Fact Sheet

OCCUPATIONAL QUALIFICATION KITCHEN HAND

Capsicum
CULINARY STUDIO

Foundational Cookery Programme

6 MONTHS | FULL-TIME | PART-TIME | FEBRUARY - SEPTEMBER INTAKE

Your First Step into the Culinary World.

Ready to kickstart your culinary journey? The Foundational Cookery Programme is the perfect launchpad for anyone eager to step into the kitchen with confidence. Over six months, you will earn: the Occupational Certificate: Kitchen Hand (NQF Level 3). This qualification opens doors to your professional culinary journey.

Under the guidance of professional chefs, you will learn essential cooking techniques, kitchen operations, and hygiene, and safety, in fully equipped kitchens. But this Programme is more than just cooking and kitchen hygiene. The qualification includes a mandatory Work Integrated Learning (WIL) component, during which you will gain hands-on experience in real professional kitchens, preparing you to thrive in the fast-paced culinary world.

You will also enjoy unique experiences such as campus events and various, specialized culinary and digital workshops event, workshops, plus optional mastery modules designed to spark your creativity and give you an edge in the industry.

Whether you're fresh out of school or looking to switch careers, this Programme offers a clear and exciting pathway into the culinary field. Graduates can move straight into the Occupational Certificate: Cook, NQF Level 4 or launch careers in hotels, restaurants, catering, and beyond.

ADMISSION REQUIREMENTS

- Grade 9 or NQF 1
- 18 years of age

QUALIFICATION

- OCTO Occupational Certificate: Kitchen HandNQF 3 SAQA 110354

DURATION

- Full-Time : 6 months
- Part-Time : 12 Months (Maximum)



GROWTH OPPORTUNITIES

- Commis Chef
- Demi Chef de Partie
- Chef de Partie
- Entry to the Occupational Certificate: Cook (NQF 4)

COURSE OVERVIEW

- Hygiene, Safety and Food Quality
- Introduction to Hospitality and Kitchen Operations
- Personal Development as a Cook
- Food Preparation Methods and Techniques
- Kitchen Equipment and Operations
- Cooking Methods: Boiling, Poaching, Steaming, and Braising
- Baking, Roasting, Grilling, Frying
- Cold Food Preparation and Regeneration of Pre-prepared Food
- Work Integrated Learning (WIL)

OPTIONAL SPECIALISATIONS

- Sustainability - Farm to Fork
- Molecular Gastronomy
- Trends & Innovation in Menu Design and Food Styling

FURTHER STUDIES

- Assistant Baker
- Professional Chef
- Advanced Professional Chef

WHAT IS INCLUDED

- One full set of uniforms, golf shirt and a pair of safety boots
- Kitchen Hand knife set
- Digital Study Material
- Talent Exchange - Capsicum's Employment Programmeme
- Workshops

CAREER PATHS

The culinary and hospitality industry offers clear entry points and room to grow. From support roles to skilled positions, this Programmeme helps you step into the kitchen with confidence and build a career from the ground up.

Hotels and Resorts

Start in roles such as Kitchen Hand or Assistant Cook, supporting food prep and daily operations. With time, move into positions like Commis Chef, Line Chef or Chef de Partie, gaining confidence and responsibility in the kitchen.

Restaurant and Catering

Get to grips with fast-paced service in roles like Cold Kitchen Assistant, Commis Chef or Line Chef. These settings are ideal for building speed, accuracy and teamwork.

Restaurants and Cafés

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Contract Catering and Events

Support food production for large groups in schools, offices or events. Roles such as Catering Supervisor offer opportunities to lead service and coordinate teams.

Entrepreneurship and Self-Employment

Use your skills to run a home-based catering service, open a Food Stall or grow into a Small Business Owner, managing your own kitchen or mobile food outlet.

INTERNATIONAL STUDENTS

Capsicum is not permitted to register you until you have produced your VALID study visa. It could take 6 to 8 weeks for your Study Visa application to be processed. The study visa has to be issued to study at the institution. Please check the international student admissions requirements for the Programmeme of study you are applying for and ensure you meet the requirements. You will also need to submit a SAQA (South African Qualifications Authority) evaluation of your highest qualification. This together with your visa needs to be submitted before you will be able to study with Capsicum.

NSFAS only provides funding for South African students who plan to study at public universities or Technical and Vocational Education and Training (TVET) institutions.

Capsicum is an accredited skills development provider with the Quality Council for Trades and Occupations (QCTO) and the Culture Arts Tourism Hospitality and Sports Sector Education and Training Authority (CATHSSETA) Capsicum is also an accredited City & Guilds center.

The Kitchen Hand Qualification is subject to you completing the QCTO and CATHSSETA regulated EISA (External Integrated Summative Assessment). This final step is external and does not form part of your tuition fees. Capsicum will support you in completing this crucial part of your journey. The qualifications aligned to our Programmemes of study are accredited, quality assured and certified by the relevant accrediting body as per the above.

CONTACT US

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Visit our website for more information: www.capsicumcooking.com

OUR CAMPUSES

BOKSBURG - JHB | RUIMSIG - JHB | ROSEBANK - JHB | MENLYN - PTA
NELSON MANDELA BAY | UMHLANGA - DBN | SALT RIVER - CPT

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*Admission prerequisites are subject to institutional discretion
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Errors and ommissions expected