



Introduction to Professional Cookery

Level 1





Introduction

The Level 1 Professional Cookery course at Weymouth College course is a fantastic opportunity for students seeking a career in hospitality and includes challenging practical and theoretical workshops alongside working in The Avenue Restaurant and kitchen.

The qualification will test your practical, theoretical and food service skills whilst enabling you to gain the necessary knowledge and understanding to enter the diverse and challenging industry of catering and hospitality.



Course overview

- Nationally recognised qualification heavily based on practical assessment
- 50% of the course provided through in-house work experience
- Assessment undertaken by practical, theoretical and observations means
- Students will be required to work effectively as an individual and also part of a team
- Additionalities – Students will be given the opportunity to gain a Front of House qualification
- Ideally we would like candidates will have GCSE English and Maths at grade 4 or higher. However, acceptance on this course can be based on vocational experience and passion to the industry. A dedicated commitment to this course is required to be successful.
- Taught by a well-qualified and experienced team from a variety of different backgrounds

Course costs

- It is anticipated the course costs will not exceed £150

This will Include – Professional protective equipment and uniform, Text Books and external costs for site visits etc.

To date knives have been sponsored by an external source; this is still to be confirmed for the next academic year



How will I be assessed?

Assessment at all levels is competency based for both theoretical and practical elements.

The theoretical side will comprise of multi choice question papers, short answer question papers & assignments.

The practical side will be a number of individual assessment and up to 2 multi dish assessments.

Observation and reflection



Main Programme of Study

- Investigating the catering and hospitality industry
- Food Safety in Catering
- Health and Safety in catering and hospitality industry
- Healthier foods and special diets
- Introduction into catering equipment
- Prepare and cook food by boiling poaching and steaming
- Prepare and cook food by stewing and braising
- Prepare and cook food by baking, roasting and grilling
- Prepare and cook food by deep frying and shallow frying
- Regeneration of pre-prepared food
- Cold food preparation



Industry experience

- Experience in the workplace is important for any course, We offer live work experience in the industry through our well established the busy College restaurant, The Avenue. Capable of feeding up to 70 at one sitting
- Themed events including the opportunity to work along successful industry experts including Jamie Jones from Yalbury Cottage, Luciano De Silva
- Working both in the kitchen and Front of House to gain a more rounded experience
- External visits to local suppliers and purveyors of fine foods and ingredients
- Provision of functions to support local businesses such as, Weymouth FC, Dorset Echo, Bustinskins, W&PBC etc
- In line with Industry requirements as a team member you will be required to work some evenings and the occasional Saturday

Additional activities

- Where possible entering into external competitions
- External work experience working with our partners
- Opportunity to retake GCSE Mathematics and & English
- Opportunity to take Functional skills qualifications
- Level 1 Professional Food and Beverage qualification
- External visits and internal workshops led by Industry experts



What we expect from you

- To achieve a full qualification to the highest standard we ask for:
- A high level of attendance and punctuality
- Commitment to your course
- To always be prepared for theory and practical lessons with the correct uniform and kit
- Willingness to learn
- Persistence and the ability to work effectively on your own or as part of a team

Progression

- You should aim to progress to the Level 2 Diploma in Professional Cookery course to further your training and broaden your career opportunities.
- There may be opportunities to undertake an apprenticeship.
- Employment within the industry, This course will prepare you and provide the opportunity to progress into many different aspects of the catering and hospitality industry worldwide.



Alumni

Adam Breslin – who completed levels 1-3 and now works for British Airways as part of their cabin crew often required to cook bespoke food during flights

Georgie Moore – who completed levels 1-3 and progressed on to university to study Food Development

Jack Winder – who completed level 1 and level 2 apprenticeship and went on to work for the Hix group

Poppy Watson – Completed level 2 professional cookery and went on to work in many fine dining establishments including the Galvin Brothers.



Frequently Asked Questions

How many days will I be in college?

- 2 full days learning the skills to complete your qualification, this will also include maths and English if required, and depending on the business requirements of The Restaurant, however this is normally 2 shifts

What is college life like?

- College is an adult learning environment. You will be supported in your learning, however you need to ensure you are organised and follow all assessment deadline sot achieve the best possible outcomes.
- Will my attendance and punctuality be monitored?
 - Yes, the catering department excels on its high attendance and punctuality, and it is treated like the workplace. It will be monitored by your tutor and could have a bearing on your progression
- Can I access additional support at college?
 - Yes, speak with your tutor at enrolment you will seek assistance for you.