Fact Sheet

OCCUPATIONAL QUALIFICATION COOK

Capsicum
CULINARY STUDIO

Professional Chef Programme

1 YEAR | FULL-TIME | PART-TIME | FEBRUARY - JULY INTAKE

Launch Your Culinary Career in Just One Year

The Professional Chef Programme is designed for passionate individuals ready to enter the culinary world with confidence and internationally recognised credentials. Whether your goal is to work in top hotels, fine dining restaurants, luxury cruise liners or high-end catering, this programme equips you with the skills and industry exposure to thrive. Students graduate with the Occupational Certificate: Cook, a South African qualification registered at NQF Level 4 (SAQA ID 102296), along with the internationally respected City & Guilds Level 2 Diploma in Professional Cookery. These dual qualifications ensure you are ready to work both locally and abroad.

Training takes place in fully equipped professional kitchens, where students build a strong foundation in culinary techniques, food preparation, kitchen operations and hygiene. The curriculum blends theory with hands-on learning, developing both technical skill and professional discipline.

Ideal for school leavers or hospitality professionals looking to advance their skills, this programme builds confidence, creativity, and high-performance capability.

Through extensive Work Integrated Learning (WIL), students gain hands-on industry experience that ensures immediate employability. Whether you aspire to lead a kitchen, continue your studies, or launch your own food business, this qualification is the launchpad for a dynamic culinary career.

ADMISSION REQUIREMENTS

- Grade 9 or NQF 1 with Mathematics / Maths Literacy
- 18 years of age

QUALIFICATION

- QCTO Occupational Certificate: Cook NQF 4 SAQA ID 102296
- City & Guilds Diploma: Level 2 Diploma in Professional Cookery

DURATION

- Full-Time : 12 Months
- Part-Time : 24 Months (Maximum)



GROWTH OPPORTUNITIES

- Food Production Manager
- Culinary Tour Guide
- Food Truck Owner
- Recipe Developer
- Private Chef
- Food Stylist
- Sous Chef
- Head Chef
- Culinary Entrepreneur

COURSE OVERVIEW

- Introduction to the Kitchen
- Hospitality and Catering Industry
- Hygiene and Safety
- Kitchen Operations
- Concepts of Food Production
- Ingredient Identification
- Numeracy and Computer Literacy
- Stocks, Sauces and Soups
- Fruit and Vegetable
- Meat and Poultry
- Fish and Shellfish
- Rice and Grains
- Cold Food Production
- Bakery Principles
- Nutrition and Special Diets
- Environmental Sustainability
- Stock Control
- Personal Development
- Culinary Practical Application
- Work Integrated Learning (WIL)

OPTIONAL SPECIALISATIONS

- Plant Based Cuisine
- Sustainability - Farm to Fork
- Trends & Innovation in Menu Design and Food Styling

WHAT IS INCLUDED

- Two uniform sets, a golf shirt, and safety boots
- Professional chef knife set & digital study material
- Talent Exchange employment programme
- Workshops: Social Media, Wine Appreciation,
- Optional Mastery Modules: Food and Media, Cultural Awareness and Inclusivity

FURTHER STUDIES

- Professional Patisserie
- Occupational Higher Certificate Chef
- Higher Certificate in Hospitality Management

CAREER PATHS

A chef's career can follow many paths - from the heat of the kitchen to entrepreneurship, education and beyond. With hands-on experience and a strong technical foundation, opportunities open up across restaurants, hotels, bakeries, catering and the wider hospitality sector, both locally and internationally.

Hotels and Resorts

Begin your journey in structured, high-performance kitchen teams as a Commis Chef, Demi Chef or Chef de Partie. With time and experience, you can progress into senior roles such as Sous Chef, Executive Chef, overseeing operations and leading culinary teams.

Restaurant and Cafés

Whether in fine dining, bistros or boutique cafés, restaurants offer dynamic environments where creativity and skill go hand in hand. Roles such as Assistant Chef, Sous Chef, and Head Chef allow for specialisation, while others step into leadership as a Head Chef or Culinary Consultant.

Entrepreneurship and Leadership

Many professionals go on to run their own ventures as Restaurant Owners, Bakery Entrepreneurs, Private Chefs, or work independently as Culinary Consultants.

Contract Catering and Events

From corporate catering to large-scale events, roles such as Catering Supervisor involve managing teams, logistics and delivery. These fast-moving environments call for strong organisation, planning and communication skills.

Travel and Tourism

Cruise ships, safari lodges, luxury resorts and airlines offer opportunities to work in diverse, fast-paced kitchens. These roles demand flexibility and cultural awareness, with the chance to travel while working as part of international teams.

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 programme 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 Tourismz Hospitality and Sports Sector Education and Training Authority (CATHSSETA) Capsicum is also an accredited City & Guilds center.

The Cook 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 programmes 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