

# LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

## Certificate in International Cookery

*Foundation Level*



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### LAPT — London Academy of Professional Training

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**Reference** FD-ACA-F • Culinary Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

AT A GLANCE

|               |                                                |
|---------------|------------------------------------------------|
| REFERENCE     | FD-ACA-F                                       |
| AWARD         | Certificate                                    |
| ASSESSMENT    | 445 marks — 267 to pass (60%)                  |
| PREREQUISITES | None                                           |
| VALIDITY      | Lifetime                                       |
| AWARDING BODY | LAPT — London Academy of Professional Training |

CURRICULUM

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| <div>1Americas and Fusion Cuisine</div> <div>4 chapters · 20 classes45 marks</div> <div><div><div>• 1 Exploration of Continental American Flavors — 5 classes</div><div><div>› 1.1 Discovering Key Ingredients of Continental American Cuisine</div><div>› 1.2 Understanding Flavor Profiles Across American Regions</div><div>› 1.3 Mixing Heritage: The Art of American Fusion Cuisine</div><div>› 1.4 Experimenting with Classic American Dishes</div><div>› 1.5 Creating a Signature Fusion Dish Inspired by American Flavors</div></div></div><div><div>• 2 Analyzing Techniques and Styles of Latin American Cuisine — 5 classes</div><div><div>› 2.1 Exploring the Roots of Latin American Cuisine</div><div>› 2.2 Understanding Key Ingredients in Latin American Cooking</div><div>› 2.3 Mastering Traditional Cooking Techniques of Latin America</div><div>› 2.4 Analyzing Fusion Styles in Latin American Dishes</div><div>› 2.5 Applying Latin American Flavors to Create Fusion Cuisine</div></div></div></div> <div><div>• 3 Introduction to Fusion Cuisine Principles — 5 classes</div><div><div>› 3.1 Exploring the Origins and Evolution of Fusion Cuisine</div><div>› 3.2 Identifying Key Ingredients in Fusion Cuisine</div><div>› 3.3 Analyzing Cooking Techniques in Fusion Dishes</div><div>› 3.4 Understanding Flavor Profiles in Fusion Cooking</div><div>› 3.5 Applying Fusion Principles to Create Unique Recipes</div></div></div> <div><div>• 4 Practical Application: Creating Fusion Dishes — 5 classes</div><div><div>› 4.1 Exploring Flavor Profiles: Combining Ingredients from Different Cuisines</div><div>› 4.2 Understanding Fusion Techniques: Balancing Tradition and Innovation</div><div>› 4.3 Crafting Fusion Appetizers: Simple Starters with a Creative Twist</div><div>› 4.4 Experimenting with Main Courses: Merging Diverse Culinary Traditions</div><div>› 4.5 Perfecting Fusion Desserts: Sweet Endings with a Unique Flavor</div></div></div> |
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3

## Asian Culinary Techniques

4 chapters · 20 classes

65 marks

## • 1 Foundational Asian Culinary Principles — 5 classes

- › 1.1 Exploring Essential Asian Ingredients
- › 1.2 Mastering Knife Techniques for Asian Cuisine
- › 1.3 Understanding Asian Flavor Profiles and Balance
- › 1.4 Applying Foundational Stir-Fry Techniques
- › 1.5 Adapting Traditional Asian Cooking Methods

## • 2 Preparation Techniques in Asian Cooking — 5 classes

- › 2.1 Understanding Asian Knife Skills: Chopping and Slicing Techniques
- › 2.2 Mastering the Art of Stir-Frying: Essential Tips and Methods
- › 2.3 Exploring Marination: Creating Authentic Asian Flavours
- › 2.4 Steaming Techniques: Perfecting Textures in Asian Cuisine
- › 2.5 Integrating Fermentation: Enhancing Dishes with Asian Ingredients

## • 3 Mastering Asian Cooking Methods — 5 classes

- › 3.1 Exploring the Fundamentals of Asian Flavour Profiles
- › 3.2 Mastering Stir-Frying Techniques for Authentic Texture
- › 3.3 Perfecting the Art of Steaming for Healthy Asian Dishes
- › 3.4 Delving into Braising: Balancing Heat and Aromatics
- › 3.5 Applying Culinary Techniques: Creating a Signature Asian Dish

## • 4 Innovative Fusions and Creative Presentations — 5 classes

- › 4.1 Exploring the Principles of Fusion Cuisine
- › 4.2 Identifying Key Asian Ingredients for Fusion
- › 4.3 Experimenting with Flavor Combinations
- › 4.4 Techniques for Creative Culinary Presentations
- › 4.5 Designing a Fusion Dish: From Concept to Plate

4

## European Cuisine

4 chapters · 20 classes

90 marks

## • 1 Overview of European Culinary Regions and Their Influences — 5 classes

- › 1.1 Exploring the Rich Tapestry of European Culinary Traditions
- › 1.2 Identifying Key Ingredients Across European Regions
- › 1.3 Analyzing the Historical Influences on European Cooking
- › 1.4 Understanding Cross-Cultural Exchanges in European Cuisine
- › 1.5 Applying Regional Techniques to Modern European Dishes

