

## Level 3 NVQ Diploma in Professional Cookery

Location	Altrincham Campus
Course Type	College 16-18
Department	Hospitality & Catering
Start Date	Monday 1st September 2025
Course Code	AFP-HO3D-1100

### Course Overview

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This course is designed for students who have either completed a Level 2 professional cookery course, possess industry experience, or hold equivalent qualifications.

Students must showcase practical skills in both larder and finishing kitchens, with their expertise being evaluated on advanced culinary techniques during practical sessions. They will also have the chance to develop menu design skills and understand the financial management of a professional kitchen.

The Aspire Restaurant at Trafford College, a celebrated establishment, serves lunch and dinner to the public, offering students a genuine working environment. Learners have opportunities to participate in local and regional competitions and receive support in securing exciting work placement opportunities.

In preparation for higher-level qualifications, employment, or university, students might also need to pursue a GCSE in maths and English.

### Course Requirements

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4 GCSE's at Grade 4 or above (including maths and/or English Language)

Level 2 City & Guilds or equivalent qualification in a related subject.

## What You Will Learn

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Throughout this course, you will explore:

- Advanced skills and techniques for preparing meat dishes
- Advanced skills and techniques for preparing poultry and game dishes
- Supervisory skills within the hospitality industry
- Principles of food safety supervision in catering
- Advanced skills and techniques for preparing fish and shellfish dishes
- Advanced skills and techniques for preparing vegetable and vegetarian dishes

## Assessment

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Assessment is carried out continuously through the observation of practical skills, the compilation of a portfolio with photographic evidence, and multiple-choice questions to evaluate the foundational knowledge.

## Progression

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Successful students may advance to apprenticeship management programs, pastry qualifications, or higher education. These students are highly sought after for employment in the fast-paced and rapidly growing industry.

## Career Options

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You could even become a Head Chef, managing your own kitchen, crafting dishes, and guiding your team. This course is designed to provide you with the essential skills, knowledge, and conduct required to thrive as a hospitality professional.

## Mandatory Units

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- Establishing and developing positive working relationships in hospitality.
- Maintaining the health, hygiene, safety, and security of the working environment.
- Maintaining food safety during the storage, preparation, and cooking of food.
- Preparing fish for complex dishes.
- Preparing meat for complex dishes.
- Preparing poultry for complex dishes.
- Cooking and finishing complex fish dishes.
- Cooking and finishing complex meat dishes.
- Cooking and finishing complex poultry dishes.
- Cooking and finishing complex vegetable dishes.

## Contact Details

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For further information please contact T: 0161 886 7070 or E: [info@trafford.ac.uk](mailto:info@trafford.ac.uk)

## Disclaimer

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Although every care has been taken to ensure that the information contained within this document is accurate, there may be changes to this programme and provision. We will endeavour to keep prospective and current students updated where appropriate and when the information becomes available.