

LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Certificate in Professional Kitchen Operations

Foundation Level



LAPT — London Academy of Professional Training

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Reference HS-FBP-F • Hospitality Centres

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AT A GLANCE

REFERENCE	HS-FBP-F
AWARD	Certificate
ASSESSMENT	440 marks — 264 to pass (60%)
PREREQUISITES	None
VALIDITY	Lifetime
AWARDING BODY	LAPT — London Academy of Professional Training

CURRICULUM

1 Basic Culinary Techniques 4 chapters · 20 classes 90 marks	• 1 Chapter 1 — Mastering Fundamental Knife Skills — 5 classes › 1.1 Understanding Knife Types and Their Uses › 1.2 Establishing Safe Knife Handling Practices › 1.3 Mastering Basic Knife Grips and Cutting Techniques › 1.4 Practicing Precision Cuts: Julienne, Dice, and Chiffonade › 1.5 Applying Knife Skills in Real Kitchen Scenarios • 2 Chapter 2 — Basic Cooking Methods and Techniques — 5 classes › 2.1 Understanding Heat Transfer in Cooking › 2.2 Mastering Boiling and Simmering Techniques › 2.3 Exploring the Art of Sautéing and Stir-Frying › 2.4 Developing Skills in Roasting and Baking › 2.5 Applying Grilling and Broiling Concepts • 3 Chapter 3 — Introduction to Sauce-Making — 5 classes › 3.1 Understanding the Role of Sauces in Culinary Arts › 3.2 Exploring Essential Sauce Ingredients and Their Functions › 3.3 Mastering Basic Techniques for Preparing Stock-based Sauces › 3.4 Crafting Emulsified Sauces: Techniques and Tips › 3.5 Applying Sauce-Making Techniques in Practical Dishes • 4 Chapter 4 — Baking and Pastry Foundations — 5 classes › 4.1 Understanding Baking Ingredients and Their Functions › 4.2 Mastering Dough Mixing Techniques for Perfect Results › 4.3 Exploring Pastry Types and Their Unique Characteristics › 4.4 Applying Proper Baking Methods for Consistent Outcomes › 4.5 Evaluating Finished Baked Goods for Quality Control
2 Equipment Use and Maintenance 4 chapters · 20 classes 65 marks	• 1 Understanding Kitchen Equipment Types and Functions — 5 classes › 1.1 Identify Different Types of Kitchen Equipment › 1.2 Explore the Functions of Cooking Appliances › 1.3 Analyze the Maintenance Needs of Kitchen Tools › 1.4 Demonstrate Proper Use of Essential Kitchen Equipment › 1.5 Evaluate Safety Practices When Operating Kitchen Equipment • 2 Safe Operating Procedures for Kitchen Equipment — 5 classes › 2.1 Identify Safe Operating Procedures for Common Kitchen Equipment › 2.2 Demonstrate Proper Setup for Kitchen Equipment Use › 2.3 Execute Safety Checks Before Operating Kitchen Equipment › 2.4 Perform Basic Maintenance on Key Kitchen Equipment › 2.5 Evaluate and Respond to Equipment Malfunctions in the Kitchen • 3 Daily Maintenance Practices for Equipment Longevity — 5 classes › 3.1 Identify Essential Daily Maintenance Tasks for Kitchen Equipment › 3.2 Demonstrate Proper Cleaning Techniques for Equipment Safety › 3.3 Inspect Equipment for Wear and Tear: A Hands-On Approach › 3.4 Schedule and Organize Daily Maintenance Routines Effectively › 3.5 Evaluate the Impact of Maintenance Practices on Equipment Longevity • 4 Troubleshooting Common Equipment Issues — 5 classes › 4.1 Identify Common Equipment Malfunctions › 4.2 Diagnose Issues with Cooking Machines › 4.3 Examine Electrical Problems in Kitchen Equipment › 4.4 Apply Troubleshooting Techniques for Repairs › 4.5 Evaluate Maintenance Strategies to Prevent Future Issues

• 1 Understanding Health and Safety Regulations in Professional Kitchens — 5 classes

- › 1.1 Exploring Key Health and Safety Legislation for Kitchens
- › 1.2 Identifying Common Hazards in Professional Kitchens
- › 1.3 Implementing Effective Safety Protocols
- › 1.4 Maintaining Hygiene Standards in Food Preparation
- › 1.5 Conducting Risk Assessments in Kitchen Environments

• 2 Implementation of Hygiene Standards and Procedures — 5 classes

- › 2.1 Understanding Hygiene Regulations in Professional Kitchens
- › 2.2 Identifying and Mitigating Hygiene Hazards
- › 2.3 Applying Correct Handwashing Techniques
- › 2.4 Implementing Effective Cleaning Protocols
- › 2.5 Maintaining Hygiene Standards During Food Preparation

• 3 Risk Assessment and Hazard Control in Kitchen Operations — 5 classes

- › 3.1 Understanding Kitchen Hazards and Their Impact
- › 3.2 Identifying Common Risks in Kitchen Environments
- › 3.3 Evaluating Risk Factors and Prioritizing Controls
- › 3.4 Implementing Effective Hazard Control Measures
- › 3.5 Monitoring and Reviewing Risk Management Strategies

