

E2

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Academy
Online Training

Assistant Chef Course



Overview and Information

Welcome to the world of culinary arts - an industry that is driven by passion and creativity.

Being part of a kitchen team means that you play an important part in making sure all diners in restaurants and hotels have a memorable experience when enjoying a meal that you helped prepare in one way or another.

Although working as an assistant chef in the hospitality industry comes with high responsibilities of food safety, long hours and hard work, there is nothing that compares to the adrenaline of a busy kitchen environment and the satisfaction of knowing that your guests enjoyed their dining experience.

Program objectives

This Assistant Chef course was compiled to give you a sound knowledge of the basic kitchen fundamentals needed to work in a professional kitchen environment.

You will complete all the necessary theoretical units to give you a good understanding of how a kitchen operates, how to apply different kitchen techniques and cooking methods, and how to prepare, cook and finish different food items.

The theory units, which this course focuses on, also includes instructions on how to apply your knowledge on a practical level.

It is important to remember that working as a chef is a practical profession. You thus need the necessary theoretical knowledge to do all tasks correctly, but perfection comes with lots of practical experience.

All great chefs started at the bottom and worked their way up.

We would like to encourage you to find a workplace or professional kitchen outlet where you would be able to practice your newly learnt skills, while doing this online learning program, under the guidance and support of a professional chef or mentor. Make an appointment with a restaurant owner or head chef and ask them if you could shadow in their kitchen over the next 10 months. Motivate that you are busy with a learning program and that you would love to gain practical experience during this time in their establishment, without remuneration, as you want to apply your knowledge practically.

Working while you study could be challenging, so you need to communicate with the chef in charge to possibly schedule your practical work shifts over weekends.

And yes, working without remuneration is hard, but by showing you are dedicated and willing to go the extra mile might just secure you a full time position at that specific establishment after your studies. It will also add value to your CV, as you can add it as practical experience and a contactable reference.

The practical industry placement is not compulsory and is not a requirement of this program, but it will definitely be beneficial to your skills development and open doors of opportunities for you after your course.

Guidelines on completing this learning program

As a guideline, we have included a program outline to give you an indication of how you could complete the modules within the specific timeframes.

Follow and complete the modules in the set out order. You can download the PDF learning material and study from these notes to prepare for your assessments.

We want to encourage you to spend sufficient time on going through these theory recourses as you need to have a good understanding of the specific unit before moving on to the next. Each unit has an online quiz that you must take, and certain units also have a workbook that must be completed and saved in your student profile (portfolio of evidence).

Read all instructions carefully to make sure you understand what is expected of you.

Use the indicated study days to prepare for the quizzes.

Some units have recommended practical tasks that you can complete at home or at the workplace (should your chef allow you to). Ask someone to take a photo of you while you prepare the dish of the recommended practical assignment, and also take a photo of the finished product. These photos could be uploaded to your student profile (portfolio of evidence) and the dish that you prepared could be enjoyed by your family as part of their supper. Make sure that you read the instructions and recipes of the practical tasks very well before you start preparing the dish.

Program qualification

Once you have successfully completed the Assistant Chef program, you will be issued with an E2 Learn Assistant Chef certificate.

Over and above the E2 Learn Assistant Chef certificate, you have the option to apply for formal recognition by submitting your portfolio of evidence that you compiled during your time on course, for assessment to achieve the UK Level 2 Highfield International Certificate in Hospitality and Catering Principles (Food production and Cooking) (QCF).

Your application to proceed with assessments for this international qualification must be submitted to the E2 Learn administration and will be reviewed for approval. You can download the application form and details of costs involved from our website. You can apply for this recognition while you are busy completing the program or once you have finished the course. The evidence of competence that you collect while doing this course (through the quiz results, completing the workbooks and practical tasks) will stay valid, and could even be used should you wish to proceed with obtaining the international qualification at a later stage of your career.

You or your sponsor will be liable for the costs involved and apart from the quizzes and workbooks that need to be completed during the program, you are also required to successfully pass 2 short online examinations set by Highfield international.

Your future is in your hands

We would like to take this opportunity to wish you all the best for your studies.

You have taken the first step in a great effort to better your future and employment opportunities.

No qualification comes for free. You need to work hard and put in all effort to be successful.

You need to apply the right mindset and show dedication, working towards your goal.

We believe that you will make the best of this learning opportunity and that you will be able to apply your knowledge and skills when working as an Chef Assistant in the hospitality industry.

***Education is the most powerful weapon which you can use
to change the world***

- Nelson Mandela



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