



Learning Objectives – Cook Assistant Intern

Technical/Academic Skills and Content	Related Job Tasks	Evidence or Outcomes
Prepare food of all types, including meats, vegetables, desserts and other food and beverage products	Follow exact recipe specifications, including quantities, seasoning, cooking, tasting, and carving	Prepared food tastes and looks exactly as expected
Practices good safety and sanitation	Hand washing, cleans, sanitizes and maintains equipment	Food is handled properly Customers are kept safe from food-borne illness
Record keeping	Help maintain required kitchen records (temperature log, refrigeration log and sanitation schedule, etc.)	Accurate records and updated inventory of food and kitchen materials

Employability/ Interpersonal Skills	Related Job Tasks	Evidence or Outcomes
Collaboration	Complete tasks as they have been assigned or agreed upon by the group	Work with chef, other cooks, and catering staff to cook, prepare and deliver orders
	Help team members complete tasks, as needed	Help catering staff set up and load plates, glasses, etc.
Physical strength and stamina	Ability to stand and walk for extended amounts of time; able to lift and carry 25–50 pounds, push/pull to 50 pounds	Able to function in a hot environment, stand for long hours, handle heavy kitchen equipment
Written and verbal communication	Ability to speak, read and comprehend instructions, converse comfortably with co-workers and customers Able to gauge others' understanding of the message	Communicate effectively with chef and other cooking staff Successfully take direction and follow instructions

Adapted from material created by the NYC Labor Market Information Service, CUNY Graduate Center.