

# COOK WITH SKILL, WORK WITH CONFIDENCE

Subject Area  
Student Type  
Study Mode

Hospitality & Catering  
Adults  
Part Time

## What is the course about?

Whether you want to build strong cooking skills for everyday life, explore a career in catering, or take your first step towards higher-level culinary courses, this course offers the perfect starting point. The **Level 1 Award in Culinary Skills** introduces the fundamentals of cooking in a friendly and supportive environment while giving you the opportunity to gain a recognised qualification.

If you enjoy food and want to experience what it's like to work in a real kitchen, this course is for you. You'll get hands-on from the start, learning practical cooking techniques while preparing a variety of dishes. As you progress, you will build confidence, develop essential kitchen skills, and gain a better understanding of how professional kitchens operate.

This course is about more than just following recipes. You'll learn how to use kitchen equipment safely, understand the basics of food preparation and hygiene, and work alongside others to produce quality dishes. Each session is practical, engaging, and designed to help you learn by doing.

Thanks to funding from the **Savoy Educational Trust**, the college has been able to enhance its training kitchens and improve the overall learner experience. This investment provides learners with access to improved facilities and equipment, helping to create a learning environment that reflects the standards of a professional kitchen.

No previous cooking experience is required. All you need is an interest in food and a willingness to get involved. Come along ready to learn new skills, try new recipes, and discover just how enjoyable cooking can be.

## Why should I choose the course?

The Level 1 Award in Culinary Skills is an excellent starting point for adults who are new to cooking or interested in exploring the catering and hospitality industry. It allows learners to develop essential kitchen skills and build confidence in a supportive environment without the commitment of a long or highly advanced programme.

The course is practical, engaging, and focused on developing real skills that can be used both at home and in a professional kitchen. Learners will gain hands-on experience, learn how to work safely and efficiently, and develop an understanding of how a working kitchen operates.

This qualification can help learners progress to higher-level catering courses or support those interested in moving towards entry-level roles within the hospitality industry. It also provides a flexible and realistic pathway for adults returning to education or looking to gain new skills.

## What will I learn?

This course will help you build confidence in the kitchen while developing essential cooking skills. You will learn how to:



**Warrington  
& Vale Royal  
College**

Warrington Campus  
Winwick Rd, Warrington WA2 8QA

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- Prepare a variety of simple, everyday dishes such as bread and other baked goods, poultry dishes, vegetable dishes and sauce making
- Use kitchen equipment safely and correctly
- Follow recipes and step-by-step instructions
- Understand and apply food safety and hygiene practices

By the end of the course, you will feel more confident preparing meals and working safely in a kitchen environment.

Assessment is relaxed and practical. Your progress will be assessed through:

- Practical cooking activities
- Tutor observation while you work
- Short knowledge checks to support your learning

There are no formal exams.

## What will the course lead on to?

Completing the **Level 1 Award in Culinary Skills** can open up a range of opportunities within the hospitality and catering industry.

### Further Study

After completing the course, learners may progress to:

- Specialist adult learning short courses (such as **Patisserie, Bakery or International Cuisines**)
- **Level 2 Certificate in Culinary Skills**
- Apprenticeships in food and hospitality

### Career Opportunities

This qualification may also support progression into entry-level roles such as:

- Kitchen assistant
- Catering assistant
- Food preparation assistant

## Are there any links with industry and university?

This qualification is widely recognised within the catering and hospitality sector and supported by industry bodies. It provides a strong foundation for further training and progression within the hospitality industry.

## What support is available?

You will be allocated a progress coach who will provide you with support to help you succeed on your study programme and progress on to your chosen career or progression path. We have a team of staff dedicated to providing learning support if required, as well as a Welfare Team that is on hand to offer guidance, support and help when needed.

Additionally, eligible students can access a wide range of finance and funding support to help them during their time at college.



# Why should I choose to study the course at Warrington & Vale Royal College?

The college offers supportive teaching, professional kitchen facilities, and flexible delivery suited to adults.

## What are the entry requirements?

There are no formal entry requirements. You will need to commit to one three-hour session each week for 7 weeks. An interest in food, a positive attitude to learning and readiness for hands-on practical work are important.



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