



THE
LEARNING
DEVELOPMENT
GROUP

Introduction

The National Certificate: Professional Cookery at an NQF level 4, is aimed at individuals working in food preparation in the hospitality industry.

The qualification is ideal for those with some experience working as a chef, who want an accredited qualification and who want a career path as a professional chef. Because it is a broad qualification, it can be applied in a range of hospitality establishments from large scale hotels to small restaurants.

It covers the skills and techniques of food preparation and using food preparation equipment, food storage, cooking, kitchen maintenance, health, hygiene and safety. In addition, self and supervisory competencies including interacting in a team, communicating effectively and customer service will be developed.

Target Audience

The qualification is aimed primarily at individuals who have some skills and experience working as cooks or chefs.

It offers qualified delegates opportunities to work as professional chefs, catering managers or restaurant managers. It allows for articulation into other areas of the hospitality, food and tourism sector such as gaming and travel.

Entry Requirements

- Competency in Communication (English) at NQF Level 3.
- Competency in Mathematical Literacy at NQF Level 3.

Workplace Requirements

- Access to food preparation areas and fully equipped kitchen environments in hotels, canteens or similar establishments.
- Access to stock-taking processes, food storage areas and customers.
- An allocated Workplace Mentor or Supervisor.
- Access to a PC and software and the internet.

Hospitality & Tourism

NC: Professional Cookery

CATH SSETA Certification

SAQA ID: 14111

NQF Level: 4

Credits: 149

Course Delivery & Assessment

We use a blend of in classroom and virtual interactive learning, workplace learning, on-the-job coaching and mentoring, theoretical assessment, practical workplace observation and self-study to embed skills.

You will need to:

- Attend all lectures and sessions and complete practical workplace experiential learning.
- Demonstrate theoretical and practical understanding of programme content.
- Complete and present practical assignments.
- Compile and submit a Portfolio of Evidence (PoE).

To receive the NC: Professional Cookery, you will need to compile, submit and be found competent by constituent Assessors, Moderators and Verifiers on a Portfolio of Evidence (PoE).

Learning Outcomes

By the end of the qualification, you will be able to:

- Prepare, produce and present different food items for different food service methods, including buffets and a la carte service.
- Prepare food, following organisational standards, for different menu items including starters, main courses and desserts.
- Prepare food for small and large groups and handle big and small functions.
- Order, receive, store and issue goods.
- Maintain personal and general hygiene in the kitchen following organisational and OHS procedures.
- Handle different knives and other kitchen equipment and know their purpose.
- Calculate food costing and manage orders.
- Manage self development and create a CV and prepare for an interview.
- Conduct on-the-job coaching, mentoring and training for staff.



Course Content

NC: Professional Cookery

Accreditation Body: CATHSSETA

SAQA ID: 14111 | Learning Programme ID: NA
NQF Level: 4 | Credits : 149

Module 1 & 2: Office Management

- Describe the layout, service and facilities of an establishment
- Describe the sectors of the hospitality, travel and tourism industries
- Maintain a secure and safe working environment
- Maintain health, hygiene and professional appearance
- Provide Customer Service
- Display cultural awareness in dealing with customers and colleagues
- Maintain effective working relationships with other members of staff
- Process incoming and outgoing telephone calls
- Communicate verbally
- Prepare written communication and handle mail and messages

Module 3 & 4: Food Preparation

- Handle and maintain knives, utensils and equipment
- Maintain food production operations
- Clean food production areas, equipment and utensils
- Maintain and promote food hygiene when preparing, cooking and storing food
- Accept deliveries and handle and store food
- Prepare fruit and vegetables for hot and cold dishes
- Prepare cold and hot sandwiches and rolls
- Prepare and cook basic sauces and soups, meat, poultry, game, offal, fish, pasta and starch.

Module 5 & 6: Kitchen Maintenance

- Clean food production areas, equipment, crockery and cutlery
- Store crockery and cutlery
- Maintain a cleaning programme for kitchen, equipment and own area of responsibility
- Maintain supply levels
- Receive, store and issue goods
- Maintain Food Production, Quality Control Systems, Procedures and Specifications
- Perform basic calculations
- Provide first aid

Module 7 & 8: Self-Management

- Conduct on-the-job coaching
- Introduce new staff to the workplace and plan staff and own training and development
- Develop self within the job role and manage one's own development
- Identify work opportunities
- Apply for a job or experience placement
- Source information about self-employment opportunities



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