



THE
LEARNING
DEVELOPMENT
GROUP

Introduction

The accredited Skills Programme: Cook Convenience Food at an NQF level 2, is an entry level occupational programme for individuals wishing to work in different hospitality environments where convenience food is prepared, stored and served.

It will equip delegates with practical skills and knowledge in preparing different types of food in a variety of ways including grilling, frying, boiling poaching and steaming. It covers additional subject areas such as health and hygiene, maintaining a safe and secure working environment and describing the layout, services and facilities of an establishment.

Target Audience

This programme is suitable for any individual entering the hospitality industry in fast food and restaurant services.

It is aimed primarily at assistant and trainee cooks of convenience foods.

Entry Requirements

There is open access to this skills programme but delegates should be competent in Communication and Mathematical Literacy at NQF Level 2.

Additional Requirements

- You will need access to appropriate workplace activities in a convenience food environment to complete the practical components of the programme.
- Access to a workplace mentor.
- Access to a PC, software and the internet.

Hospitality & Tourism

Cook Convenience Food

CATHSSETA Statement of Results

SP ID: HSP/CKConF/2/0019

NQF Level: 2

Credits: 14

Course Delivery & Assessment

We use a blend of inclass and virtual interactive learning, workplace learning, coaching and mentoring, theoretical assessment, practical workplace observation and self-study to embed skills.

You will need to:

- Attend all sessions.
- Complete practical workplace experiential learning and assignments.
- Demonstrate theoretical and practical understanding of programme content.
- Compile and submit a Portfolio of Evidence (PoE).

To receive your Statement Of Results, Cook Convenience Food, you will need to compile, submit and be found competent on a Portfolio of Evidence (PoE).

Learning Outcomes

By the end of the programme, you will be able to:

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





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Course Content

SP: Cook Convenience Food

Accreditation Body: CATHSSETA

SETA Skills Programme ID: HSP/CKConF/2/0019

NQF Level: 2 | Credits: 14

Unit Standard 7793

- Describe layout, services and facilities of an organisation

Unit Standard 7796

- Maintain a secure working environment

Unit Standard 7799

- Maintain a safe working environment

Unit Standard 7800

- Maintain health, hygiene and professional appearance

Unit Standard 7637

- Maintain hygiene in food preparation, cooking and storage areas

Unit Standard 7705

- Handle and maintain knives

Unit Standard 7659

- Prepare fruit for hot and cold dishes

Unit Standard 7660

- Prepare vegetables for hot and cold dishes

Unit Standard 7701

- Prepare and boil, poach or steam foods

Unit Standard 7704

- Prepare and finish reconstituted food

Our Accredited Organisations



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TRAINING
INSTITUTE



Siyangoba



Siyaya[®]
SKILLS INSTITUTE



PROSERV
SOUTH AFRICA



MBAT
DEVELOP - EMPOWER - GROW

