



## ACTUAL CHEF'S CERTIFICATE COURSE INFORMATION SHEET

### Full Time / Part Time

#### Full Time:

6 months Theory & Practical  
6 months Industry Placement

#### What will I be able to do when I qualify?

Junior Chef

#### Additional courses:

Accredited Basic Fire Fighting  
Accredited First Aid Level 1

#### Curriculum

Safety at work  
Hygiene at work  
Food preparation methods  
Cost control operations  
Storage and care of materials  
Nutrition at work

#### Cooking methods:

- ☺ Boiling
- ☺ Poaching
- ☺ Stewing
- ☺ Steaming
- ☺ Braising
- ☺ Deep frying
- ☺ Shallow frying
- ☺ Baking
- ☺ Roasting
- ☺ Grilling
- ☺ Microwave cooking

- »Cold food preparations
- »Basic pastry techniques

#### Schooling level and/or age entry:

Grade 12 / over 18 years of age

#### Hours at SA School of Cookery and/or events:

Six months at school (480 hours)

#### Method of tuition:

Theory Lectures  
Home Study  
Kitchen Practical's  
Industry placement  
Industry visits  
Portfolio

#### Fun at SA School of Cookery

- ☺ Mystery basket
- ☺ Exotic ingredients
- ☺ Social responsibility

#### Price also includes:

Student handbook  
Chef clothing  
Knife's  
All course ingredients  
Internet availability  
Student outings  
Examination fees

Price:  
R 29,000.00