

Food and Cookery Skills



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Subject Area	Catering & Hospitality
Course Type	School Leavers
Study Level	Level 1
Delivery Mode	Full-time
Duration	1 Academic Year
Start Date	September 2026
Course Code	PA000784

Course Summary

This course teaches you how to cook and prepare food safely. It's great if you want to work with food one day or just learn more about cooking. You'll learn how to make tasty meals, use kitchen tools, and stay safe while cooking. The course also teaches you about healthy eating and keeping the kitchen clean.

What You Will Learn

- **Cooking Basics:** Learn how to prepare and cook food properly.
- **Using Kitchen Tools:** Find out how to use different tools and equipment safely.
- **Staying Safe in the Kitchen:** Learn how to avoid accidents and keep things clean.
- **Healthy Eating:** Understand how to make meals that are good for your body.
- **Food Hygiene:** Discover how to keep food safe and clean.

Modules

The course is divided into several modules, each focusing on different aspects of food and cookery:

Your core unit is: Developing a Personal Progression: This unit helps you plan and develop your personal and professional goals in the food industry.

Optional Units (choose one)

- **Preparing and Cooking Food:** Gain practical experience in preparing and cooking various dishes. Understand different cooking methods and how to prepare healthy meals.
- **Serving Food and Drink:** Learn the skills needed to serve food and beverages professionally. Learn about the nutritional effects of food on the body.
- **Exploring Local Visitor Attractions:** Understand the significance of local visitor attractions in the hospitality industry.
- **Exploring Travel and Tourism in the UK:** Learn about the travel and tourism industry within the UK.
- **Contribute to Running a Hospitality and Tourism Event:** Understand the planning and logistics involved in organising hospitality and tourism events.
- **Delivering Customer Service in Hospitality and Tourism:** Develop skills for providing excellent customer service in hospitality and tourism settings.
- **Using Websites to Make Holiday Choices:** Learn how to use online resources to plan holidays and travel.
- **Promoting Hospitality and Tourism Events:** Understand strategies for marketing and promoting hospitality and tourism events.
- **Working in Housekeeping:** Gain skills in housekeeping and maintaining cleanliness in hospitality settings.

Work Experience

You will complete 30 hours of relevant work experience. This includes working with the National Citizens Service (NCS) programme, which helps you develop key employment skills and behaviours needed for progression to work. This experience is valuable for gaining practical insights and improving your employability in the sports sector.

Progression

Completing the Level 1 Food and Cookery Skills course can open doors to various career opportunities in the food industry. This course can be the starting point for a career in food, such as:

- **Chef:** Preparing and cooking meals in restaurants or other food establishments.
- **Food Service Worker:** Assisting in food preparation and service in various settings.
- **Other Food-Related Careers:** Opportunities in food management, catering, nutrition advising, and more.

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