

**Kenmare Further Education &
Training Centre**

**Professional Cookery
(QQI Level 5)**

Major Award

(2019 – 2020)

**Prospective
Students
Information
Pack**

What does the Course Involve?

There are a total of **8 subjects**, all professional cookery related. You will find a brief description of each subject in this pack. A few of the subjects have short exams, most are assessed by work that you do at home and in class. You need to be reasonably computer literate (able to send an email and word process a letter) and willing to do some extra work in your own time, when needed. (This might be exam revision or research or completing an assignment)

We do realise that many people will have other commitments in their lives outside of the course, but we need to have an **80% minimum** attendance rate for every subject. If you have to miss a class, you must inform your tutors and arrange to catch up with what you have missed. Tutors in turn will make every effort to stick to the timetable that is set at the start, and if they are unable to be there, will arrange for another tutor to take their class.

How do I apply for this course?

Application by way of **CV**, and completed **Application Form**, to be delivered to Kenmare Further Education & Training Centre by 1 pm on **Wednesday 11th September 2019**. Selection is by means of **Interview** and will be held on Thursday 12th September 2019. (We will let people know if they have a place the day after Interview) Course will begin on Wednesday 18th September 2019. (subject to getting sufficient number of applicants)

As there are a limited number of places on this course the emphasis will be on recruiting students who can show that they want to successfully complete this course. With this in mind we are asking people to demonstrate their interest in the application process (application form & interview) - which will be as much about life, and work experience, as formal qualifications.

APPLICATIONS FROM PEOPLE WITH DISABILITIES AND SPECIAL LEARNING NEEDS

If you are an applicant with disabilities, or special learning needs, you may qualify for non-standard entry on the basis that because of the disability, or special learning need, you are not in a position to meet the standard admission criteria. You should contact the centre before you submit your application form. Arrangements for non-standard entry are made on an individual basis.

HOW IS THE COURSE STRUCTURED?

The course will run from September 2019 – May 2020. Classes will be **3-6 hours** (depending on credit value) and run from **Wednesday – Friday**. (there may be a few occasions during the year which may require attendance outside of these days)

IT LOOKS LIKE A LOT OF WORK - WILL THERE BE ANY FUN?

There **is** a lot of work involved in this course; however, we plan to make the work manageable. Tutors will work as a team to make sure that all students are managing well and if any extra support is needed, we need to know as soon as possible. (study support will be available, if needed) We will keep you up to date at all times with what is happening on the course, and in the Centre, and want you to feel that this is Your course. If you have any ideas about how we could improve things, do let us know and within the constraints of the packed timetable, we will try to accommodate them.

WHAT IF YOU HAVE ALREADY GAINED SOME QQI (previously FETAC) QUALIFICATIONS?

As this is a QQI certified course some people may have completed some subjects from this course at this or another centre/school. If so, please let us know on your application form. (this is important as the Centre will need to check with QQI to see if the subjects meet exemption requirements)

WHAT CAN I DO AFTERWARDS?

This course is designed to be a help for people gain employment in the broad Hospitality area, but provision has also been made for those who wish to use it as a 'stepping stone' to Further/Higher Education. If you have any questions about this, do let us know as Kerry Education & Training Board has a Career Guidance Service available to help prospective students with such background information.

WHAT IF YOU ARE CLAIMING SOCIAL WELFARE BENEFITS?

We understand that doing this course should not affect peoples' current social welfare benefits. However, we do advise you to check this out yourself with the Department of Employment Affairs & Social Protection (DEASP) before committing to the course. On the application form we ask to know if any applicant is in receipt of a payment as this has an impact on the funding we as a centre receive.

