hospitality training action centre 75

HTA 75

Red Seal Info Session

Funded in part by the Government of Canada's Sectoral Initiatives Program. This Employment Ontario Program is funded in part by the
Government of Canada and the Government of Ontario.

About Us

Hospitality Training Action Centre 75

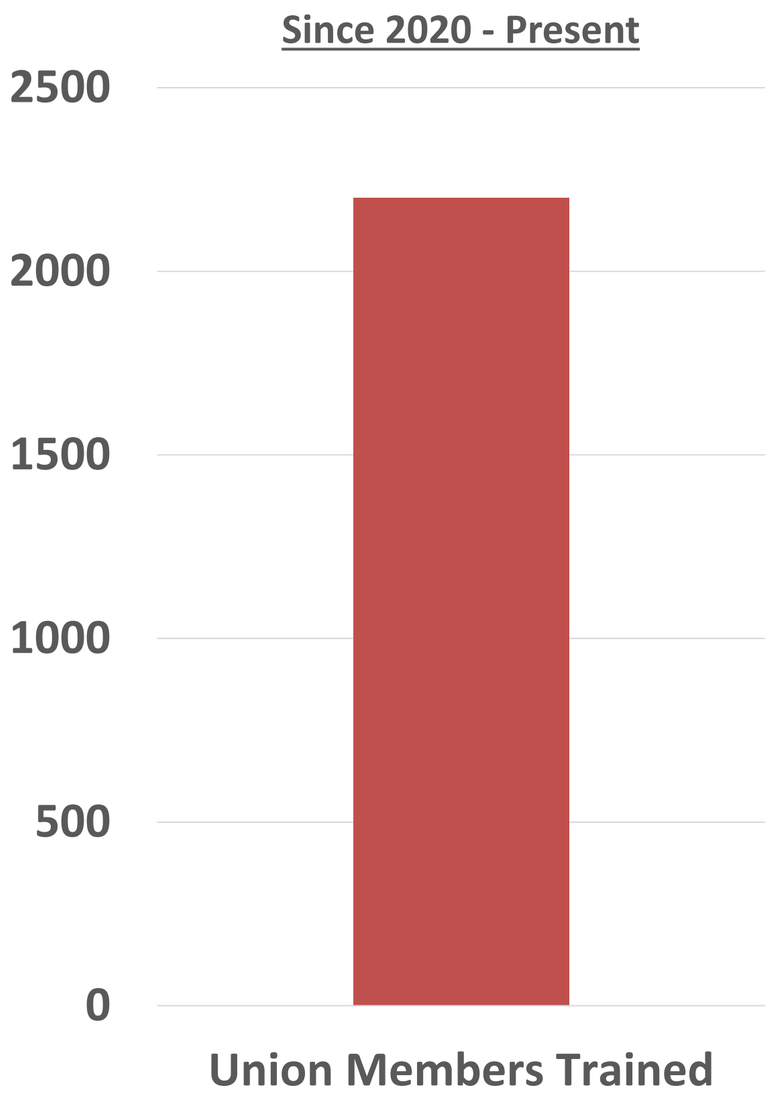
- Established in 2020
  - 100% virtual action centre
- 2022-2024 – Hybrid Programs
- 2024-Present – Primarily In Person

HTA 75 Impact

HTA 75 has trained over

2,300+

UNITE HERE Local 75 &
Local 261 members since 2020



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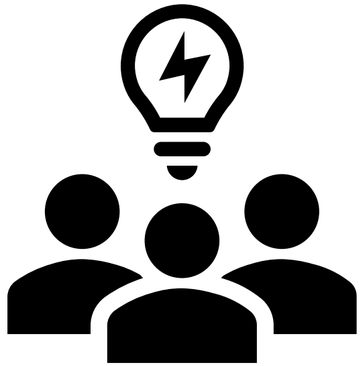
HTA 75 Impact

HTA 75 has delivered over **80** different programs

AGENDA

1. HTA 75 Red Seal Program
2. Eligibility & Process
3. Requirements & Commitment
4. Deadlines



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Culinary Trades

- Cook (415A)
- Assistant Cook (415B)
- Chef (415C)
- Institutional Cook (415D)
- Baker (423A)
- Baker-Pâtissier (423C)

