

02.09.2025, Tallinn, Estonia.

## **Course Title: Assistant Cook**

Course Group: Catering

### **Goal of the Training**

The training aims to ensure that the learner gains the knowledge, skills, attitudes, and social readiness to work as an assistant cook in various catering service companies in the open labor market. It also provides the foundation for continuing studies and lifelong learning.

Language of Instruction: Estonian/Russian/English.

### **Learning Outcomes**

1. Handles raw food and meals economically, assists the cook in preparing and serving dishes, and works under the cook's supervision.
2. Follows occupational safety, environmental safety, and hygiene requirements.
3. Works in a team under supervision, organizes own work and plans time, acts and behaves ethically and in a socially accepted manner.
4. Knows how to pre-process food products, cold-process vegetables, and prepare vegetable, cereal, and pasta side dishes and meals according to instructions.
5. Performs assisting tasks in food preparation and cleaning/organizing tasks under the cook's guidance.
6. Prepares and serves dishes and drinks from the menu under supervision.

### **Conditions for Starting Studies**

Anyone with basic education and whose health condition allows learning and working in this field may start studies under the Assistant Cook curriculum. The program is intended for both women and men. Admission takes place according to the conditions set out in the document 'Rules of Study Organization'.

### **Total Study Load**

250 academic hours (50 classroom hours, 70 practice hours in the school environment, 100 practice hours in a company, 20 independent study hours).

### **Curriculum Structure**

| Module                            | Hours              |
|-----------------------------------|--------------------|
| 1. Work planning and organization | 28 academic hours  |
| 2. Basics of Catering             | 100 academic hours |
| 3. Basics of Service              | 12 academic hours  |
| 4. Company Practice               | 100 academic hours |