This programme is being run under the Department of Education & Skills 'Back to Education Initiative Programme'. (BTEI) BTEI courses are free to those who are in receipt of any form of State Payment, those with a Medical Card as well as those who have not completed the Leaving Certificate. (or equivalent) Those that are in employment and have their leaving certificate may have to pay (it is important, however, to contact the centre if you are not sure as each persons' circumstances differ) All students doing the course pay **€100** to cover the cost of tea/coffee, printing, folders etc. (subject specialist items like knives & 'whites' not included) If a student leaves the course within 2 weeks of the start date the €100 will be returned. Refer to Kerry ETB student handbook if there are any further queries re fees. A copy is available from the Centre office)

Requirements for Major Award

To receive the Full Certificate in Professional Cookery (QQI Level 5) a learner is required to successfully complete **120 Credits*** (9 component certificates/subjects having a credit value range from 5 - 15) Subject list as follows:

Subjects for 2019 – 2020~

- Culinary Techniques (5N0630) 30 credits
- Meal Service (5N0635) 5 credits
- Food Science & Technology (5N0730) 5 credits
- Personal Effectiveness (5N1390) 15 credits
- Work Practice (5N1433) 15 credits
- Pastry, Baking & Deserts (5N2084) 10 credits
- Menu Planning & App. Nutrition (5N2085) 10 credits
- Word Processing (5N1358) 15 credits
- International Cuisines (5N0632) 15 credits

*The exception here is where a learner is seeking to use other relevant credits from either level 4 or level 6. (maximum of such credits being 15 – either two relevant subjects from level 4 or one from Level 6. (FETAC/QQI approval is required in such cases)

~Note: There may be some small change to the subjects on offer for this course.

Culinary Techniques
(30 Credit/5N0630)

Purpose

The Learners will be able to: describe how a professional kitchen is typically and optimally organised; explain the sensory properties of food including visual examination, taste, colour, texture and smell; distinguish between the taste of fresh and convenience foods, organic and non-organic foods, mass-produced and artisan foods; describe the wide range of commercial ethnic cuisines available to the Irish market including key ingredients, basic cooking procedures, specialist equipment and presentation techniques; explain contemporary issues relating to food production; explain the role of national food and health and safety agencies; using a range of knife skills required for various types of food preparation including tomato concasse, mirepoix, classical vegetable cuts and duxelle; complete a mise en place; prepare a range of classical stocks, soups, glazes and base sauces, as well as a variety of extensions; prepare a range of classical sauces using traditional methods; prepare a range of large volume classical dishes for the following foods using the relevant extensions and garnishes: meat/poultry/game/fish/dairy etc.; prepare a range of fully cooked and continental breakfasts; prepare a range of curing, tenderising & pickling techniques; implement cost and quality control considerations in menu planning, food and beverage preparation and service; implement best practice in food hygiene and workplace safety.

Meal Service

(5 Credits/5N0635)

Purpose

The Learners will be able to: identify the factors which contribute to creating a meal experience; outline a range of service styles; relate styles of food service to customer needs and expectations; describe the mise-en-place required for a range of styles of service; explain the sequence of service include taking orders, serving, dealing with complaints etc.

Food Science & Technology

(5 Credits/5N0730)

Purpose

The Learners will be able to: explain the scientific principles which underpin the properties of natural foods; research scientific approaches to cookery processes using a range of commodities; describe the effects of a range of variables on the properties of natural foods food, including temperature, air moisture, other ingredients; explain how the storage, preparation, cooking and service in the food preparation cycle affect the stability and overall nutritional content of food; explain the key features, working principles, uses and benefits of modern kitchen and catering equipment and technology; describe a range of food production systems, their associated safety measures and their application; outline emerging trends in food production and the role of functional foods, for example: genetic modification (GM) and irradiation; assess catering systems for their efficiency, sustainability and environmental impact.

Personal Effectiveness

(15 Credits/5N1390)

Purpose

The Learners will be able to; explain the principles and practice of personal effectiveness; comment on the structure and purpose of a chosen organisation; reflect on their own personal role in an organisation, to include skills needed for their job, personal strengths and weaknesses; explore the concept of problem solving; investigate the features and objectives of meetings; examine the objective of working groups; find solutions to particular problems using a range of techniques; prepare a presentation on a chosen topic or issue; organise a meeting on a chosen topic or issue; carryout a presentation; participate in a meeting in an appropriate role; participate in a group.

