



课程含实习
With Internship

西式烹饪艺术

Western Culinary Art (SIWCA)

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16个月课程 Months Course

▲ 80% 实践训练
80% Practical Skills

▲ 20% 理论
20% Theory

▲ 教学媒介语以中文为主，
英文为辅
Medium of Instruction:
Chinese & Simple English

▲ 16岁以上即可报读，
无需入学资格
Entry Requirement:
16 Years Old & Above

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西式烹饪艺术课程旨在培养学生掌握西式烹饪的基础知识与实务技能。课程涵盖西餐基础烹调、汤品与酱汁制作、沙拉与前菜制作、肉类及海鲜处理与烹调、西式主菜制作，以及食物摆盘技巧等内容。学生将通过实践训练，学习食材处理、烹调技巧、食品卫生及厨房操作规范。

通过系统化的实操训练，学生将提升专业烹饪技能与职业素养，为未来进入餐饮行业或进一步深造奠定良好基础。

The Western Culinary Art (SBWCA) Programme is designed to equip students with fundamental knowledge and practical skills in Western cuisine. The programme covers basic cooking techniques, soups and sauces, salads and appetizers, meat and seafood preparation, Western main course preparation, and food presentation techniques. Through hands-on training, students will learn ingredient preparation, cooking methods, food hygiene, and kitchen practices.

Through structured practical training, students will develop essential culinary skills and gain a strong foundation for future opportunities in the food and beverage industry or further culinary studies.

学生将学习 / Students will learn and be able to:

▲ 掌握西式烹饪核心技能

学习西式烹饪的基础与进阶技巧，包括刀工训练、汤品与酱汁制作、沙拉与前菜制作、肉类及海鲜处理、西式主菜烹调及摆盘技巧，全面建立扎实的西餐烹饪基础。

Master Core Western Culinary Skills

Develop fundamental and advanced Western cooking techniques, including knife skills, soup and sauce preparation, salads and appetizers, meat and seafood handling, Western main course preparation, and food presentation, building a strong culinary foundation.

▲ 资深西餐厨师指导

由具丰富行业经验的西餐主厨亲自授课，学生将通过实践操作掌握专业烹饪技巧，并获得行业导师的指导与经验分享。

Learn from Professional Western Chefs

Taught by experienced Western cuisine chefs, students gain hands-on training and practical knowledge while receiving guidance from industry professionals.

▲ 实践导向学习

课程以实操训练为核心，让学生在真实厨房环境中学习食材处理、烹调技术、卫生规范及厨房运作流程，提升专业能力与工作效率。

Hands-on Culinary Training

Through practical kitchen-based learning, students develop skills in ingredient preparation, cooking techniques, food hygiene, and kitchen operations within a realistic culinary environment.

▲ 专业厨房设施训练

配备专业级厨房设备及烹饪工具，让学生在符合行业标准的环境中进行训练，增强实际操作经验。

State-of-the-Art Kitchen Facilities

Train with professional kitchen equipment and industry-standard facilities designed to enhance practical culinary skills and workplace readiness.

▲ 职业发展与升学基础

通过系统化的西式烹饪训练，学生将建立专业技能与职业素养，为未来进入餐饮行业或继续深造相关专业奠定良好基础。

Career & Further Study Preparation

Structured culinary training equips students with professional skills and industry knowledge, providing a strong foundation for careers in the food and beverage industry or further culinary studies.

课程内容 | COURSE OUTLINE

- 厨房卫生与安全
Kitchen Hygiene and Safety
- 基础刀工技巧
Basic Knife Skills
- 西式烹饪基础技巧
Western Culinary Techniques
- 西式家禽处理与烹调
Poultry Preparation in Western Culinary Method
- 西式经典酱汁制作
Classic Sauces Production in Western Culinary Method
- 烹饪食材分析与采购
Analysis and Purchasing of Cooking Ingredients
- 现代西式菜肴摆盘与呈现
Plating and Presentation for Modern Western Dishes
- 蔬菜与淀粉类食材烹调
Vegetable and Starch Cookery
- 牛肉、羊肉及猪肉分切与烹调
Beef, Lamb, and Pork Fabrication and Cookery
- 西式海鲜与贝类处理及烹调
Seafood and Shellfish Preparation in Western Cuisine
- 营养学与成本控制
Nutrition and Cost Control
- 食品问题处理与解决方案
Handling and Solutions to Food Problem
- 现代西式料理与融合菜概念
Modern Western Cuisine and Fusion Concepts
- 厨房规划与设计
Kitchen Planning and Design
- 意大利面与意式炖饭：西式风味与摆盘技巧
Pasta and Risotto: Western Flavor Profiles and Presentation
- 沙拉与冷前菜制作
Salads and Cold Appetizers Production
- 西式汤品制作
Soup Preparation in Western Culinary Method
- 西式烹饪艺术实习
Practice in Western Culinary Arts (Internship)

* Please note that the modules listed are indicative and may be subject to change.



评估标准 | ASSESSMENT

本课程采用100%作业与实践评估方式，重点培养学生在西式烹饪领域的实际操作能力及专业技能应用。

课程鼓励团队合作与独立学习，学生将通过个人及小组实践项目，展示其烹饪技巧、厨房操作能力及专业素养。

100% Assignment and Practical Exercises.

The Western Culinary Art programme focuses on the practical application of culinary skills in a professional kitchen environment. Teamwork and independent learning are encouraged through individual and group projects, allowing students to demonstrate their cooking techniques, kitchen competency, and professional work ethics.



考取资格 | QUALIFICATIONS

英国国立西苏格兰学院专业文凭

Diploma awarded by West College Scotland, UK



就业前景 | CAREER PATHWAYS

西餐厨师、西餐主厨、酒店厨师、餐厅厨师、冷厨房厨师、厨房领班、厨务主管、餐饮服务主管、餐饮企业家、美食顾问、菜单开发专员、食品采购专员、厨房培训导师、餐饮运营专员、自雇餐饮业者等。

Western Cuisine Chef, Sous Chef, Hotel Chef, Restaurant Chef, Garde Manger Chef, Kitchen Supervisor, Kitchen Operations Executive, Food and Beverage Supervisor, Culinary Entrepreneur, Food Consultant, Menu Development Specialist, Food Procurement Officer, Culinary Trainer, Food Service Operations Executive, Self-Employed Food Business Owner, and more.



掌握西式烹饪艺术，开启无限职业可能。

Master the art of Western cuisine and unlock endless career opportunities.



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