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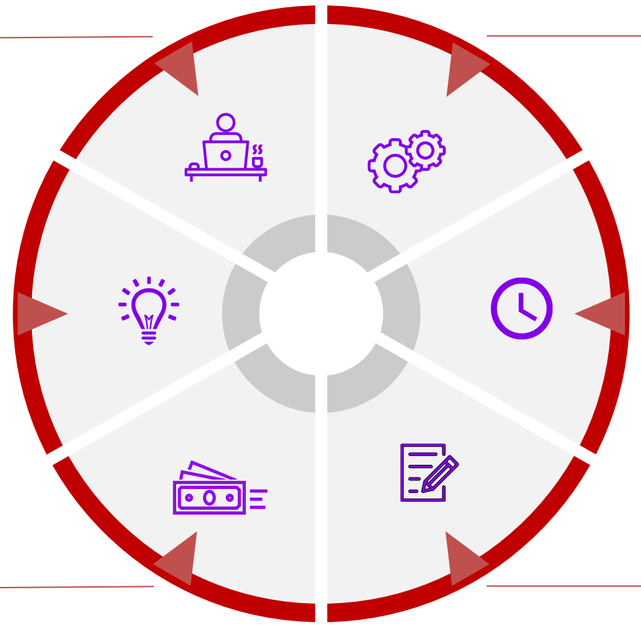
THE OPTIONS

Apprentice Route	Industry Experience
↓	↓
Training Program (E.g. College)	6000 + Hours of experience
↓	↓
2-5 years Earn & Learn	TEA Application
↓	↓
Red Seal Exam	Prep Course Red Seal Exam

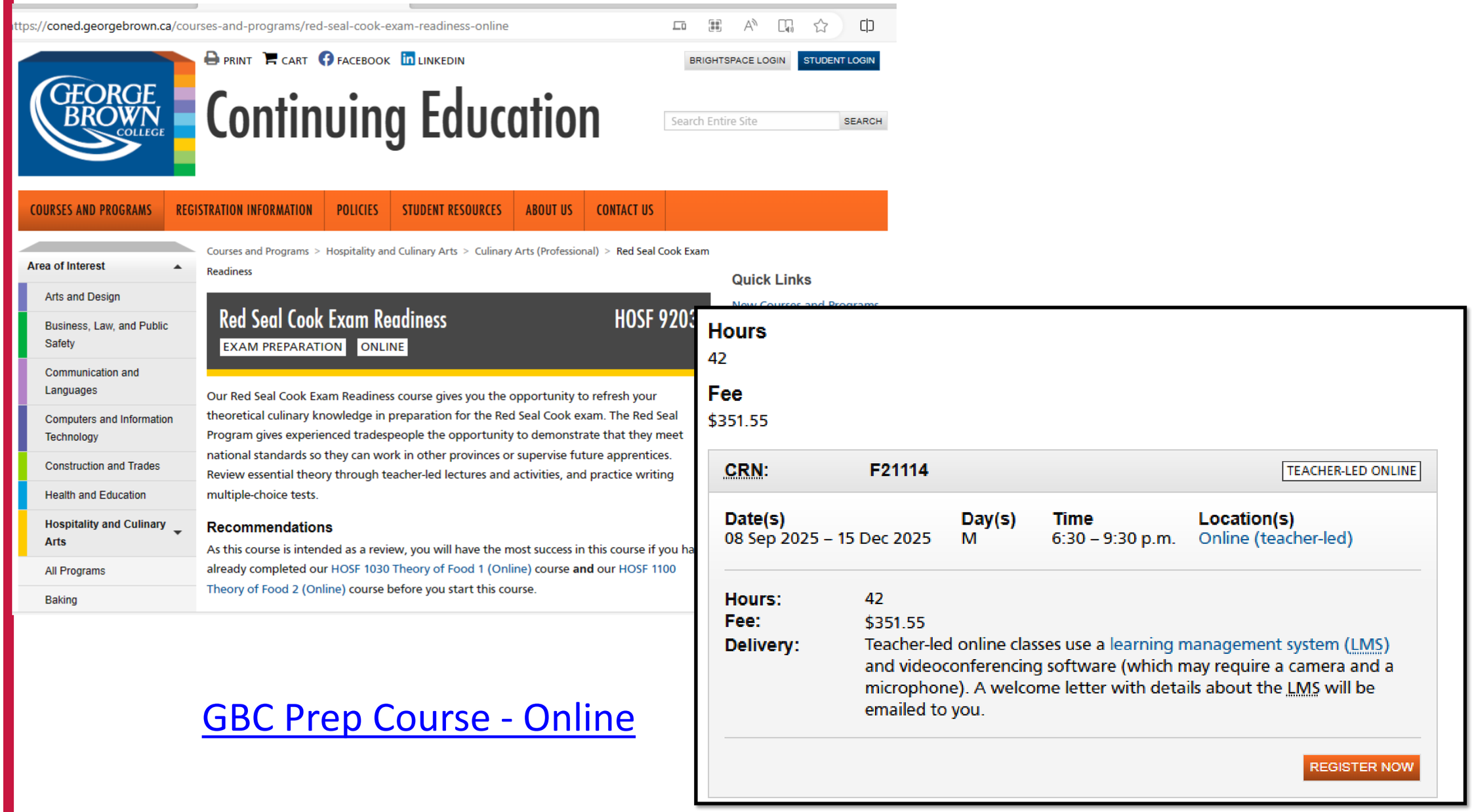
APPLICATION PROCESS

1. Do you have 6000+ hours?
2. Get your letters
   Register with HTA 75
   Fill out TEA Application
3. Get registered with GBC Red Seal
   Cook Exam Readiness



