



Pre-Apprenticeship Competency & Certification Checklist – Culinary

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|---|---------------------|
| Pre-apprenticeship Completer Name: | |
| School: | |
| Teacher: | |
| Hours: | 2 years / 300 Hours |
| Date: | |

Essential Skills

| Competencies | Proficient in Task: performed properly and consistently. | Completion Date: completed final demonstration of competency. |
|--|---|--|
| Adapts to a variety of situations and tasks, and demonstrates flexibility when things change. | | |
| Communicates in a coherent and professional manner to convey ideas, questions, and information. | | |
| Dependable, ready to work at the assigned time each day and stay on task. | | |
| Listens carefully and seeks to understand instructions, directives, suggestions and coaching. | | |
| Participates fully in assigned tasks and shares in the responsibility of quality and completion. | | |
| Practices worksite safety measures. | | |
| Recognizes safety, health, and environmental requirements. | | |
| Takes constructive criticism and is coachable. | | |
| Works well under pressure including meeting deadlines and productivity expectations. | | |
| Works with other team members professionally and productively. | | |

Interview Skills

| Competencies | Proficient in Task: performed properly and consistently. | Completion Date: completed final demonstration of competency. |
|---|---|--|
| Responses provide quality information. | | |
| Mannerisms demonstrate confidence and professionalism. | | |
| Communicates genuine desire to pursue apprenticeship opportunities. | | |
| Communicates desire to attain success in the industry. | | |





Technical Skills

| Competencies Students demonstrate proficiency in the following foundational concepts as they relate to the apprenticeship program. | Proficiency Demonstration: performed properly and consistently. | Completion Date: completed final demonstration of competency. |
|--|--|--|
| Demonstrate the basics of safe work habits, security, and emergency procedures required in food service and hospitality establishments. | | |
| Practice safe and sanitary procedures in all food handling, including food receiving, storage, production, service, and cleanup. | | |
| Define and identify proper cooking techniques for preparing food, and plating techniques for serving. | | |
| Illustrate and apply the basics of food, baking, pastry, and dessert preparation and safety and sanitation in professional and institutional kitchens. | | |
| Apply the basic procedures and skills needed for food and beverage service. | | |
| Understand and apply the principle of mise en place. | | |
| Use, maintain, and store the tools, utensils, equipment, and appliances safely and appropriately for preparing a variety of food items. | | |
| Demonstrate health and safety procedures, regulations, and personal health related to the workplace environment. | | |

Certification(s)

| Certification(s) | Date Earned |
|--------------------------------|-------------|
| ServSafe | |
| California Food Handler's Card | |

ePortfolio

| Evidence | Date Reviewed |
|--------------------------------------|---------------|
| Work Samples – video /photo evidence | |
| Resume | |

Supplemental Career Readiness Indicators

| College Credit | Acquired | Partnering College (Optional) |
|-------------------------------------|----------|-------------------------------|
| • Dual Enrollment | | |
| • Articulation Agreement | | |
| • Valid California Driver's License | | N/A |

INSTRUCTOR ATTESTATION

Date: _____

I, _____ (teacher name) attest that _____ (student name) has

successfully completed the competencies and certification(s) stated above.

