

JUNIOR CHEF PROGRAMME – YEARS 9, 10, 11

Wednesdays 4.30-6.30 pm – 6 week course

What opportunities will this course give me? (*What career opportunities can this lead to?*)

Hospitality and catering is a fast growing and ever changing industry so the variety of jobs is vast. This six-week programme is designed to give young people an opportunity to sample work in a professional kitchen. It provides learners with their first steps into the college environment and allows them to try before committing to a full-time course.

It will give you a chance to gain practical skills, understand what the catering and hospitality industry is about, build on your communication skills and mix with other students from different schools. You'll have the chance to work in a commercial kitchen with a professional chef and see how a full service restaurant works.

Having completed the course, you may choose to study at Eastleigh College. We offer a variety of courses including Level 1 and 2 Professional Catering and Introduction to the Hospitality Industry, and Level 3 courses: Advanced Professional Catering, Food Service Supervision and Hospitality and Catering Diploma.

Why is this course for me?

The course gives you a valuable opportunity to see if a future in the hospitality and catering industry is for you. You will build a range of professional cookery skills including bread making, fish filleting, poultry butchering, baking and pastry. You'll also work on developing a range of personal and practical skills. Students particularly welcome the opportunity to cook for parents and teachers in the final session.

Why is Eastleigh my best choice?

Students have access to our up-to-the-minute professional standard production kitchens. They also spend time in our fully-equipped, modern, contemporary and vibrant restaurant setting - East Avenue Restaurant - which is open to the public, hosts regular theme evenings, and has a licensed bar.

Our teaching team are all highly skilled professional staff with extensive industry experience which keeps the learning current and fresh. They are passionate about supporting learners to achieve their goals and continuously update their skills. They also enjoy links to professional bodies and great industry links for example with hotels including Lainston House, Chewton Glen, Southampton Harbour Hotel, Limewood, Carey's Manor, Holiday Inn, Hilton, The Pig and Premier Inn.

How will my learning be enhanced?

We give our learners the opportunity to prepare and cook fresh ingredients and try out a range of modern techniques. Our light and airy professional standard kitchen is a great environment in which to work, and allows students to make the most of their time with us. On completion of the programme, you receive a medal and certificate from Eastleigh College for participating, and have the chance to attend a graduation ceremony.

What do I need to sign up? (What are the entry requirements? What else do I need to know?)

No experience or qualifications are required. You need to have an interest and passion for the food service industry, a good work ethic and the ability and motivation to learn in a professional environment. You need to have determination, be open to new ideas, respectful of others, hardworking and a good team player.

What will I be learning? (What does this programme involve? How is the programme taught and assessed?)

During the course you will learn how to work in a professional kitchen and use some of the equipment. You will also get to know a range of basic skills such as bread making, knife skills, how to butcher whole poultry, making choux pastry, and also experience service in a professional kitchen.

How do I apply?

If you are interested in joining this course or wish for more information
Please email –Sue Lyons – Course Manager - slyons@eastleigh.ac.uk