

SIT30821 Certificate III in Commercial Cookery

Course Descriptor

This qualification reflects the role of commercial cooks who use a wide range of well-developed cookery skills and sound knowledge of kitchen operations to prepare food and menu items. Using discretion and judgment, they work with some independence and under limited supervision using plans, policies and procedures to guide work activities.

Qualification Rules

To achieve a Certificate III in Commercial Cookery, 25 units must be completed:

- ❖ All 20 core units
- ❖ 5 elective units

Core Units

- SITHCCC023 Use food preparation equipment*
- SITHCCC027 Prepare dishes using Basic Methods of Cookery*
- SITHCCC028 Prepare appetisers and salads*
- SITHCCC029 Prepare Stocks, Sauces and Soups*
- SITHCCC030 Prepare vegetable, fruit, eggs and farinaceous Dishes*
- SITHCCC035 Prepare Poultry Dishes*
- SITHCCC037 Prepare seafood dishes*
- SITHCCC036 Prepare Meat Dishes*
- SITHCCC042 Prepare food to meet special dietary requirements*
- SITHCCC041 Produce Cakes, Pastries and Breads*
- SITHCCC043 Work effectively as a cook*
- SITHKOP009 Clean kitchen premises and equipment*
- SITHKOP010 Plan and cost recipes
- SITHPAT016 Produce Desserts*
- SITXFSA005 Use hygienic practices for food safety
- SITXFSA006 Participate in safe food handling practices
- SITXHRM007 Coach others in job skills
- SITXINV006 Receive, store and maintain stock*
- SITXWHS005 Participate in safe work practices
- SITHCCC031 Prepare vegetarian and vegan dishes*

Electives

All electives chosen must contribute to a valid, industry-supported vocational outcome. Below are examples of units that may make up the 5 elective units to be completed

- SITHCCC032 Produce cook-chill and cook-freeze foods*
- SITHCCC040 Prepare and serve cheese*
- SITHCCC033 Re-thermalise chilled and frozen foods*
- SITXWHS006 Identify hazards, assess and control safety risks
- BSBSUS211 Participate in sustainable work practices

* One or more pre requisites apply

Possible Job Outcome

This qualification provides a pathway to work as a cook in organisations such as restaurants, hotels, clubs, pubs, cafes, and coffee shops.

Possible job title includes: Cook

Entry requirements

There are no entry requirements for this qualification. No occupational licensing, certification or specific legislative requirements apply to this qualification.

You may enrol at any time throughout the year (subject to maximum class numbers).

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Duration

The format for delivery/assessment will be designed around a thirty six (36) month apprenticeship program involving a combination of theory sessions and kitchen based practical sessions to be conducted in a suitably equipped commercial kitchen, as deemed appropriate by Austrain Academy. The course will include unsupervised activities; classroom-based learning ; on the job / simulated environment and training and assessment. The Volume of Learning for a Certificate III in Commercial Cookery is 1200 - 2400 hours. As a component of this, the amount of training provided in this instance of course delivery is 2635 hours, comprising of:

- 450 hours of supervised instruction including theory and practical training and completion of assessment activities (Questions, Demonstrations, Structured Activities and Training Record Logs)
- 685 hours of unsupervised activities (Learner Guides and Workbooks & Independent Industry Research)
- 1500 hours of on the job training

The above may vary on an individual basis and additional delivery time of up to twelve months (12) months may be allowed for those participants requiring additional training due to individual needs. Alternately, the volume of learning may be reduced for participants who already have some skills and knowledge in the majority of the Units of Competence.

The qualification may also be completed on a part time basis to allow flexibility for work and study.

Delivery

The program will be delivered at one of the following venues:

Austrain Academy – 7/77 Montague Street, North Wollongong

Students own workplace

Will be a combination of Face to Face theory/practical sessions and On the Job delivery.

Face to face sessions will be held twice a month for an eight (8) hour duration. Apprentices must attend a minimum of one (1) session per month.

Additionally, a tutorial / student support session will be held twice a month for a four (4) hour duration. Students may be required to attend these sessions if additional support is required for successful completion of the unit requirements.

Learning over each month prior to attending the face to face session will involve the completion of the Participant Workbook & Training Record using supplied Learner Guides and independent research.

Workplace training and activities will take place each month to allow learners to practice skills and apply these in different contexts. The employer is required to withdraw the apprentice from routine work duties, with pay, for a minimum of three (3) hours per week, averaged over each four (4) week period, for the purpose of undertaking formal training, tutorial sessions (where required) and self paced learning and assessment activities. These activities include the student workbook and training record.

Additionally, the program may be organised around a combination of approaches including:

- Recognition of Prior Learning/Credit Transfer;
- On-the-job training program;
- Coaching/Mentoring;
- Visitations to other venues or industry operations;
- Classroom Training, including a suitably equipped kitchen;
- A combination of the above.



Other requirements

Students will need to purchase/supply a Tool Kit and suitable chef's clothing for the training. An Austrain Academy apron will need to be purchased from our office at a cost of \$25.00. Further details on costs and where to purchase required equipment is available from Austrain Academy.

Please Note: This is generic information - for further elective options, full rules of the training package and specific program requirements please contact Austrain Academy

To discuss how we can help you, call us on

1300 20 40 20

or visit our website for more details

www.austrainacademy.com.au