



GENERAL INFORMATION

Successful participants will receive a FETAC Level 5 Certificate in Professional Cookery. This course equips the learner with the necessary knowledge and skills to help them build a successful career in the food, beverage and hospitality sector which is currently one of the fastest growing areas in today's economy. You will be able to gain employment in the catering and hotel profession or pursue further study at an Institute of Technology or University.

Time Commitment: 4 days per week (9.30-4.30) for 20 weeks and a work placement of 1 day per week in a workplace setting with a 9 week block placement at the end (13 weeks for under 25s).

Where? Cavan Institute, Cathedral Rd Cavan

Start Date: 13th October 2014

How will I be assessed?

Participants will be assessed on the basis of:

- Practical Skills Demonstrations
- Assignments
- Project Work
- Written Examinations
- Work Experience

Q. WHAT WILL I STUDY?

Culinary Techniques, Meal Service, Menu Planning and Applied Nutrition, Food Science and Technology	You will study the organisation of a professionally run kitchen, contemporary issues relating to food, food production, role of menus as a marketing tool, how menus and dishes are constructed, nutritional content of food, national food and health and safety guidelines.
International Cuisines, Pastry, Baking and Desserts,	You will learn about the relationship between food and culture, the preparation of world cuisines, standards and grades for baking ingredients, preparation of products using pastry, baked dishes and soufflés.
Occupational First Aid	This module focuses on understanding your responsibilities as an Occupational First Aider. You will be trained in providing the treatment for the purpose of preserving life or minimising the consequences of injury until the arrival of medical assistance.
Personal Effectiveness & Internet Skills	The focus of this module is to enable you to acquire the communication and interpersonal skills necessary to work in the Professional cookery sector and to develop essential computer skills needed in all work settings. You will also develop problem solving and teamworking skills.
Work Practice	This module will provide you with the opportunity to develop vocational skills. This involves participation in a work placement in a Professional Cookery setting e.g. Hotel or Restaurant Work Placement will be on a one day per week basis (commencing after week 3) and in a 7 week block at the end of the training.

STUDENTS SPEAK...

Eleanor King

Professional Cookery Student , 2011

"As a result of the recession I was made redundant from my job in retail. After visiting my local ETB to enquire of upcoming courses, I was delighted to discover that they were running a FETAC Level 5 Professional Cookery Course. I thoroughly enjoyed this course which was both practical and theory based. Having completed this course successfully I then applied to Dundalk Institute of Technology to complete a Higher Certificate in Culinary Arts and have recently graduated. I am working in Cinnamon Bakery in Blackrock Co. Louth where I use many of the skills I gained during the professional cookery course."

For more information Contact:

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