

# Cookery

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'I remember that first day well, I couldn't believe I was going to spend nine months learning everything I wanted to. It was awesome being around people who were also passionate about food. My classmates and tutors made it a really fun year, I'm still close with a lot of them now.'

# Lizzie

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 Cookery

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 Chef de Partie

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Lizzie first stepped foot into a restaurant kitchen when she was in high school. After a week, she knew she wanted to be a chef.

Her passion for hospitality grew, and the following summer, Lizzie spent the whole time working. When she came back to school, it didn't feel like the place for her anymore. It was Lizzie's cooking teacher who first told her about WelTec.

"I went in for a look around when I was at high school, and I remember thinking how cool it looked. Everyone had their chef jackets on, it really looked like the place for me."

Lizzie enrolled in the Level Four Certificate in Cookery. "I remember that first day well, I couldn't believe I was going to spend nine months learning everything I wanted to. It was awesome being around people who were also passionate about food."

Lizzie would spend the morning in class, and then in the evening she would work, fully immersing herself in the industry.

"The way we'd work in class replicated the environment of a real kitchen. We'd spend the whole four-hour class working in a group, figuring out who needed to do what, and helping each other along the way."





Now, Lizzie is a Chef de Partie at Koji, where she's learning from a small team of people passionate about food. She loves the open kitchen, which allows her to see the customers' reaction from across the restaurant, and if they want to ask her a question, they can. Seeing their reaction is super rewarding.

To anyone interested in studying Cookery or Bakery, Lizzie says, "If you have a passion for something, and you know it's what you want to do, just do it. You won't regret it. Just follow what you're excited about."

Read Lizzie's full story on our website. Follow the QR below.



# New Zealand Certificate in Cookery (Level 3)

 Level 3
 17 weeks, full-time
 \$3,782 (indicative for 2023 intake)
 \$12,500* (indicative for 2023 intake)

Discover the basic skills needed to be a part of the food industry. This introductory programme covers basic methods of food preparation, cooking and health and safety practices. Use this programme to pathway on to higher cooking qualifications.

## Programme Outline

Produce the basic dishes required in a commercial kitchen. Gain the skills to work at an entry-level in a commercial kitchen. Practice preparing, cooking and presenting dishes. Learn about nutrition, health and safety, and commercial kitchen procedures.

## More detail about this programme

- Apply fundamental cookery skills to prepare, cook and present a range of basic dishes, using commodities commonly used in industry
- Commercial kitchen procedures
- Develop knowledge of the importance of the nutrition and the effects that the cooking and storing of food has on nutritional value
- Apply health and safety and security practices to ensure own safety and minimize potential hazards for customers

## Entry Requirements

Open entry.

## Further Study Options

- [New Zealand Certificate in Cookery \(Level 4\)](#)

Disclaimer: The information contained in this document is correct at the time of print. Whitireia and WelTec | Te Pūkenga reserves the right to cancel or postpone any of the programmes, and shall not be liable for any claim other than the proportion of programme fees that the cancelled portion bears. Some programmes may be dependent upon formal approval from NZQA (New Zealand Qualifications Authority), TEC (Tertiary Education Commission) funding allocation, and the number of enrolments. As part of the NZQA targeted review of all Level 1-6 New Zealand qualifications, there may still be changes to some programmes starting in 2024. Fees, programmes, entry and selection criteria, and dates, are subject to change. Please check the relevant programme pages at [whitireiaweltec.ac.nz](http://whitireiaweltec.ac.nz) for up-to-date information and full entry regulations before applying to enrol. Information regarding English language requirements is available on each course page at [whitireiaweltec.ac.nz](http://whitireiaweltec.ac.nz).