



Course Outline

CO:Cook

Duration: 12 Months



SDP180326155549





Programme Title

Occupational Certificate:
Cook

SAQA ID

102296

NQF Level

4

Minimum Credits

184

Entry Requirements

Grade 9 with Mathematics



COURSE OVERVIEW

This certificate is to prepare a learner to operate as a Cook. A Cook prepares, seasons and cooks food items in hotels, restaurants and catering (HORECA) establishments.

COURSE OUTCOMES

- Prepare for food production, associated areas, commodities, staff and cooking environment.
- Communicate with and assist other kitchen personnel.
- Prepare, cook and assemble specific food items using the correct method and techniques to meet customer and organisational requirements.
- Assist kitchen and service staff to prepare and serve food.
- Hygienically prepare and assemble food, and clean food preparation areas.

It's All Possible





MODULES

Knowledge Modules	
Module ID	Title
KM-01	Personal Hygiene and Safety
KM-02	Food Safety and Quality Assurance
KM-03	Workplace Safety
KM-04	Numeracy, Units of Measure and Computer literacy
KM-05	Environmental Awareness
KM-06	Introduction to Nutrition and Diets
KM-07	Basic Ingredients
KM-08	Theory of Food production
KM-09	Introduction to the Kitchen, and the Hospitality and Catering Industry
KM-10	Theory of Commodity Resource Management
KM-11	Food Preparation Methods
KM-12	Food Preparation Techniques,
KM-13	Food Cooking Methods and Techniques
KM-14	Personal Development as a Cook



It's All Possible



MODULES

Practical Skill Modules

Module ID	Title
PM-01	Prepare and Assemble Food Items using Different Methods and Techniques, Equipment and Utensils
PM-02	Cook Food Items using Different Methods and Techniques, Equipment and Utensils
PM-03	Implement Food Production
PM-04	Maintain Food Production Systems
PM-05	Documents and Report on Kitchen Activities
PM-06	Assist with Kitchen Activities



It's All Possible



MODULES

Work Experience Modules

Module ID	Title
WM-01	Preparation Processes and Procedures to Provide Cooking Services within the Cook-Serve or Cook-Chill/Freeze Food Production Environment
WM-02	Practice Hygiene and Cleaning Processes and Procedures within the Cook-Serve or Cook-Chill/Freeze Food Production Environment,
WM-03	Processes and Procedures for Communicating with and Assisting other Kitchen Personnel within a Cook-Serve or Cook-Chill/Freeze Food Production Environment
WM-04	Use Processes and Procedures for Preparing and Assembling a Variety of Food Items using Different Methods and Techniques, Equipment and Utensils, and to Accommodate Special Dietary Requirements
WM-05	Processes and Procedures for Cooking a Variety of Food Items Using Different Methods and Techniques, Equipment and Utensils