• 4 Emergency Response and First Aid in Food Production Facilities — 5 classes

- › 4.1 Understanding Emergency Protocols in Food Production
- › 4.2 Identifying Common Kitchen Emergencies
- › 4.3 Applying First Aid Techniques for Common Injuries
- › 4.4 Implementing Evacuation Plans Effectively
- › 4.5 Evaluating Emergency Response Drills for Safety Compliance

• 1 Chapter 1 — Understanding Kitchen Layouts and Workflow — 5 classes

- › 1.1 Exploring the Essentials of Kitchen Layouts
- › 1.2 Identifying Different Types of Kitchen Designs
- › 1.3 Analyzing Workflow Patterns in a Professional Kitchen
- › 1.4 Optimizing Space and Efficiency in Kitchen Operations
- › 1.5 Applying Ergonomic Principles in Kitchen Workflow

• 2 Chapter 2 — Essential Kitchen Equipment and Utensils — 5 classes

- › 2.1 Identifying Key Kitchen Equipment
- › 2.2 Exploring Functions and Uses of Utensils
- › 2.3 Selecting the Right Tools for Different Cooking Tasks
- › 2.4 Maintaining and Caring for Kitchen Equipment
- › 2.5 Applying Knowledge to Organize a Functional Workspace

• 3 Chapter 3 — Basic Food Safety and Hygiene Practices — 5 classes

- › 3.1 Understanding Foodborne Illness and Contamination
- › 3.2 Identifying Kitchen Hazards and Preventive Measures
- › 3.3 Implementing Personal Hygiene Practices
- › 3.4 Applying Sanitization Techniques for Food Safety
- › 3.5 Demonstrating Safe Food Handling Procedures

• 4 Chapter 4 — Introduction to Menu Planning and Preparation — 5 classes

- › 4.1 Understanding Menu Planning Basics
- › 4.2 Identifying Key Menu Components
- › 4.3 Exploring Seasonal and Local Ingredients
- › 4.4 Designing a Balanced Menu
- › 4.5 Evaluating Menu Costs and Pricing

• 1 Identifying Common Kitchen Challenges — 5 classes

- › 1.1 Recognize Common Kitchen Workflow Disruptions
- › 1.2 Identify Equipment Failures and Their Impact
- › 1.3 Analyze Ingredient Shortages and Alternatives
- › 1.4 Assess Time Management Issues in Food Preparation
- › 1.5 Develop Strategies for Resolving Kitchen Conflicts

• 2 Analyzing Problems and Root Causes — 5 classes

- › 2.1 Identify Common Kitchen Problems through Observation
- › 2.2 Use Data Collection Techniques to Gather Information
- › 2.3 Apply Root Cause Analysis Methods to Kitchen Issues
- › 2.4 Evaluate the Impact of Identified Problems on Operations
- › 2.5 Develop Action Plans for Effective Problem Resolution

• 3 Developing Creative Solutions — 5 classes

- › 3.1 Identify Common Kitchen Challenges
- › 3.2 Brainstorm Creative Solutions to Kitchen Problems
- › 3.3 Evaluate the Feasibility of Proposed Solutions
- › 3.4 Implement Creative Solutions in Real-World Scenarios
- › 3.5 Reflect on Problem-Solving Outcomes and Adjust Strategies

• 4 Implementing Solutions and Evaluating Outcomes — 5 classes

- › 4.1 Identify Common Kitchen Problems and Challenges
- › 4.2 Develop Strategic Solutions for Kitchen Issues
- › 4.3 Implement Solutions in a Controlled Kitchen Environment
- › 4.4 Monitor and Collect Data on Solution Effectiveness
- › 4.5 Evaluate Outcomes and Recommend Future Improvements

• 1 Understanding Recipe Components and Their Role in Standardisation — 5 classes

- › 1.1 Identify Key Components of a Recipe
- › 1.2 Explain the Importance of Accurate Measurements
- › 1.3 Analyse the Role of Cooking Methods in Recipe Standardisation
- › 1.4 Compare Ingredient Substitutions and Their Effects on Recipes
- › 1.5 Develop a Standardised Recipe Based on Component Analysis

• 2 Principles of Measuring and Scaling Ingredients Accurately — 5 classes

- › 2.1 Understand the Importance of Accurate Measurements in Cooking
- › 2.2 Identify Different Units of Measurement and Their Conversions
- › 2.3 Explore Tools and Techniques for Measuring Dry Ingredients
- › 2.4 Master the Techniques for Measuring Liquid Ingredients
- › 2.5 Apply Knowledge by Scaling a Recipe for Different Servings

• 3 Developing and Testing Standardised Recipes for Consistency — 5 classes

- › 3.1 Identify Key Components of a Standardised Recipe
- › 3.2 Explore Methods for Testing Recipe Consistency
- › 3.3 Develop a Standardised Recipe Template
- › 3.4 Conduct a Blind Taste Test for Recipe Evaluation
- › 3.5 Implement Feedback for Recipe Refinement

• 4 Implementing Recipe Standardisation in Professional Kitchen Operations — 5 classes

- › 4.1 Define Recipe Standardisation and Its Importance in Professional Kitchens
- › 4.2 Identify Key Components of a Standardised Recipe
- › 4.3 Develop a Template for Standardised Recipes
- › 4.4 Implement Recipe Standardisation in Menu Planning
- › 4.5 Evaluate the Impact of Recipe Standardisation on Kitchen Efficiency