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## Essential Skills you will need for your Career Pathway

The fourteen skills described below are identified by Human Resources Development Canada as “essential skills” through research and interviews with over 3,000 Canadian workers. These skills are used to varying degrees in virtually all occupations; they are not the technical skills required by specific occupations. People in all types of jobs need to be able, for example, to read, to make decisions, and to solve problems. They also need to develop such general skills for use not only in the workplace, but also in everyday life and for lifelong learning.

- **Reading...**the comprehension of text consisting of sentences and paragraphs
- **Writing...**the preparation of written materials for a variety of purposes
- **Use of documents...**the use of labels, lists, signs, graphs, charts, tables, forms, and other similar materials
- **Use of computers...**the use of any type of computerized technology
- **Money math...**the use of mathematical skills in making financial transactions, such as handling cash, preparing bills, and making payments
- **Scheduling or budgeting and accounting...**planning for the best use of time and money, as well as monitoring of the use of time and money
- **Measurement and calculation...**the measurement and calculation of quantities, areas, volumes, and/or distances
- **Data analysis...**the collection and analysis of data in numerical form
- **Numerical estimation...**the production of estimates in numerical form
- **Oral communication...**the use of speech for a variety of purposes
- **Job task planning...**the planning and organization of one’s own work
- **Decision making...**the making of any type of decision, using appropriate information
- **Problem solving...**the identification and solving of problems
- **Finding information...**the use of a variety of sources, including written text, people, computerized databases, and information systems

### For further information, please contact:

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Chef Training Program  
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or

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**Make an appointment to see your school  
guidance councillor to discuss the  
Chef Training program in greater detail.**



**Cambrian College  
of Applied Arts  
and Technology**

1400 Barrydowne Road  
Sudbury, Ontario  
Canada P3A 3V8  
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A joint Rainbow District School Board, the Sudbury Catholic District School Board and Cambrian College initiative.

# Pathways

Enhancing **Educational**  
Opportunities for **Students**

A School / College / Work Initiative

## Chef Training

Course Selection and Career Pathways

*From*  
Lively District Secondary School  
*To*  
Cambrian College of Applied Arts and Technology



**CAMBRIAN  
COLLEGE**

Sudbury • Ontario  
www.cambrianc.on.ca

**Students following this pathway would possess the following characteristics**

- Enthusiasm and self-confidence
- Ability to make decisions
- Ability to engage customers
- Good physical condition
- Competitiveness
- Ability to work under pressure
- Excellent problem-solving skills
- Discipline and strong work ethic
- Outgoing, personable disposition
- Creativity, artistic ability, attention to visual detail

**Employment Opportunities**

- Institutional cooking, catering
- Hotels, resorts, and restaurants
- Cruise ships, airlines
- International connections with Switzerland, Germany and France

**Cambrian College Admission Requirements**

OSSD or equivalent or mature student status, including:

- Grade 10 English (P) or (D)
- Grade 10 Mathematics (P) or (D)

**Program description**

This program is designed to initiate students to the world of culinary arts, and will expose them to classical cooking methods and techniques in preparation for the hospitality industry.

# Chef Training

Note: (\*) indicates compulsory credits for OSSD

Shaded text = credits recommended for transition to college program

Grade 9		Grade 10		Grade 11		Grade 12	
English*	ENG1D ENG1P	English*	ENG2D ENG2P	English*	ENG3C or ENG3E	English*	ENG4C or ENG4E
Math*	MPM1D MFM1P	Math*	MPM2D MFM2P	Math*	MEL3E or MCF3M	Math	MEL4E or MCT4C
Canadian Geography*	CGC1D CGC1P	Canadian History*	CHC2D CHC2P	Hospitality and Tourism	TFH3E or TFT3C	Option	Option
Science*	SNC1D SNC1P	Science*	SNC2D SNC2P	Grade 11 Co-op in Food and Nutrition (2 credits)		Grade 12 Co-op in Food and Nutrition (2 credits)	
French*	FSF1D FSF1P	Careers and Civics* 0.5 cr. each	GLC2O & CHV2O				
Option	Option	Food and nutrition	HFN2O	Option	Option	Option	Option
Option	Option	Option	Option	Option	Option	Option	Option
Option	Option	Option	Option	Option	Option	Option	Option
<b>ADDITIONAL COMPULSORY REQUIREMENTS</b>		1 credit in Arts and one credit in Health and Physical Education 1 additional credit in English, or Third Language, or Social Sciences and the Humanities, or Canadian and World Studies 1 additional credit in Health and Physical Education, or the Arts, or Business Studies 1 additional credit in Science (Grade 11 or 12) or Technological Education (Grade 9-12)					