

## COOK (ANY INDUSTRY)

RAPIDS: 0090D

O\*NET/SOC: 35-2012.00

REVISION DATE: 09/2019

**TRADE DESCRIPTION:** Prepare and cook large quantities of food for institutions, such as schools, hospitals, or cafeterias.

**TASK PERFORMANCE:** Demonstrate knowledge and skills for qualifying as Journeyman. Applicable Job Qualification Requirements will be used as a guide in performing tasks and demonstrating knowledge in the following skill areas. Actual work time must be recorded in the Work Experience Log; each skill area must be completed.

### Applicable Ratings/MOS/NEC

**USMC MOS:** 3372, 3381

**USCG:** FS

**USN:** CS

**USA MOS:** 92G

### Related Instruction:

Trade related On-The-Job-Training (OJT) or Any Trade related schools/courses totaling 216 or more hours.

### Additional Requirement:

None.

Total Hours: **3000**

Skill	Description	Hours
A	MAINTENANCE AND CLEANLINESS	150

	<ul style="list-style-type: none"> <li>-- Clean and inspect galley equipment, kitchen appliances, and work areas to ensure cleanliness and functional operation.</li> <li>-- Wash pots, pans, dishes, utensils, and other cooking equipment.</li> </ul>	
<b>B</b>	<p><b>PREPARATION</b></p> <ul style="list-style-type: none"> <li>-- Clean, cut, and cook meat, fish, or poultry.</li> <li>-- Prepare food for cooking: soups, seafood, meats, fowl, and vegetables.</li> <li>-- Prepare seasonings to be used for cooking food on menu.</li> </ul>	<b>600</b>
<b>C</b>	<p><b>COOKING FOODS</b></p> <ul style="list-style-type: none"> <li>-- Cook foodstuffs according to menus, special dietary or nutritional restrictions, or numbers of portions to be served.</li> </ul>	<b>700</b>
<b>D</b>	<p><b>BAKING</b></p> <ul style="list-style-type: none"> <li>-- Bake breads, rolls, and other pastries.</li> </ul>	<b>550</b>
<b>E</b>	<p><b>PURCHASING</b></p> <ul style="list-style-type: none"> <li>-- Requisition food supplies, kitchen equipment, and appliances, based on estimates of future needs.</li> <li>-- Monitor menus and spending to ensure that meals are prepared economically.</li> </ul>	<b>150</b>
<b>F</b>	<p><b>MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>-- Train food preparation or food service personnel.</li> <li>-- Compile and maintain records of food use and expenditures.</li> <li>-- Monitor use of government food commodities to ensure that proper procedures are followed.</li> <li>-- Direct activities of one or more workers who assist in preparing and serving meals.</li> </ul>	<b>500</b>
<b>G</b>	<p><b>STORAGE</b></p> <ul style="list-style-type: none"> <li>-- Take inventory of supplies and equipment.</li> <li>-- Monitor use of government food commodities to ensure that proper procedures are followed.</li> </ul>	<b>100</b>
<b>H</b>	<p><b>PLANNING</b></p> <ul style="list-style-type: none"> <li>-- Determine prices for menu items.</li> <li>-- Determine meal prices, based on calculations of ingredient prices.</li> </ul>	<b>200</b>

	-- Plan menus that are varied, nutritionally balanced, and appetizing, taking advantage of foods in season and local availability.	
<b>I</b>	<b>INSPECTION</b> -- Take inventory of supplies and equipment. -- Perform inspections in accordance with standard law requirements of cleanliness. -- Perform routine inspections of all kitchen, bakery, scullery, serving, and dining areas to ensure cleanliness is being maintained. -- Inspect silverware, dishes, drinking or food dispensers, tables, chairs, walls and floors.	<b>50</b>