

# Professional Cookery - Level 1

**09 Sep 2024 (Hammersmith)**

**Study Mode: Full Time / Location: Hammersmith**

The Diploma in Professional Cookery is suitable for anyone who works, or would like to work, as a professional chef in the catering and hospitality sector. It is ideal for learners coming straight from school who wish to seek a career in this industry.

You will gain a high standard of cookery skills including how to prepare and cook food using all the different cooking methods:

- Boiling, poaching & steaming
- Stewing & braising
- Baking, roasting & grilling
- Deep & shallow frying.

As well as:

- Regeneration of pre-prepared food
- Cold food preparation
- Food Safety in catering

You will also learn other workplace essentials like healthy eating, commodities and using kitchen equipment.

## ENTRY REQUIREMENTS

You will need:

- Two GCSEs grade 3 and above, including English and maths or functional skills at Level 1 or above, in English and maths.  
If you do not have any qualifications you will be asked to take an English and maths test at enrolment.
- A good school report and references from your tutor.

## ASSESSMENT METHOD

There are regular practical tests to make sure you are on course. Theory is mainly assessed through assignments and short answer questions.

You will complete both practical assessments and short answer question papers to test your understanding of the different cooking methods.

You will complete assignments on the following units:

- Introduction to employability in the catering and hospitality industry
- Health and safety in awareness catering and hospitality
- Introduction to healthier food and special diets
- Introduction to kitchen equipment

Complete 6 short timed cooking tests for both kitchen and pastry items Complete two 3 hour final practical cooking exams one for pastry and one for kitchen.

## PROGRESSION OPPORTUNITIES

- Study Professional Cookery at Level 2
- Seek Employment
- Apply for an Apprenticeship

Past students have gone on to work at Bafta, Royal Horseguards, The Shard and taken up apprenticeships with contractor catering companies.

## STUDY METHODS

You will learn in:

- one of the colleges 4 industrial kitchens, all fully equipped with industry equipment,
- classrooms that will enhance your learning.

You will also take part in:

- work experience and skills day with employers
- in-house and off-site functions held in the local community and or surrounding locations.