

# Hospitality services Level 1

Hospitality services Level 1 is a mixture of theory, practical and production within the College's Mallinson Restaurant.

This is an introductory course and is designed for anyone that has an aspiration or interest to work in the hospitality and catering sector.

This course will give you a taste of what it's like to work in a professional kitchen and restaurant. Students will gain an understanding of the industry and the many opportunities for employment.

You will study Health and Safety and security within a professional environment.

You will prepare and cook food safely and serve guests as part of a Hospitality Team within our college restaurant.

Waltham Forest College is putting sustainability at the heart of everything that we do, and in this course, you will look at how to reduce the carbon footprint and work towards net zero goals for the food we prepare and serve in industry, for example: by sourcing local produce. You will learn about the importance of sustainability in the Food Industry, how to reduce wastage and how to operate an eco-friendly business.

The course is scheduled for 3 day per week.

- [Sector Overview](#)

The Hospitality and Tourism Sector is a key pillar of the UK's broader economic and social success and employs approximately 3 million people.

There were 146,000 job vacancies across the Hospitality Sector in the months leading to January 2023 meaning that this is a sector ready for skilled fresh talent to take advantage of the opportunities available.

- [Entry Requirements](#)

The entry requirements for this course are:

- Interview and assessment

If required, you will have the opportunity to study maths and/or English alongside your course so you can progress onto the next level.

- [What will I study?](#)

This course consists of the following modules:

- Maintain a safe, hygienic and secure working environment
- Work effectively as part of a hospitality team
- Maintain food safety when storing, holding and serving food
- Maintain food safety when storing, preparing and cooking food
- Provide a table and tray service
- Prepare and cook fish
- Prepare and cook pasta

**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.

- Cook and finish simple bread and dough products
- Prepare simple salad and fruit dishes
- [How will I be assessed?](#)  
You will be assessed via:
  - Observation within a real working environment
  - Knowledge tests and written answers
- [Enrichment](#)  
You will actively participate in themed seasonal events, charity fund raisers and attend motivating guest lectures to inspire your future aspirations.  
There will be trips to specialist markets like Borough Market and Smithfield in London to enhance your knowledge.  
Skills competitions will further develop your skills, enhance your CV and help you stand out from the crowd. Available competitions will be posted throughout the year, for those ambitious chefs. Three of our level 2 Professional Cookery students won their first ever competition at Worthy Down in 2023.  
There are reward schemes for high performing attendance and those that go above and beyond to support colleagues within our busy catering environment.  
Our Student Common Room is a great place to unwind and relax during your breaks. It features pool tables, table tennis, a gaming corner and lots of comfy sofas so you can refresh before your next lesson.  
Themed events are held in the Common Room so you can get the best experience of being a Waltham Forest College student.
- [Work Experience](#)  
You must complete 36 hours (1 week) of external work placement which is an essential part of the programme. Some of the opportunities will include placements such employers such as:
  - Little Pollen Street
  - The Ritz
  - Mandarin Oriental
  - The Rear Window
- [Progression opportunities](#)  
This course will lead to:
  - Level 2 Diploma in Hospitality and Cookery
  - Level 2 Certificate in Patisserie and Confectionary
- [Alumni](#)  
Waltham Forest College is a vibrant and aspirational college and will support you to reach your career aspirations. Last year 96% of learners progressed onto a positive destination either to higher levels of study, employment, or an Apprenticeship.

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