

Institutional Cook (415D) Exam Counselling Sheet

The Institutional Cook (415D) examination is based on the General Performance Objectives; the “Skill Sets” identified in the Training Standard Logbook for the trade. The Training Standard describes the skills and knowledge required to perform the duties of the trade. These standards and the examination were developed in consultation with representatives from the trade. The pass mark for the Ontario Certificate of Qualification exam is 70%. For more information on the Examination process and preparation go to: [Exam Resources – Skilled Trades Ontario](#)

Percentage of questions for each Skill Set within the Apprenticeship Training Standard	
Skill Set	Percentage (%) of questions on exam
Workplace and Occupational Skills	8%
Prepare Stocks, Soups and Sauces	10%
Prepare Fish and Shellfish	5%
Prepare Meat and Poultry	10%
Prepare Fruits and Vegetables	10%
Prepare Starches and Grains	10%
Prepare Sandwiches and Hors D’oeuvres	7%
Prepare Egg and Dairy Products and Alternatives	11%
Prepare Baked Goods, Pastry and Desserts	13%
Prepare Meals for Special Diets	16%
TOTAL	100%