

Introduction to Culinary Skills Level 1 Award

Course Overview

This course is designed to introduce you to the exciting opportunities within food production, a key area within the Hospitality and Catering Industry. As well as developing basic practical cooking skills you will boost your employability through team-building experience and develop a wider understanding of the requirements for a higher-level course in college, or employment in the food industry at the operative level. You will also have the opportunity to participate in a range of competitions, helping you develop your resilience and ability to work under pressure.

 As part of the course requirements, you'll engage in a 15-hour work experience program aimed at honing essential employability skills and preparing you for the next phase of your career journey (scheduled between October and May of the following year). Our dedicated work placement team is available to provide support throughout this process.
 Additionally, you'll take part in activities geared towards personal development, fostering character growth, and building confidence essential for thriving in both personal and professional fields.
 For individuals aged 16-19, these activities, along with the work experience program, are scheduled into your timetable, with the option to participate in supplementary activities.
 For other age groups, activities will be tailored to meet specific needs and requirements.

 This course serves as an excellent stepping stone for ESOL learners and individuals with an EHCP plan, providing additional time to enhance your competency in maths and English while acquiring valuable new skills.

What you will learn

This course is designed to teach you all key basic cooking skills, you could find yourself doing anything from preparing fresh bread and desserts through to pasta dishes, pies and other savoury products, always with fresh, quality produce.

 Alongside this, you will develop your knowledge of food-related health and safety as well as what it takes to work as a team within a real-life kitchen environment.

Entry Requirements

For admission to this course, applicants must provide at least one reference. Additionally, a minimum of 90% attendance is preferred. A grade 1/2 (E/F/G) in both GCSE English and maths is mandatory.

 For candidates aged 16-18, enrolment will be in a study program that involves retaking GCSEs or pursuing Functional Skills in English and maths if a grade 4 or higher has not been attained.

Course Fees

Throughout the year, you'll participate in enriching activities and engage with employers. You'll require a complete set of catering knives and chef whites, estimated to cost around £280.00. The College offers a means-tested support fund to assist with additional expenses, such as equipment, travel, a £150 material fee, and £30 for trip fees, for eligible students. Applications for the support fund can be made from 1st June 2024. Information about the recommended kit supplier will be provided upon enrolment. Students continuing from a previous course may only need to replace some items.

Course Progression

Upon completing this course successfully, you have the option to advance to either the Certificate in Introduction to Culinary Skills Level 1 or Certificate in Culinary Skills Level 2.
 We are dedicated to offering ample support and guidance throughout the course to facilitate your progression and explore various career opportunities.

What Happens Next

To start your application, you can either apply online through PS16 or directly through the College website. Make sure to have your previous qualifications, a reference, and a personal statement ready. After submitting your application, you'll receive a conditional offer. You'll also be invited to attend a welcome event at the College, where you can meet your tutors, get acquainted with your chosen course, and explore the campus facilities. Upon receiving your offer, you'll need to confirm your acceptance of the course.

Course Details

Course Code	P00107
Start Date	07/09/2026
Study Hours	Full Time
Duration	1 year
Campus	Freemen's Park Campus
Level	1

Apply Here