Work Practice

(15 Credits/5N1433)

Purpose

The Learners will be able to: summarise the distinguishing features of an organisation, institution or workplace; comment on current issues and current practices of a workplace; summarise the main legislation and regulations relevant to the place of work; explain the organisations internal and external policies and procedures pertinent to own role and role of others; conclude a minium of 2 months' work practice placement undertaking a range of

vocationally specific tasks and activities; review personal and professional learning to include identifying strengths and weaknesses; reflect on personal work practices to include feedback from supervisors, mentors on personal performance, achievements and challenges.

Pastry, Baking & Deserts

(10 Credits/5N2084)

Purpose

The Learners will be able to: explain the scientific principles underlying the processes used in baking and pastry production; describe standards and grades for baking ingredients and products including flours, starches, fats, sugars, sweeteners, liquids, eggs, leavening agents, gelatine, salt and pre-prepared products; prepare a range of baked dishes; prepare a range of breads including brown and white soda breads, muffins, sweet and savoury scones, basic and enriched yeast breads; prepare a range of products using fresh and convenience pastry including short, sweet, choux and puff; prepare a range of cold deserts; prepare a range of hot deserts; prepare a range of cheese boards; implement cost and quality control considerations in the production and service of pastry, baking and deserts.

Menu Planning & App. Deserts

(10 Credits/5N2085)

Purpose

The Learner will be able to: describe the influences of tradition, culture and trends on food choice and menu planning; explain key nutritional influences on contemporary menu design; describe the role of ethics in menu planning; explain how menus and dishes are constructed, and the role of variety, balancing ingredients, flavours and textures; list the principal nutrients in food; explain how the stages in food preparation cycle effect the stability and overall nutritional content of food; outline common food allergies and intolerances, identify ingredients relevant to these; understanding the role of nutrients in relation to diseases, including obesity, heart disease and cancer; identify a comprehensive range of dishes to meet special dietary needs and reflect current dietary trends; outline the current and future role of genetically modified, irradiated, functional, organic, biodynamic and whole foods.

Word Processing

(15 Credits/5N1358)

Purpose

The Learners will be able to: describe a typical word processing application in terms of common uses and features including text, manipulation, document formatting, graphics, tabs, tables, mail merge and label printing; identify frequently-used toolbar icons and related functions associated with file handling and text formatting; create documents applying a range of text processing features; perform initial document configuration using page setup features; use a range of proofing tools; use a range of file management facilities; produce a range of different types of documents etc.

International Cuisines

(15 Credits/5N0632)

Purpose

The Learner will be able to: describe the relationship of food to culture, religion and history; describe the role of food in transmitting culture including the significance of food in maintaining traditions, the role of food in ceremony and celebrations and typical meal patterns; describe the key ingredients, commodities, dishes and cooking styles of authentic european, indian, Japanese, Chinese, thai and a range of other world cuisines; use a range of specialised food preparation equipment including woks, pasta machines and paella pans; select key herbs, spices and seasonings relevant to specific world cuisines; select key herbs, spices and seasoning relevant to specific world cuisines; prepare a range of authentic dishes with appropriate presentation techniques from europe, mediterranean, Asian etc.

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APPLICATION FORM

NAME: _____

ADDRESS: _____

CONTACT TELEPHONE NUMBER: _____

1. Outline below why you want to do this course

2. Previous Qualifications (including any QQI qualifications)

Subject	Level	Year	School/Centre
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Department of Employment Affairs & Social Protection (DEASP)

Please let us know what, if any, benefits you are in receipt of. (under the BTEI Programme guidelines we have to have a certain number of students in each course who are in receipt of some form of state payment)

Signature: _____

Date: _____

Please return this **Application Form**, (these 2 pages only) your CV, plus €100, to Kenmare Further Education & Training Centre, Bell Height, Kenmare. Co. Kerry, by post, or via email, to info@kenmareaec.ie to arrive not later than **1 PM** on **Wednesday 4th September 2019**.