



NCFE Level 1 Certificate in Food and Cookery Skills

Qualification Number: 603/3909/3

LEVEL	DURATION	GLH	STUDY MODE	AWARDING BODY
Level 1	3-6 Months	120 GLH	Online / Distance	NCFE

COURSE OVERVIEW

A practical introduction to cooking and food for beginners and anyone who wants to build confidence in the kitchen. You learn how to prepare to cook safely and hygienically, understand food and balanced diets, and plan and produce dishes to a brief. It is a supportive first step towards further catering and hospitality study.

QUALIFICATION UNITS

- Preparing to cook
- Understanding food
- Exploring balanced diets
- Plan and produce dishes in response to a brief

ENTRY REQUIREMENTS

- Aged 16 or over
- Access to a kitchen to practise the practical tasks
- Reasonable standard of English
- Internet access for online study

PROGRESSION

- NCFE Level 2 Certificate in Food and Cookery Skills
- Hospitality and catering qualifications
- Kitchen assistant or catering roles
- Further Level 2 study

ASSESSMENT & CERTIFICATION

Assessed by a portfolio of assignments and practical evidence, including photographs of the dishes you produce. Internally assessed and externally quality assured by NCFE. Graded Achieved / Not Yet Achieved, with a pass required across all learning outcomes.

Flexible Payment Plans

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