

# Level 1 NVQ Hospitality Food Preparation and Cooking



## Course content

### Mandatory units

This course covers all the basic duties needed to work in a commercial kitchen. Units include:

- Develop and contribute to good working relationships
- Maintain a safe working environment
- Maintain hygiene in storage preparation and cooking
- Prepare vegetables
- Cook vegetables
- Prepare and cook meat and poultry
- Prepare and cook pasta
- Prepare and cook rice
- Prepare hot and cold sandwiches
- Cook and finish basic bread and dough products

### Who is the course for?

The course is designed for learners with an interest in working in the hospitality and catering industry.

### Assessment method

- Written assessment for every unit

### Entry requirements

Functional Skills in English and Maths at Entry Level 3 or above.

### Future opportunities / career options

Progression to Level 2 NVQ Diploma in Professional Cookery.

### When the course is run?

Daytime, 2 days per week (9am-4pm). 36 weeks per year.



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2011/12  
Academic Year

**Contact Guidance on  
Tel 0151 733 7255**

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