

Skills Proficiency Certificate

IN BASIC FOOD PREPARATION 3529-50

1 WEEK PROGRAMME

Duration : 1 week program
Time: 08:30 - 15:30
Premises: 39 Heystek Street Rustenburg (Old Damelin Building)

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 baking use.
- Bake & decorate all of the items required by the set Units & Credits.

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 choice when it comes to preparing food items.

Practical Competences:

1. HEALTH & SAFETY ASPECTS

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

2. FOOD PREPARATION - HANDS-ON KITCHEN PRACTICAL

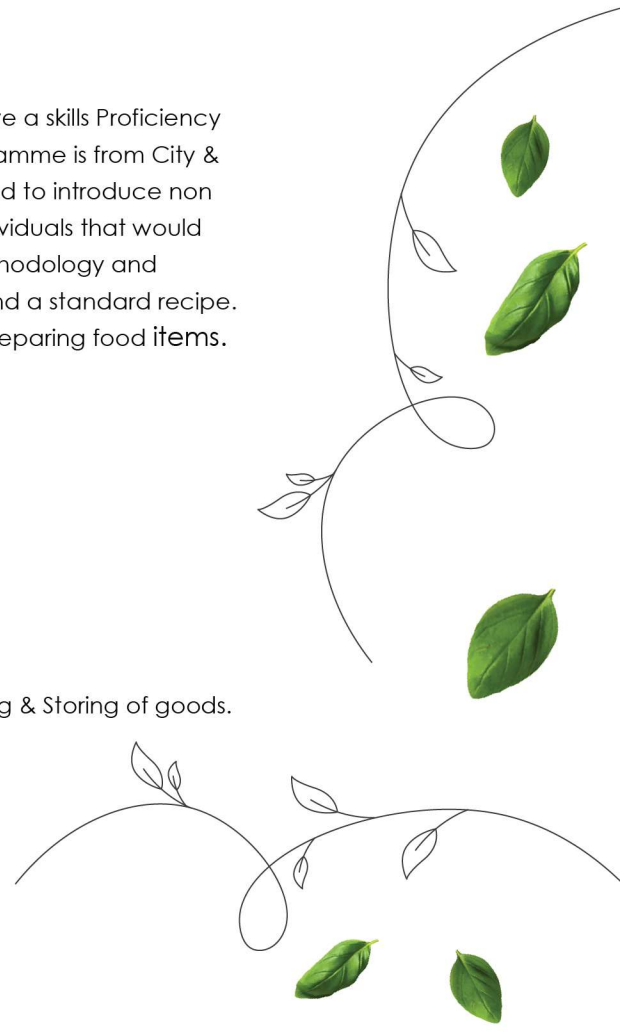
- Primary preparation of raw food.
- Basic methods of: Washing, Cleaning, Trimming, Portioning, Chopping, Cooking & Storing of goods.
- The candidate will complete all 10 cooking methods in practical kitchen.
- Cooking methods: Boiling, Poaching, Steaming, Stewing & Braising.
- Cooking methods: Baking, Roasting, Grilling, Deep & Shallow Frying.

3. STORAGE & CARE OF MATERIALS

- How to store commodities.
- Stock rotation.

ALL THE COOKING PRODUCTS & INGREDIENTS REQUIRED FOR THE PRACTICAL COOKING CLASSES:

- Professional Cooking Academy recipes required for class.
- A full chefs apron.
- Competence achievement records.
- Examination pad.
- Pen & carry bag.
- Measuring cups & spoons.



For enquiries and more information, please contact Ester at 071 214 3557 or send us an email info@cookingacademy.co.za