

# SCHOOL OF FOOD

Professional  
Cookery  
5M2088



*The recently restored Kilkenny School of Food*

The School of Food Professional Cookery Programme, in conjunction with CKETB

In order to provide accredited training, the School of Food has partnered with Carlow Kilkenny Education Training Board as the primary accreditation provider for courses offered at the School.

This partnership led the School of Food to develop a bespoke Chef Training programme to meet the needs of industry, while at the same time, ensuring that the quality and best practice required under the National Framework of Qualifications are met.

### Objectives

This Chef Training programme at the School of Food is designed to meet the professional skills development needs of those aspiring to a career in the culinary sector. A work based placement throughout the course (working in registered establishments) reinforces and underpins learning on the programme.

This unique programme of study is derived from the QQI LEVEL 5 MAJOR AWARD 5M2088 (included as pages 5 and 6).

While the School of Food will give a foundation in best practice and skills training, programme participants will be employed within the industry, in a working environment in which practical skills are being employed. The development of theoretical Knowledge will under pin the learning process.

While working in industry, course participants will be required to consolidate and apply their college based learning; participants will be monitored through a work place mentor. Upon completion of this programme participants will have accreditation to QQI level 5 and have a pathway to employment or further education through the National Framework of Qualifications (NFQ).

### Duration

The programme duration is conducted over 34 weeks, with approximately 750 hours of skills based and theoretical knowledge and a further 450 hours of industry based learning and experience.

## Structure

The Chef Training Programme being offered at the School of Food has a modular structure and is learning-outcome driven. This allows the School of Food to deliver a programme which satisfies industry's needs and in a format which best suits the learners.

An overview of the School of Food programme is as follows:

	Duration	School of Food	Work Experience	Contact Hours
Foundation Skills	6 weeks	5 days per week	none	225
Acquiring Knowledge & Building Skills	24 weeks	2 days per week	3 Days per week	900
Proving and demonstration of knowledge and skills	2 weeks	none	5 Days per week	75
Graduate Showcase to Industry Stakeholders	1 week	5 days	none	15

*Breakdown of the School of Food Chef Training Programme*

School of Food Learner Contact Hours:	780
<u>Work Placement Hours:</u>	<u>435</u>
<b>Total Learner Contact Hours:</b>	<b>1215</b>

**School of Food** time will be split between the classroom and time in the Training Kitchen.

**Work experience** will be closely monitored and will be undertaken in suitable registered restaurants and hotels in the region. Each Learner on work experience will be allocated a Work Experience Mentor to support and monitor their development.

The **Graduate Showcase** will be an event run by those who have successfully completed the Chef Training Programme to which industry stakeholders will be invited. The catered event will showcase the graduates skills and knowledge.

### Certification

The School of Food Chef Training Programme is accredited by QQI to level 5 on the NFQ. Certification is offered in partnership with the Carlow Kilkenny Education Training Board.

### Course Fees

Application Fee: €25.

Tuition Fee: €1,900. Included: Chefs uniforms  
Use of School of Food knives  
Use of Textbooks

### The Outcomes

Graduates going into industry will be capable of working as Commis Chefs in restaurants or hotels.

The School of Food is also developing a QQI Level 6 programme with Carlow Kilkenny ETB to provide a progression pathway for those successfully completing the Level 5 course.

Of course, as the School's Chef Training Programme is certified on the National Framework of Qualifications, graduates from the School are also free to continue education in any National Learning Institution.





*The Training Kitchen at the School of Food*

### Aims

This course is a 9 month Post Leaving Certificate Course, which gives students the key skills and knowledge necessary to pursue a career in the Hospitality Industry. The course provides the student with an opportunity to obtain experience in a wide range of specialized areas such as Food and Beverage Services, Kitchen, Health and Safety, while at the same time obtaining a sound general knowledge in areas needed to function in the hotel and catering environment.

This course leads to a QQI Level 5 Certificate in Professional Cookery (5M2088).

### Entry Requirements

- A minimum of five passes at ordinary level in the Leaving Certificate or Leaving Certificate Vocational or Leaving Certificate Applied.
- A personal interview

## DESCRIPTION OF COURSE MODULES

### PROFESSIONAL COOKERY (5M2088)

#### CULINARY TECHNIQUES

##### 5N0630

- Organisation within a professional kitchen
- Time management, work plans and teamwork
- Contemporary issues relating to food
- Food production
- National food and health and safety agencies

#### INTERNATIONAL CUISINES

##### 5N0632

- Relationship of food to culture & history
- Preparation & techniques of World Cuisines
- Best practice in hygiene & workplace safety
- Factors determining the availability of food

#### MEAL SERVICE 5N0635

- Factors in creating a meal experience
- Sequence of service
- Reservation Sales Process
- Record reservations
- Quality and customer focus
- Appropriate communication skills when serving food and wine

#### FOOD SCIENCE AND TECHNOLOGY 5N0730

- Scientific principles & properties of food
- Emerging trends in food Stability and nutritional content of food
- Food Production systems
- Principles & applications of slow cooking

## **PERSONAL EFFECTIVENESS**

### **5N1390**

- Objectives of working in groups
- Features of meetings
- Problem solving
- Principles of personal effectiveness
- Structure and purpose of an organization

## **PASTRY, BAKING AND DESSERTS 5N2084**

- Standards and grades for baking ingredients
- Commodities used in the production of desserts
- Preparation of products using pastry
- Baked dishes and soufflés
- Preparation of hot and cold desserts

## **MENU PLANNING AND APPLIED NUTRITION 5N2085**

- Influences of tradition, culture and trends on food choice and menu planning
- Role of menu as a marketing tool
- How menus and dishes are constructed
- Nutritional content of food

## **WORK PRACTICE 5N1433**

- Distinguishing features of organizations
- Current issues, challenges and trends affecting the workplace
- Legislation and regulations relevant to place of work
- Internal and external policies relevant to one's role
- Minimum 2 month work practice placement

## **FOOD SAFETY & HACCP**

- Introduction to Food Safety
- Introduction to HACCP and its principles
- Food hazards and their control
- HACCP Plans, Application, Development and Implementation

## **WORD PROCESSING 5N138**

- Text manipulation
- Document formatting
- Graphics
- Document Configuration
- Proofing

### Further Contact

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You can also follow us on [Facebook \(Kilkenny School of Food\)](#) or [Twitter \(@KKSOF\)](#) for updates and news.