

Level 1

# Food Preparation And Cooking

City & Guilds NVQ Certificate



**Duration**

1 year  
29 weeks



**Location**

Barking Campus -  
Technical Skills Academy  
Rush Green Campus



**Starting**

Sept 2025



**Age**

16-18  
Adult 19+



**Careers**

Hospitality

**Course fees per year**

AGE 16-18

**FREE**

ADULT 19+

**£59 - £809**

The above fees include tuition and exam fees.  
Contact us to discuss what Financial support is available.

## Overview

Earn a nationally recognised award in professional cooking techniques!

## What you'll learn

You'll learn to cook a range of foods using a variety of methods.

Course units are:

- Maintain a safe, hygienic & secure working environment
- Work effectively as part of a hospitality team
- Maintain food safety when storing, preparing & cooking food
- Prepare & cook vegetables
- Prepare & cook fish
- Prepare & cook meat & poultry
- Prepare & cook pasta

- Prepare & cook rice

## Assessments / Exams

You'll be assessed on an ongoing basis and will update your work portfolio to show your skill development.

The final grade is simply a pass or a fail.

## Entry requirements

You will need to have GCSE Maths, English Language and two additional subjects at grade 2 (E) or above.

As part of the application process you will also be asked to explain why you want to study this course, so that we can ensure any course offer made aligns to your career goals.

## What this course leads to

On successful completion of this course you can move up to the Level 2 Diploma in Professional Cookery, choosing to specialise in Patisserie if you wish.

Visit this course on our website: <https://barkingdagenhamcollege.ac.uk/find/courses/0000007784>

For further information please contact the college: <https://barkingdagenhamcollege.ac.uk/contact>