

**Unit A**

- A1. Maintain a safe and secure environment
- A2. Maintain customer care
- A3. Create and maintain effective working relationships
- A4. Develop and maintain positive working relationships with customers
- A5. Maintain information systems to support delivery of service
- A6. Contribute to the development of self and others
- A7. Render first aid

**Occupational/Skills Profile Chart****Unit B**

- B1 Clean and maintain food production areas, equipment and utensils
- B2 Maintain and handle knives
- B3 Prepare and fry food
- B4 Prepare and bake food
- B5 Prepare and grill food
- B6 Prepare, boil, poach, and steam food
- B7 Prepare vegetables and fruit
- B8 Prepare cold and hot sandwiches and bread products
- B9 Prepare and cook stock, sauces, and soups
- B10 Prepare salads
- B11 Prepare, bake, and decorate basic cakes
- B12 Prepare and cook basic pastry dishes
- B13 Prepare, cook and present international dishes



**BARBADOS  
VOCATIONAL  
TRAINING  
BOARD**

**SKILLS TRAINING PROGRAMME  
in**



**INTERNATIONAL CUISINE**

## International Cuisine

The training course in International Cuisine will be conducted over a period of six months (25 weeks). Trainees will spend the first thirteen weeks in practical activity at the Skills Training Centre. From week 14 to week 20, trainees will be assessed in a variety of food preparation and cooking activities, using National Vocational Level 1 Standards for the occupational area. This will be conducted at the Skills Training Centre and any other food establishment which meet the Occupational Health and Safety Standards required for this program. During weeks 21 –24, trainees will be placed on attachment for on-the-job experience. The final week (week 25) will be spent completing projects and activity portfolios for their final assessment.

Trainees must 16 years and older, and will be selected for the programme to be trained as entry-level cooks, after acquiring a health certificate from a certified medical practitioner.

A uniform is to be worn by the trainees as follows:

- White shirt
- Black and white chequered pants or skirt
- Flat black shoes
- White Chef's jacket
- Hairnets and Chef's hat as required

Trainees will not be permitted to wear or use the following items throughout the training period:

- Long painted nails
- Dangling earrings (trainees may wear a wedding band and ear bobs)
- Perfumes
- Heavy makeup
- Chewing gum
- Long hair styles and long beards
- High heeled shoes

## Course Objectives

On completion of the course, a trainee (entry level cook) will be able to:

- Prepare nutritious dishes using local foods
- Follow manufacturer's instructions in the safe use of kitchen equipment and ancillary supplies
- Apply occupational health and safety standards in the kitchen and any other areas where food services are rendered.
- Acquire information on cooking and food services through research, networking and other appropriate methods to supplement practical skills
- Practice safe food handling habits
- Demonstrate some of the traits and characteristics of efficient cooks
- Create a portfolio of items developed in the training course
- Develop sound interpersonal and customer relations skills
- Acquire information on acceptable attire for food preparation and service delivery.

## Course Outline

The course comprises of two (2) components. The first component, **Unit A**, highlights the generic or core content of the course, which is fundamental to all persons working within the industry. This unit deals with the enhancement of **interpersonal communications, customer service skills** and the development of **first aid skills**. The second component of the course content, **Unit B**, highlights an **occupational profile** for the **Cook** in the **International Cuisine** environment.