4. TEA application will be submitted by HTA 75
5. You will be notified of the assessment result, forward the email to HTA 75 for exam payment
6. Book your exam!

GBC Prep Course:



[GBC Prep Course - Online]

SUBMISSION REQUIREMENTS:

1. **TEA Application Form**
2. **Government ID**
3. **Employment Letters**
4. **Reference check**
5. **Food Handlers**

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ELIGIBILITY

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6000+ hours of kitchen experience

20 hrs per week x 52 weeks = 1040 hrs

Part-time 6+ yrs or Full-Time 3+ yrs

ELIGIBILITY

6000 hours of verified work experience

covering these categories

- Safe Working Practice and Techniques
- Prepare Stocks and Soups
- Prepare Basic Sauces and Compound Butters
- Prepare Fish/Shellfish
- Prepare Meat, Poultry, Game
- Prepare Fruits/Vegetables
- Prepare Starches/Cereals
- Prepare Salads and Dressing
- Prepare Eggs and Dairy Products
- Prepare Baked Goods, Pastry and Desserts
- Prepare Hors d’oeuvre Canapés and Sandwiches

COST BREAK DOWN:

- **$265.55** ($235 + HST) for **TEA**
- **$351.55** for **GBC Prep Course**
- **$169.50** ($150 + HST) for **Exam**
- **TOTAL SAVED: $786.60**

We do not reimburse

We do not pay for re-exam or membership fee

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RED SEAL EXAM:

150 questions

Some questions test your knowledge of procedures and might include calculations or interpretations of diagrams.

4 HOURS

Some questions are used to check problem-solving skills related to your trade.

All multiple choice

Some questions test your knowledge of procedures and might include calculations or interpretations of diagrams

70% PASS

Some questions require reference information such as formulas, acronyms, diagrams, charts or parts of related codes. When this is required, this information will be provided to you with the exam.

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RED SEAL SAMPLE QUESTIONS

Sample Red Seal Questions

1. Which knife is best suited for removing excess fat and tissue when preparing boneless chicken breasts?
   - A) Paring knife.
   - B) French knife.
   - C) Boning knife.
   - D) Serrated knife.

2. What is the correct sequence for mechanical dishwashing?
   - A) Sanitizing, rinsing, washing, racking, pre-rinsing and scraping.
   - B) Scraping, pre-rinsing, rinsing, racking, sanitizing, washing and air drying.
   - C) Scraping, racking, pre-rinsing, washing, rinsing, sanitizing and air drying.
   - D) Rinsing, scraping, pre-rinsing, racking, sanitizing, washing and air drying.

3. An order is received from the dining room for four guests at the same table. Which item is started first?
   - A) Garlic shrimp.
   - B) 180 g rare strip-loin.
   - C) Sauté of beef stroganoff.
   - D) Fresh boiled 680 g lobster.

4. What are the steps for cleaning and sanitizing a meat slicer?
   - A) Clean and sanitize blade, unit and removable parts.
   - B) Unplug, clean, reassemble and sanitize unit and blade.
   - C) Unplug, disassemble, clean and sanitize blade, unit and removable parts.
   - D) Disassemble, unplug, clean and sanitize blade, unit and removable parts.

5. What is an acceptable substitute for buttermilk in a muffin recipe?
   - A) Skim milk and vinegar.
   - B) Skim milk and cream of tartar.
   - C) Whole milk and cream of tartar.
   - D) Whole milk, vinegar and cream of tartar.

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RED SEAL

NEXT STEPS

1. Obtain your letters ASAP
2. Fill out SDF Form
3. Fill out TEA Application
4. Submit all documents by **Friday, August 22nd, 2025**
5. Get Registered for GBC Cook Exam Prep Course
6. Join every week, starting:
   Monday, September 8th at 6:30PM – 9:30PM online until December 15th
7. Reach out when you hear back from Skilled Trades Ontario
8. HTA 75 will pay for the exam
9. Book your exam at your nearest location