

# Skills Proficiency Certificate In Basic Food Preparation

3529-50

DURATION: SHORT COURSE 1 WEEK PROGRAM

DESCRIPTION ABOUT THE PROGRAMME:

The Professional  
Cooking  
Academy



**The aim of this programme is to introduce the candidate to:**

- Maintain safe working conditions
- Adopt safe procedures for themselves and others
- Prepare equipment and commodities for use
- Cook food using basic cooking techniques

## ABOUT THE QUALIFICATION:

Once the student has successfully completed the course the student will receive a Skills Proficiency Certificate in basic food preparation (3529-50). The accreditation for this programme is from City & Guilds London Our Centre number 843305. This qualification has been developed to introduce non industry persons to a light industrial kitchen. The programme is designed for individuals that would like pursue a career in the catering industry and cater from home. Kitchen methodology and techniques are shared with students to teach them how to read and understand a standard recipe. How to increase recipes and how to make healthy choices when it comes to preparing food items.

## PRACTICAL COMPETENCES:

### 1. Health & Safety aspects

- Wear appropriate clothing
- Maintain personal hygiene
- Observe all workplace safety
- Act to prevent cross contamination

### 2. Food Preparation - Hands-on kitchen practical

- Primary preparation of raw food
- Basic methods of - washing, cleaning, trimming, portioning, chopping, cooking and storing of goods.
- The candidate will complete all 10 cooking methods in practical kitchen
- Cooking methods – Boiling, Poaching, Steaming, Stewing and Braising
- Cooking methods – Baking, Roasting, Grilling, Deep & Shallow Frying

### 3. Storage and care of materials

- How to store commodities
- Stock rotation

### All the cooking products and ingredients required for the Practical Cooking Classes:

- Professional Cooking Academy recipes required for class
- A Full chefs apron
- Competence Achievement Records
- Examination pad
- Pen and carry bag
- Measuring cups & spoons
- Test written on the Friday afternoon.



For enquiries and more information, please contact

Esther at 071 214 3557 or send us an email [info@cookingacademy.co.za](mailto:info@cookingacademy.co.za)