## • 2 Techniques and Ingredients in Classic European Dishes — 5 classes

- › 2.1 Identifying Key European Ingredients
- › 2.2 Exploring Fundamental Cooking Techniques
- › 2.3 Mastering Sauces in European Cuisine
- › 2.4 Preparing Classic European Starters
- › 2.5 Creating Signature European Main Dishes

## • 3 Modern Interpretations of Traditional European Recipes — 5 classes

- › 3.1 Exploring the Evolution of Traditional European Recipes
- › 3.2 Identifying Key Ingredients in Modern European Cuisine
- › 3.3 Analyzing Techniques for Modernizing Classic Dishes
- › 3.4 Integrating Contemporary Flavours into Traditional Recipes
- › 3.5 Creating a Modern Twist on a Classic European Dish

## • 4 Culinary Artistry and Plating of European Cuisine — 5 classes

- › 4.1 Exploring European Culinary Artistry: An Introduction to Styling Techniques
- › 4.2 Mastering Essential Plating Principles: Balance, Harmony, and Contrast
- › 4.3 Applying Colour and Texture: Enhancing Visual Appeal in Dishes
- › 4.4 Creating Themed Plates: Cultural Influences and Artistic Inspirations
- › 4.5 Designing Signature Presentations: Crafting a Unique Culinary Style

5

## Introduction to Culinary Essentials

4 chapters · 20 classes

90 marks

## • 1 Basic Knife Skills and Safety Techniques — 5 classes

- › 1.1 Understanding Knife Anatomy and Types
- › 1.2 Grasping the Basic Knife Grips
- › 1.3 Mastering Basic Cutting Techniques
- › 1.4 Prioritizing Knife Safety Practices
- › 1.5 Applying Knife Skills in Practice

## • 2 Understanding Ingredients and Flavor Profiles — 5 classes

- › 2.1 Identifying Basic Ingredients and Their Uses
- › 2.2 Exploring Fundamental Flavor Profiles
- › 2.3 Analyzing How Ingredients Interact in a Dish
- › 2.4 Distinguishing Fresh Ingredients from Preserved Ones
- › 2.5 Creating Simple Dishes Using Key Flavors

## • 3 Fundamental Cooking Methods and Techniques — 5 classes

- › 3.1 Understanding Heat Transfer in Cooking
- › 3.2 Mastering Dry Heat Cooking Techniques
- › 3.3 Exploring Moist Heat Cooking Methods
- › 3.4 Practicing Combination Cooking Techniques
- › 3.5 Applying Fundamental Techniques in Simple Dishes

## • 4 Creating International Dishes with Aesthetic Presentation — 5 classes

- › 4.1 Exploring Flavor Profiles of World Cuisines
- › 4.2 Understanding International Ingredients and Their Uses
- › 4.3 Mastering Cooking Techniques Across Cultures
- › 4.4 Designing Visually Appealing Plates
- › 4.5 Integrating Aesthetic Presentation into International Dishes

**• 1 Understanding Nutritional Basics and Guidelines** — 5 classes

- › 1.1 Exploring Macronutrients and Micronutrients
- › 1.2 Understanding Daily Nutritional Requirements
- › 1.3 Analyzing Food Labels and Nutritional Information
- › 1.4 Designing Balanced Meals for Diverse Diets
- › 1.5 Applying Nutritional Guidelines in Menu Planning

**• 2 Nutritional Needs Across Diverse Populations** — 5 classes

- › 2.1 Explore Nutritional Needs of Children and Adolescents
- › 2.2 Understand Nutritional Requirements for Adults and Seniors
- › 2.3 Identify Dietary Preferences in Diverse Cultural Groups
- › 2.4 Analyze Nutritional Challenges in Low-Income Populations
- › 2.5 Design Nutrition Plans Tailored for Specific Health Conditions

**• 3 Designing Balanced Menus for Health and Well-being** — 5 classes

- › 3.1 Understanding Nutritional Basics: Macronutrients and Micronutrients
- › 3.2 Exploring Dietary Guidelines and Their Importance
- › 3.3 Constructing Balanced Meals for Optimal Health
- › 3.4 Assessing Nutritional Needs Based on Lifestyle and Age
- › 3.5 Creating Menus that Promote Health and Well-being

**• 4 Advanced Techniques in Nutritional Analysis and Menu Optimization** — 5 classes

- › 4.1 Understanding Nutritional Guidelines and Standards
- › 4.2 Analyzing Nutritional Content of Ingredients
- › 4.3 Utilizing Technology for Nutritional Analysis
- › 4.4 Optimizing Menus for Balanced Nutrition
- › 4.5 Evaluating Menu Adjustments for Special Dietary Needs