

# Level 1 Introduction to Culinary Skills



## Course Overview

This course is ideal for students who enjoy cooking, want to develop practical skills and are interested in exploring a career in hospitality and catering. It is a great choice for learners who enjoy hands-on activities, being creative and working as part of a team. This course will help you build confidence and develop the skills needed to succeed in a professional kitchen environment. Learners will develop a range of culinary skills, including food preparation and cooking methods such as boiling, steaming, baking, roasting, grilling and frying, whilst also learning about food safety, kitchen equipment and healthy eating.

You will learn through a mix of practical kitchen sessions, group activities, demonstrations and teacher-led lessons. Teachers will show you professional techniques before giving you opportunities to practise and develop your skills. Learning may also include projects, industry-related activities, guest speakers, visits and work placement opportunities to help you understand how the hospitality and catering industry operates in the real world.

As well as developing culinary knowledge and practical cookery skills, you will build important life and employability skills. These include communication, teamwork, organisation, problem solving and time management. You will learn how to work safely and hygienically, follow instructions, work independently and take responsibility for your own progress. By the end of the course, you should feel more confident, resilient and prepared for progression to further study, training or employment within the hospitality and catering industry.

## What You Will Study

During this course, you will learn the knowledge and practical skills required to work safely and effectively within the hospitality and catering industry. The course combines kitchen-based practical activities with industry knowledge to help you develop confidence and competence in a range of culinary tasks.

Topics may include:

- Food Safety in Catering – understanding food hygiene, safe food handling and preventing contamination.
- Introduction to Employability in the Catering and Hospitality Industry – exploring workplace expectations, customer service and career opportunities.
- Health and Safety Awareness for Catering and Hospitality – learning how to work

### START DATE

September

### LEVEL

Level 1

### STUDY MODE

Full-time

### DURATION

1 year

### AWARDING BODY

City & Guilds

### LOCATION

Wakefield College



For further information about this course, including Entry Requirements, Assessments and Further Study, scan the QR code.

## Need More Information?

For additional course information please contact the Course Information Team on **01924 789111** or email [courseinfo@heartofyorkshire.ac.uk](mailto:courseinfo@heartofyorkshire.ac.uk).

To learn more about Wakefield College, our facilities and how we can support you please visit our website [www.heartofyorkshire.ac.uk](http://www.heartofyorkshire.ac.uk).

## Quick Links



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[Student Support](#)



[Virtual Tours](#)

safely and responsibly in a kitchen environment.

- Introduction to Healthier Foods and Special Diets – understanding nutrition, healthy eating and dietary requirements.
- Introduction to Kitchen Equipment – identifying and using a range of professional kitchen tools and equipment safely.
- 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, including the preparation and presentation of a range of cold dishes.

Throughout the course, you will develop practical cookery skills, safe working practices, teamwork, communication, organisation and problem-solving skills, helping you to prepare for further study or employment within the hospitality and catering sector.

## Attendance Expectations

This course runs on set days each week and it is important that you attend all sessions.

Good attendance is very important. Coming to college on time and every week helps you:

- Keep up with your learning
- Build confidence
- Achieve your qualification

If you cannot attend, you must let the college know as soon as possible. Support is available if you are finding attendance difficult.

## How You Will Be Assessed

There are no traditional written exams on this course. Assessment is based on the practical skills, knowledge and understanding you demonstrate throughout your learning. You will build evidence of your progress as you complete activities and develop culinary skills.

You will be assessed by:

- Completing practical cooking tasks and class activities
- Demonstrating food preparation and cooking skills in the kitchen
- Taking part in group activities and discussions
- Answering questions and talking about what you have learned with your teacher
- Producing evidence of your work, such as worksheets, assignments, photographs and observation records
- Building a portfolio that shows your skills and achievements throughout the course

Your teacher will support you throughout the course, showing you how to improve your practical and theory work. You will receive regular feedback so that you understand your progress and know what to focus on next.

Assessment takes place throughout the course and is carried out step by step. You will have plenty of opportunities to practise, develop your confidence and demonstrate your skills before your work is assessed as complete and develop your culinary skills.

## Entry Requirements

3 GCSEs at Grade 9-1.

## Further Study

After completing this course, you may choose to move on to further learning at college.

You could progress to:

- Another college course at a higher level
- A vocational or work related course
- A course that helps you prepare for employment, training or an apprenticeship

Your teacher will help you understand your next steps and support you with choices. You will receive advice to help you pick a course that matches your skills, interests and confidence level.

This course helps you build the skills you need to be ready for further study, including confidence, teamwork and managing your time.