

Food Preparation and Cooking Level 1 - Fast Track

This course is designed for 19+ Adults. This qualification will allow students who have no experience in cooking to become a professional chef.

Entry Requirements

The entry requirements for this course are:

- A good level of maths and English and a keen interest in cooking
- You will be required to attend an informal interview which may include completing an assessment, based on your prior qualifications

What will I study?

This course consists of the following modules:

- Basic cooking
- Prepare and cook vegetables
- Prepare and cook meat
- Prepare and cook poultry
- Prepare and cook soups

This will also include:

- Basic food safety

Disclaimer:

Every effort has been made to ensure the details contained in this leaflet are up-to-date and accurate at the time of printing. However, the College reserves the right to alter or cancel courses, their content, entry requirements, fees or other details should circumstances dictate.

- Correct storage of food
- Working as part of a team

How will I be assessed?

You will be assessed via:

- Observation
- Knowledge questions
- Practical assessment

Progression opportunities

This course will lead to the NVQ level 2.

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