

Level 2 Award in Cooking Theory and Practice

Duration

Flexible Learning (60 guided learning hours)

Summary

- Provides basic knowledge and skills necessary to plan, prepare and cook meals in a commercial kitchen or catering environment
- Subjects covered include cooking methods, making soups, stocks and sauces, presentation, menu planning
- For those with some kitchen experience and/or BIIAB Level 1 Essentials in Catering Award
- Practical workbook supports learners

Details

The BIIAB ACTP is designed for anyone planning, preparing and/or cooking meals in a kitchen or catering environment; preferably with some kitchen experience and/or holding the BIIAB Level 1 Essentials in Catering Award (ECA) or other related qualifications, such as basic food hygiene. The BIIAB ACS is available to all age groups working within a kitchen environment

The qualification will provide candidates processes and procedures needed by anyone working in a kitchen or catering environment and activities contained within the workbook will help them apply their knowledge. The Award covers eight key subject areas, including:

- cooking methods and their effects on foods
- cooking meat and fish
- making soups, stocks and sauces
- cooking a variety of vegetables, beans and pulses
- the presentation of cooked foods
- menu planning
- creating and maintaining an effective working environment
- vegetarian and gluten-free cooking

There is also additional information on:

- preparing and cooking pastry nutrition
- healthy eating and food intolerances
- basic bread and cake-making techniques

The BIIAB ACTP provides a progression route from the BIIAB Level 1 Essentials in Catering Award (ECA) and only the BIIAB Level 3 Award in Kitchen Management (title to be confirmed) available early 2009. Successful candidates can also use the BIIAB ACTP as a foundation for progression onto the VRQ in Professional Cookery or other chef qualifications