



Course:	Cooking 101 – A healthy approach
Guided Learning Hours:	30
Pre-requisite:	None
Requirements:	All consumables will be provided for this course delivery

Abstract:

Many persons are intimidated by the idea of putting ingredients together to create a meal, but with a proper understanding of techniques, and a good knowledge of ingredients, cooking can be very rewarding and exciting. This course will be beneficial for anyone who wants to develop their cooking skills whether it is for fun, family, or considering a profession. Starting with the fundamentals, working through techniques in knife skills and cooking methods, and not forgetting the all-important presentation. This all with a healthy approach. Upon completion of this course, a learner would be able to face any culinary challenge with confidence.

Target Audience:

Cooking 101 is for persons who enjoy cooking; who want to learn professional techniques to create more refined dishes/ meals in a healthy way; and persons already in the field who may want to enhance and build on the foundation established from their work experience, as well as gain certification.

Learning Outcomes

On the completion of this programme, participants should:

1. Discuss and execute proper food preparation techniques
2. Discuss and execute various cooking methods (where applicable): deep-frying, braising, grilling, roasting, sautéing, pan-searing, boiling, etc.
3. Demonstrate efficiency when producing food items
4. Present food items attractively and creatively
5. Plan menu items efficiently, cohesively and that are healthy
6. Discuss ingredient properties and characteristics
7. Prepare dishes by following recipes
8. Apply creativity within practical boundaries

Course Content

Course Content/ Topics:

Session one:

Culinary Arts and Your Food Choices (Diet)

- Introduction to Culinary Arts
- Safety and Sanitation
- The Recipe
 - Cooking techniques: Flavour focus
- Nutrition and Your diet: Change? Why? How?

Session two:

Knife Skills, and Stocks

- Producing various knife cuts, and discussing their applications
- Producing Vegetable and Protein Stocks

Session three:

Potatoes and Vegetable- preparation methods and cooking

- Identify and discuss the characteristics of Potatoes and Vegetables
- Preparation techniques
- Applying cooking methods to Potatoes and Vegetables

Session four:

Rice and Pasta

- Applying cooking methods to rice
- Producing pasta

Session five:

Fish Fabrication and Cooking

- Fish butchery techniques
- Applying various cooking methods to Fish
- Producing accompanying Sauces

Session six:

Meat Fabrication and Cooking

- Meat butchery techniques
- Applying suitable cooking methods to Meat
- Producing accompanying Sauces

Session seven:

Poultry Fabrication and Cooking

- Poultry butchery techniques
- Applying various cooking methods to Poultry
- Producing accompanying Sauces

Session eight:

Final Assessment