

## Preparing for college: 2024

### Course title: Level 3 - Professional Cookery

- To help you prepare for your course, you will need to complete the following tasks.
- These will be reviewed by your teacher at the start of term.
- You will be instructed how to upload and submit this task during your induction week
- You can write, powerpoint or record on your phone

**Time required:** No longer than 4 hours

**Deadline:** Induction week 2024

**Task 1 - Professional Cookery** – Design a four course taster menu not exceeding £15 food cost person on the theme of “A Taste of Sussex”. All ingredients must be grown or produced in Sussex

**Task 2 - Food & Wine matching** – Provide a wine pairing list (one wine for each course) to accompany the menu designed above. All wines must be produced in Sussex.

**Task 3 - Work Experience** – research 2 places you would like to complete your work experience and the skills you want to develop at each

**Task 4 - Write a conclusion** about what inspires you personally about your chosen career path and industry.

- Why did you choose your particular course?
- What are your long term career goals?

Word Process in your own words, not copied and paste

#### What will I learn?

Knowledge	Skills
Sussex Food & Wines	IT Skills
Food & wine matching	Research skills
Employment opportunities	Writing/English Language
Self-Management & Development	Mathematics (costings)

***Good luck and we look forward to reading your submissions!***

Summarise and write about your finding per topic.

The work can be produced in any way you wish e.g. computer or hand written. However the work must be your own; do not copy and paste.

**Top Tips:**

- Put your name on every page of your work.
- Take pride in your work.
- Present it neatly in a logical order, use headings and subheadings.
- Check our layout and font is consistent.
- Use images to make your work visually appealing
- Check your work for spelling & grammar before submission

***Good luck and we look forward to reading your submissions!***