This qualification provides the skills and knowledge necessary for an individual to be competent as a qualified cook. Students will undertake work in various hospitality enterprises where food is prepared and served, such as restaurants, hotels, clubs, pubs, cafes, cafeterias and coffee shops. Individuals may have some responsibility for others and be asked to provide technical advice and support to a team.

**Job Roles**

This qualification provides a pathway to work as a commercial cook in organisations such as restaurants, hotels, clubs, pubs, cafes, cafeterias and coffee shops.

**Occupational Titles May Include:**
- Cook

**CORE Units**
- BSBUSUS201A Participate in environmentally sustainable work practices
- BSBWOR203B Work effectively with others
- HLTAIM001 Provide first aid (plus we give bonus HLTAIM001 Provide cardiopulmonary resuscitation)
- SITHCCC101 Use food preparation equipment*
- SITHCCC201 Produce dishes using basic methods of cookery*
- SITHCCC202 Produce appetisers and salads*
- SITHCCC203 Produce stocks, sauces and soups*
- SITHCCC204 Produce vegetable, fruit, egg and farinaceous dishes*
- SITHCCC301 Produce poultry dishes*
- SITHCCC302 Produce seafood dishes*
- SITHCCC303 Produce meat dishes*
- SITHCCC304 Prepare food to meet special dietary requirements*
- SITHCCC306 Produce cakes, pastries and breads*
- SITHCCC307 Work effectively as a cook*
- SITHKOP101 Clean kitchen premises and equipment*
- SITHKOP302 Plan and cost basic menus
- SITHPAT306 Produce desserts*
- SITXFS101 Use hygienic practices for food safety
- SITXFS102 Participate in safe food handling practices
- SITHRH301 Coach others in job skills
- SITXINS101 Maintain the quality of perishable items*
- SITXINS102 Participate in safe work practices

*Prerequisite unit is SITXFS101 Use hygienic practices for food safety

+ 3 electives; visit [www.iascend.com.au](http://www.iascend.com.au) for more information, fees, specials, conditions and enrolment.

If you choose other electives, you may incur additional fees. We suggest that you discuss these electives with an iAscend trainer and/or your employer before making any selections. This will help ensure that the training suits your current employment/employer’s needs as well as your future plans.

**Pathways Information**

**Pathways Into this Qualification**

Individuals may enter SIT30813 Certificate III in Commercial Cookery with limited or no vocational experience and without a lower level qualification.

**Pathways From this Qualification**

After achieving SIT30813 Certificate III in Commercial Cookery, individuals have the option to progress to SIT40413 Certificate IV in Commercial Cookery, SIT40613 Certificate IV in Catering Operations or SIT40713 Certificate IV in Patisserie or you may want to go direct to a SIT50313 diploma of Hospitality. Units from this qualification will be credit transferrable into further hospitality qualification.
Duration, Delivery Method & Attendance

The course is delivered over 37 weeks—74 weeks, depending on how many days per week can be attended. Ideally the course is run 2 days per week, one day theory and one day practical in a kitchen. (Delivery method will differ slightly for international students, there will be 3 days per week study). Attendance is essential, and students are expected to attend at least 80% of all classes. We do not provide distance or full online learning options as we value face-to-face training methodologies. In addition to face-to-face classes you will be required to undertake self-paced learning each week, between 2-10 hours, plus 48 shifts in a real kitchen cooking a variety of different dishes, using a variety of different cooking methods. It is expected that this course may take you between 1 and 2 years to complete. Duration will vary from person to person and how quickly they can complete the practical shifts. We cannot guarantee you placement in a kitchen in order to undertake your 48 shifts. You must find this placement yourself. However we can help direct you to a number of venue we have affiliations with.

* You will be required to stand for long periods of time in the kitchen
* Students need access to computers, email, and the internet to complete this qualification.
* Traineeships/apprenticeships are available if eligible — duration and delivery may differ, these will be discussed with you and your employer.

Location for Delivery

This course is delivered at Church Street Richmond, 62-62 Little Latrobe Street and/or a number of other hired venues across Melbourne. Exact locations depend on student numbers and room/kitchen availability. This specific information will be provided to you prior to enrolling.

Referrals

Third parties may be used to refer students to this course. Registered third parties for referrals for this course are listed on the website, (Australian students, fees and policies). Third parties may not confirm enrolment or pre-training reviews or conduct any training and assessment, this is completed by the RTO. If you would like to check their credentials and authenticity please call the head office, 1300 368883.

Assessment

The assessment of this course may include: written questions, oral questioning and the observation of your skills by an assessor and work placement. Assessments may be adjusted to meet individual needs within the course rules. However, you must meet the minimum English levels in order to complete this course.

A Language Literacy and Numeracy (LLN) assessment must be completed prior to enrolment. There is a substantial amount of maths involved in this course in order to calculate recipe costs and ingredients.

Fees & Charges

The course fees and costs depend on your eligibility for a Government subsidy, with funds made available by the Victorian and Commonwealth Government. For more details view our statement of fees and charges for 2015 — these can be downloaded from www.iascend.edu.au, or obtained by contacting our office via phone or email.

Resources and Materials

You will be required to purchase a knife kit and uniform before you can undertake kitchen practical sessions. You must also provide your own enclosed toe shoes. Your fees will also include training resources required in order to undertake this qualification. Refer to the statement of fees and charges for resource and material costs.

Recognition of Prior Learning (RPL)

You can ask for your relevant existing skills, qualifications and experience to be assessed and taken into account when your level of competency is being assessed. There will be a cost associated — refer to statement of fees and charges.

Credit Transfer (CT)

If you have previously completed a unit with the same unit code as in your new course you will be eligible for a credit transfer and you will not have to repeat that unit. There is no cost associated with this process, but you will need to complete a credit transfer application.

International Students

This course is available to international students with valid study rights. You must be 18 years old, hold at least a year 10 equivalent of studies, and an IELTS overall score of 5.5 or above. Please refer to our CRICOS website for courses and details at www.iascend.edu.au.

Support Services

If you need support with your progress through your course or other personal issues we have a student services officer who can help you or direct you to the most appropriate external service. Call 1300 36 883 and ask for the Student Services Officer or make an appointment to come see us in person. We can provide extra tutoring at head office if you have missed class due to extenuating circumstances or require additional help. We can also direct you to specialist agencies to help develop language literacy and numeracy (EAL courses). We can also direct you to agencies who can help you with personal matters (depression, abuse, housing, drugs and alcohol etc.) www.reachout.com.au is also a great