

# COOK APPRENTICESHIP

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Program Office: 403.320.3245 • [culinary@lethbridgecollege.ca](mailto:culinary@lethbridgecollege.ca)

*Develop a Recipe for Success*

With the right combination of ingredients, training and skill, you can create magic in the kitchen and earn a Red Seal designation. The recipe for success in the Cook Apprenticeship program starts with your enthusiasm and desire to achieve. We'll supply the experience you need to keep your three-year apprenticeship on track as you pursue your education while continuing to earn an income.

Delivered through the Weekly Apprenticeship Training System (WATS), the Cook Apprenticeship prepares you for Red Seal designation through observation, practice and study. One day a week is spent in class, expanding your expertise and gaining technical training vital to your culinary career. For the rest of the week, you'll be putting what you've learned into practice on the job.

New Apprentice Orientation Booklet (<https://lethbridgecollege.ca/document-centre/publications/miscellaneous-publications/apprentice-orientation-booklet/>)

**Prepare for your Red Seal exam and apply to the Cook Apprenticeship program today!**

## ADMISSIONS

### Academic requirements

- Successful completion of English 10-2, Math 10-3, or a pass mark in all five Canadian General Educational Development (GED) tests, or entrance exam.
- English 30-2, Math 30-3, Physics 20 or Chemistry 20 or Science 20, and related career and technology studies courses are recommended.

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Additional information on apprenticeship and industry training is available on Alberta's Tradesecrets website (<https://tradesecrets.alberta.ca/>).

## Admission

You can apply for apprenticeship and industry training through MyTradesecrets (<https://tradesecrets.alberta.ca/mytradesecrets/applying-for-ait-programs-and-services-online/>).

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To arrange a tour, call 403.320.3366 or toll-free 1.800.572.0103.

## Alberta Apprenticeship and Industry Training Board

Provincial Building, Room 280  
200 - 5th Avenue South  
Lethbridge AB T1J 4C7

Telephone: 1-800-248-4823  
Outside of North America: 1-403-476-9757  
Fax: 403-381-5795

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Ask about the Alberta Apprenticeship Scholarship Program. You might discover you're eligible for a financial award!

## CURRICULUM

Weekly Apprenticeship Training System (WATS) programs involve one day of training at Lethbridge College per week throughout the length of the program.

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## Courses include:

- Bakeshop
- Butcher shop and cooking proteins
- Cold kitchen
- Management controls and nutritional components
- Pâtisserie
- Saucier

MyTradesecrets (<https://tradesecrets.alberta.ca/mytradesecrets/access-your-mytradesecrets-profile/>)

## CAREERS

In just three short years, you'll be ready to write the Red Seal exam and pursue your career in:

- Bases and Camps
- Clubs
- Hotels
- Institutions
- Restaurants