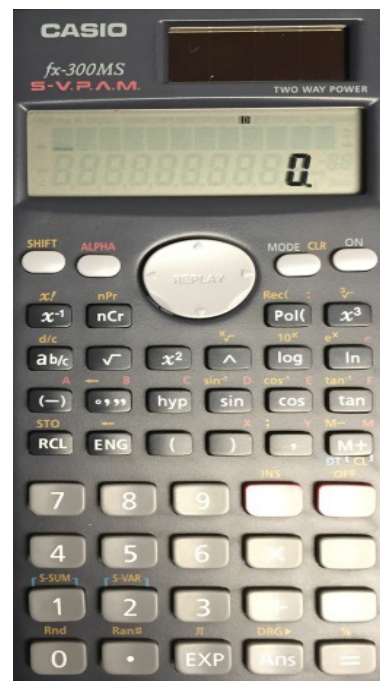
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The picture below shows a calculator with the same functions as the one you will be provided with during your exam. It is advisable to borrow or purchase one with similar functions so that you can familiarize yourself with it before you write your exam.

**Casio FX-260**



**Casio FX-300 MS**





# Appendix C: Answer Sheet Example

With your exam you will be given an answer sheet similar to the one below. When answering multiple choice questions be sure to fill the circle completely and fill the circle that corresponds to the question on the exam.

Dual readhead scanner  required  to score this sheet

KEY ID  
 A  B  C  D

SCORING & PRINTING OPTIONS:  
 RESCORE  MULTIPLE ANSWER SCORING  
 This sheet always uses the "Total Only" scoring option.

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 (2) (2) (2) (4)  
 (3) (3)  
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 (8) (8)  
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PERFORMANCE ASSESSMENT  
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 POINTS EARNED  
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Bar Code

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 PERCENT CORRECT  
 ROSTER NUMBER  
 SCORE  
 RESCORE

COMBINED POINTS EARNED  
 COMBINED PERCENT CORRECT  
 LETTER GRADE  
 SCORE  
 RESCORE

200 ITEM

MARKING INSTRUCTIONS  
 Use a No. 2 Pencil  
 (A) (B) (C) (D) (E)  
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 (A) (B) (C) (D) (E)  
 Erase cleanly

STUDENT ID NUMBER  
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NAME \_\_\_\_\_  
 SUBJECT \_\_\_\_\_  
 PERIOD \_\_\_\_\_ DATE \_\_\_\_\_

## Feedback Form Study Guide - Cook

Please answer the following:

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- (1) This Study Guide is a useful tool for exam preparation.  
 strongly agree     agree     disagree     strongly disagree
- (2) The topics contained in the guide are arranged in a logical order.  
 strongly agree     agree     disagree     strongly disagree
- (3) The design and format of the guide caught my attention.  
 strongly agree     agree     disagree     strongly disagree
- (4) The instructions throughout the guide are clear and to the point.  
 strongly agree     agree     disagree     strongly disagree
- (5) The resources listed in this guide are suitable and valuable.  
 strongly agree     agree     disagree     strongly disagree
- (6) The guide should contain more information.  
 strongly agree     agree     disagree     strongly disagree

Suggested information/resources to include:

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Additional Comments:

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**Please complete this form and return via fax or mail to the following:**

Department of Immigration, Population Growth and Skills  
Apprenticeship and Trades Certification Division  
Standards and Curriculum Unit  
45 Tilley's Road, Clarenville, NL A5A 1Z4  
Fax: (709) 466-3987

