



CITY AND ISLINGTON  
COLLEGE

wk<sup>©</sup>

Westminster  
Kingsway College

The College of  
Haringey, Enfield  
and North East London



Capital  
City  
College  
Training

# Culinary Skills Introduction - Level 1 Certificate

This course has been designed to introduce you to professional cooking in partnership with the Craft Guild of Chefs.

## WHAT WILL I STUDY?

Topics covered can include:

- Basic Food Preparation
- Cooking Introduction
- Kitchen Equipment
- Health and Safety Awareness for Catering and Hospitality
- Introduction to Employability in the Catering and Hospitality Industry
- Prepare and Cook Food (deep frying and shallow frying)
- Prepare and Cook Food (boiling)
- Poaching and Steaming
- Prepare and Cook Food (baking, roasting, and grilling)
- Prepare and Cook Food (stewing and braising)
- Introduction to Healthier Foods and Special Diets
- Regeneration of Pre-Prepared Food
- Cold Food Preparation
- Food Safety in Catering and Preparing Vegetables

## WHAT WILL I NEED?

All applicants must have an initial assessment and interview to confirm that the course suits them.

## HOW WILL I BE ASSESSED?

The course is assessed throughout with practical assignments and written tests.

## WHAT WILL IT COST?

Start Date: 17 April 2025

Duration: 11 Weeks

Attendance: Part Time

Location: Victoria Centre

<https://www.capitalccg.ac.uk/wkc/course/course-detail/pdf/14553/>



[www.capitalccg.ac.uk](http://www.capitalccg.ac.uk)

## ADULTS - ENTRY LEVEL, LEVEL 1 AND LEVEL 2

If you will be aged 19+ on 31st August prior to the start date of your course, up to Level 2, then your study with us will be free. You must have lived for 3 years within the EU/EEA/UK prior to the start of your course, you must have lived in the UK before 1st January 2021 and you must have permission to live in the UK for at least 12 months from the first day of learning. Please see [here](#) for the documents you will need to show us.

Some courses will have other associated costs, such as for specialist materials and trips. Many of our students are eligible for financial support, see [here](#) for details.

### Additional Costs

You will be expected to purchase the required uniform and equipment for the programme, which reflect both industry norms and safety requirements. These should specifically conform to Westminster Kingsway College standards and are approximately £350; further information will be provided at enrolment. Many of our students are eligible for financial support when studying at college - please click here for more information.

## WHAT CAN I DO AFTER?

You can continue working as a cook/chef within the hospitality industry, with the potential to be promoted, and could progress onto a Level 2 course.

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