

PROVIDERS

Please refer to the ITH website, www.ith.org.za for a list of accredited training providers.



ITHSA

Five star qualifications for first class careers

PROGRAMME IN PROFESSIONAL CULINARY ARTS

The programme in Professional Culinary Arts develops culinary skills within a working-kitchen environment. Learning is enhanced through demonstrations and appropriate theory sessions.



EFFORT

960 learning hours



MODULES

12 Modules

MODULES

- Menu planning.
- Professional kitchen skills.
- Prepare, cook, and finish farinaceous dishes.
- Prepare, cook, and finish fish and shellfish.
- Prepare, cook, and finish hors d'oeuvres, cocktails and canapés.
- Prepare, cook, and finish meat, poultry and game.
- Prepare, cook, and finish pastries, desserts and confectionery.
- Prepare, cook, and finish soups.
- Prepare, cook, and finish stocks, sauces and dressings.
- Prepare, cook, and finish terrine dishes.
- Prepare, cook, and finish vegetables and salads.
- Prepare, cook, and finish yeast products.



EXAM DATES & FEES.

Go to www.ith.org.za for current dates and fees.

PROGRAMME IN CULINARY & HOSPITALITY MANAGEMENT

The programme in Culinary & Hospitality Management Programme gives students the opportunity to put their knowledge into practice. It is fully comprehensive and typically runs as a practical "apprenticeship" that takes place in a working-restaurant kitchen and front-of-house environment.



EFFORT

1240 learning hours



MODULES

5 Modules



EXAM DATES & FEES.

Go to www.ith.org.za for current dates and fees.

MODULES

- Customer relationships and marketing in hospitality management.
- Business principles and governance in hospitality.
- Human resource management in hospitality.
- Procurement and management of kitchen resources.
- Professional kitchen management.

FOUNDATION PROGRAMME HEALTHIER COOKING AND EATING

The release of this Unique qualification is timely, against a backdrop of statistics and media focus on obesity and nutrition issues. It enables learners to experience a fresh approach to food and the benefits of healthier eating for themselves and their families.



EFFORT

75 learning hours



MODULES

3 Modules

MODULES

- Produce healthier dishes.
- Prepare and Cook Fruit, vegetables and salads.
- Prepare and present food for cold presentation.



Accredited by CTH



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www.ith.org.za


FIVE STAR PROGRAMMES FOR FIRST CLASS CAREERS


ABOUT


Our Culinary Programmes provide students with excellent skills in food preparation, which are taught in a professional environment. Available only via select Training Providers, these courses prepare the student for the demands and expectations of the food and restaurant industry.

PROGRAMME IN CULINARY SKILLS

The Culinary Skills Programme is a level programme that introduces candidates to essential kitchen skills that will prepare them for employment in this environment. Learning outcomes will develop the student's practical cookery skills.

 **EFFORT**
90 learning hours

 **MODULES**
4 Modules

 **EXAM DATES & FEES.** Go to www.ith.org.za for current dates and fees.

MODULES

- Learn to prepare, cook and serve meat and fish dishes.
- Learn to prepare, cook and serve vegetables and soups.
- Learn to prepare, cook and serve cakes, pastries and yeast products.
- Professional kitchen practices.



ADMISSION REQUIREMENTS


The programme has been designed to allow open access to all students.


FOUNDATION PROGRAMME IN PROFESSIONAL COOKERY

This programme is aimed at those students who wish to study further in Professional Cookery.



 **EFFORT**
250 learning hours

 **MODULES**
5 Modules

 **EXAM DATES & FEES.** Go to www.ith.org.za for current dates and fees.

MODULES

- Techniques and skills in preparation, cooking and finishing vegetables, sauces and soups.
- Techniques and skills in preparation, cooking and finishing poultry, meat and game.
- Techniques and skills in preparation, cooking and finishing fish & shellfish.
- Techniques and skills in producing frozen, cold and hot desserts.
- Techniques and skills in baking and baked products.

IMPORTANT: Registration Dates and Tuition Fees (which are separate to the exam fees) are set by your Training Provider.

FIVE STAR PROGRAMMES FOR FIRST CLASS CAREERS

INTERMEDIATE PROGRAMME IN PROFESSIONAL COOKERY

The Intermediate Programme in Professional Cookery is a more substantial professional cookery programme and offers additional options that allow students to focus on specific areas of interest.

 **EFFORT** 750 learning hours  **MODULES** 10 Modules

MODULES

- Techniques and skills in preparation, cooking and finishing vegetables, sauces and soups.
- Techniques and skills in preparation, cooking and finishing poultry, meat and game.
- Techniques and skills in preparation, cooking and finishing fish and shellfish.
- Techniques and skills in producing frozen, cold and hot desserts.
- Techniques and skills in baking and baked products.

CHOOSE 5 OF THE FOLLOWING

- Food safety practices in the preparation, service and storage of food.
- Kitchen organisation.
- High volume food production.
- Food product development.
- Nutrition and producing healthier dishes.
- Techniques and skills in producing fermented dough products.
- Producing farinaceous goods.
- Vegetarian cookery.
- Ethnic cookery.
- International cookery.
- Supervising Pastry.

PROFESSIONAL COOKERY: CONFECTIONERY AND PATISSERIE

This qualification covers all essential patisserie and confectionery skills as well as improving overall culinary ability. It is ideal for those looking to become professional pastry chefs or for those already in employment who are seeking to progress in their careers.

 **EFFORT** 588 learning hours  **MODULES** 7 Modules

MODULES

- Techniques and skills in producing frozen, cold and hot desserts.
- Techniques and skills in baking and baked products.
- Techniques and skills in producing fermented dough products.
- Techniques and skills in producing decorative items and display products.
- Techniques and skills in producing paste products and petit fours.
- Food safety practices in the preparation, service, and storage of food.
- Kitchen organisation.