



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Food Preparation And Selection Assistance Skills Training

Agriculture and Nature Conservation / Nature Conservation

Unit Standard 113821 · NQF Level 2 · 8 Credits · 5 Days

COURSE OVERVIEW

This course equips learners with the knowledge and skills to assist in food preparation and selection, ensuring that food items are chosen, handled, and prepared according to industry standards and safety regulations. Participants will gain practical competencies to support chefs and kitchen staff in a commercial or institutional food service environment.

Category	Agriculture and Nature Conservation
Subfield	Nature Conservation
Unit Standard	113821
Accreditation	SAQA Accredited · NQF Level 2 · 8 Credits
Duration	5 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply principles of food selection to identify fresh, safe, and appropriately sourced ingredients.
- Demonstrate correct techniques for cleaning, cutting, and storing various food items to prevent contamination.
- Assist in basic food preparation methods such as measuring, mixing, and portioning under supervision.
- Implement hygiene and safety procedures in accordance with food safety standards and regulations.
- Communicate effectively with team members to support efficient kitchen operations.

WHO SHOULD ATTEND

- This course is designed for kitchen assistants, food service workers, and individuals entering the hospitality or catering industry who require foundational skills in food preparation and selection assistance.

COURSE OUTLINE

Day 1: Introduction to Food Preparation and Selection Principles

- Overview of food preparation and selection assistance
- Kitchen safety, hygiene, and personal grooming standards
- Food groups: carbohydrates, proteins, fats, vitamins, minerals
- Basic nutrition and dietary requirements
- Menu planning principles
- Recipe standardisation and portion control
- Introduction to kitchen equipment and utensils
- Food storage and stock rotation (FIFO)

Day 2: Food Selection and Quality Assessment

- Selecting fresh fruits, vegetables, meat, poultry, and seafood
- Choosing dairy products, eggs, and dry goods
- Sensory evaluation: appearance, smell, texture, taste
- Reading and interpreting food labels
- Understanding expiry dates and storage instructions
- Signs of spoilage in different food types
- Handling and storing food to maintain quality

Day 3: Basic Food Preparation Techniques

- Knife skills: chopping, dicing, slicing, julienning
- Cooking methods: boiling, steaming, frying, roasting, grilling
- Preparation of stocks, soups, and sauces
- Cooking grains, pasta, and vegetables
- Preparing protein dishes: meat, poultry, fish
- Recipe reading and measurement conversions
- Time management in food preparation
- Cleaning and sanitising workstations

Day 4: Special Dietary Requirements and Menu Adaptation

- Common food allergies and intolerances (gluten, lactose, nuts)
- Special diets: vegetarian, vegan, diabetic, halal, kosher
- Nutritional modifications for health conditions
- Recipe substitution techniques
- Menu adaptation for special dietary requirements
- Cross-contamination prevention
- Communication with guests and kitchen staff
- Documentation and record-keeping

Day 5: Practical Integration and Service Preparation

- Meal planning and mise en place
- Coordinating preparation timelines
- Plating and presentation techniques
- Garnishing and finishing touches
- Teamwork in a commercial kitchen
- Service simulation: serving food to guests

- Receiving and acting on feedback
- Reflection and self-assessment

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **8 NQF credits** at **NQF Level 2**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 23,000.00	R 23,000.00
1	In-House	R 29,900.00	R 29,900.00
1	On-Campus (Pretoria)	R 34,500.00	R 34,500.00

UPCOMING SESSIONS

Start	End	Method	Venue
17 Aug 2026	21 Aug 2026	On-Campus	Harare, Zimbabwe
17 Aug 2026	21 Aug 2026	On-Campus	Shenzhen, China
17 Aug 2026	21 Aug 2026	On-Campus	Durban, South Africa
17 Aug 2026	21 Aug 2026	On-Campus	Abu Dhabi, UAE
17 Aug 2026	21 Aug 2026	On-Campus	Pretoria, South Africa
17 Aug 2026	21 Aug 2026	On-Campus	Dubai, UAE
24 Aug 2026	28 Aug 2026	On-Campus	Abu Dhabi, UAE
24 Aug 2026	28 Aug 2026	On-Campus	Durban, South Africa

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 113821) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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