



## Information Sheet

# Short Programme in Basic Kitchen and Cooking Skills

### About the Short Programme

This is a hands on programme teaching the fundamental skills needed in a kitchen, including basic knife skills, cooking methods and teaching for healthy meals. Centurion Academy's programmes are developed to improve critical thinking and as such incorporate a variety of instructional techniques that are used to assist in learning and to assess our student's progress. All short programmes are non-credit bearing.

### Who should attend this Programme?

- Ideal for first time home leavers
- Candidates wanting to learn the basics of cooking and the kitchen

### Programme Outline

- Basic Health and Safety
- Kitchen Hygiene
- Waste Management
- Food nutrition & dietary requirements
- Food Allergies and intolerance
- Menu planning
- Costing recipes
- Handling and maintaining utensils and equipment
- Handling and maintain Knives
- Basic cooking methods
- Vegetables, fruit, sauces & soups
- Pulses, grains & pasta
- Eggs, Fish & Poultry
- Meat & Offal
- Flour mixtures, baking & yeast

### Duration

The programme duration is 60 hours and the tuition is face-to-face. Each Centurion Academy campus has a different tuition schedule. Programmes are offered during the week, in the evenings, or on Saturdays. Please enquire at your nearest campus.

### Certification

Upon successful completion of the short programme, the student will receive a **Short Programme Certificate in Basic Kitchen & Cooking Skills** (non-credit bearing) from Centurion Academy.

### Further studies

Higher Certificate in Tourism and Hospitality NQF L5 (SAQA ID 110944)

