



COOK CONVENIENCE FOOD

HSP/CKConF/2/0019

Programme Name

Skills programme and Training Certificate in Cook Convenience Food, NQF Level 2 , SAQA ID HSP/CKConF/2/0019, 14 Credits.

Programme Purpose

- The purpose of this programme is to provide skills based training for persons working in a convenience food environment. The programme is aimed at enabling learners to prepare, cook and store convenience foods ranging from fruits, vegetables, and reconstituted foods or hot or cold dishes.

Workplace Requirements

- Suitable for learners who prepare a limited range of mainly convenience foods.
- Work in a foods environment as an Assistant or Trainee Cook for Convenience Foods.

Programme Description

Each person that will successfully achieve this programme will be able to:

- Learners will be able to prepare food in a variety of ways, including boiling, poaching, steaming, grilling and frying, and will be conducted whilst maintaining health and hygiene in a safe and secure environment.

Target group

- This skills programme is aimed at candidates who seek to enter the hospitality job market in the fast food or restaurant environment.
- Candidates must be able to work in a foods environment as an Assistant or Trainee Cook for Convenience Foods

Entry Requirements

- Learners do not require any prior learning, but a minimum of NQF level 2 literacy and numeracy is recommended.
- This skills programme is an entry level programme into hospitality.

Programme Outcomes

On completion of this Skills Programme, the learner will be able to:

- Describe layout, services and facilities of the organisation
- Maintain a secure working environment
- Maintain a safe working environment
- Maintain health, hygiene and professional appearance
- Maintain hygiene in food preparation , cooking & storage areas
- Handle and maintain knives
- Prepare fruit for hot and cold dishes
- Prepare vegetables for hot and cold dishes
- Prepare and boil , poach or steam foods
- Prepare and finish reconstituted food

Structure of the programme

The Skills Programme in Cook Convenience Food consists of:

- Classroom based learning
- On-the-job learning
- Assessment

Duration of the Programme

- Programme: 10 Days
- Training Days: 5 Days
- Assessment Days: 5 Days

Number of learners per class: Minimum 15

Programme Roll-Out:

Unit Standard Code	Unit standard Title	Level	Credits
7793	Describe layout, services and facilities of the organisation	2	1
7796	Maintain a secure working environment	3	1
7799	Maintain a safe working environment	2	2
7800	Maintain health, hygiene and professional appearance	2	1
7637	Maintain hygiene in food preparation, cooking & storage areas	3	2
7705	Handle and maintain knives	2	2
7659	Prepare fruit for hot and cold dishes	2	1
7660	Prepare vegetables for hot and cold dishes	2	2
7701	Prepare and boil, poach or steam foods	2	1
7704	Prepare and finish reconstituted food	2	1
Total Credits			14

