



International Approved Centre

12 Week Full Time Kitchen Assistant 2026



THE NUCLEUS CULINARY TRAINING CENTRE

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Introduction

The Nucleus PTY (Ltd.) is a registered Level 2 B-BBEE company and is 51% Black Female owned.

Under the name The Nucleus Culinary Training Centre and in association with ChefMLK School of Cooking, established by Chef Martin Kobald, we are proud to bring accessible and affordable Culinary Training to more individuals.

The Nucleus Culinary Training Centre is located on the ChefMLK School of Cooking premises and is based in Glen Marais, Kempton Park and accessible by both public and private transport. Currently The Nucleus Culinary Training Centre is a private Training Provider and does not offer subsidized training or bursaries. Our combined focus is on quality, hands-on training with **small groups** (maximum 8) of Trainees who receive personal attention from our competent lecturers.

The various courses offered by a multitude of training providers can be confusing. What is key is to not only compare prices, but to ask if you are getting value for your money.

What does The Nucleus Culinary Training Centre include in our Kitchen Assistant course fee?

- British Highfield Qualification Level 2 Certificate for Kitchen Assistants (RQF) registration
- Chef uniform items – 1 pair of canvas shoes
- 1 x jacket, 1 x pair of trousers, 2 x aprons, 1 x beanie, 1 x Golf Shirt and 1 x neck tie (Additional uniform items are available for purchase at additional cost)
- Use of Training Centre knives
- The South African Professional Chef Study Guide
- The South African Professional Chef Work Book
- The Nucleus Resource file with Practical Recipes and Assignments
- All practical class ingredients
- Highfield Qualifications portfolio
- Basic on-site First Aid provided by Staff
- Basic complimentary tea and coffee station

Total course fee for 2026 Intake:

R35 000-00 (incl. VAT)

Expected starting date 2026

Group 1: 2 February 2026 until 3 April 2026



Accreditation

ChefMLK School of Cooking is accredited by Highfield Qualifications (Centre Number: 21162).

ChefMLK is also accredited by QCTO, hold a World Association of Chefs Societies Recognition of Quality Culinary Education award and are Training Provider members of both SACHEF and SA Chefs.

What does this course entail?

Twelve Week Full Time Highfield Kitchen Assistant Certificate

Applicants are required to be 16 years of age and have a sound English Literacy base.

The Nucleus Culinary Training Centre and ChefMLK School of Cooking offer candidates the opportunity to register for a twelve-week course which will meet the qualification requirements of Highfield Qualifications Level 2 Certificate for Kitchen Assistants. The Highfield qualification sits on the Regulated Qualifications Framework (RQF) in Britain.

NOTE: This qualification is not registered on the South African Qualification framework.

This course is ideal for both novice and employed junior cooks who would like to upskill and learn professional methods. It is also a good introductory course for individuals not sure if a Culinary Career is what they want. The course includes essential theory aspects and basic cooking techniques with a focus on cold food preparation.

Trainees may progress to the Highfield Qualifications Level 2 Diploma for Professional Cooks (RQF), immediately upon completion of the Kitchen Assistant course. Following completion of the Cook course, progression is available to the Level 3 Diploma for Professional Chefs (RQF).

**Further information about other courses is available on request.*

How are our full-time courses presented?

School-based training

Trainees attend lectures and practical classes with demonstrations done by lecturers who cook with the Trainees. Assessments are conducted throughout courses.

Classes are presented daily from Monday through to Friday (*except on Public Holidays*) from 09h00 until 16h00. Class times may vary dependent on scheduled activities.

Trainees participate in applying the principles of Kitchen Management at the Centre. This includes the daily maintenance of a professional and clean environment, ranging across all kitchens, lecture rooms, storerooms, fridges and freezers as well as public areas.

Events and Functions

Trainees are at times required to participate in function preparation, set-up, hosting and break-down. This offers the Trainee the opportunity to gain hands-on experience under the guidance of Staff Chefs and serves as additional evidence for portfolio purposes.

Curriculum Overview

The Nucleus Culinary Training Centre and ChefMLK School of Cooking uses a range of suitable study guides, materials, visual aids and excursions to address the Knowledge and Practical requirements as set out by the Highfield Qualifications curricula for specific qualifications.

** Detailed curriculum information and schedules will be available upon further enquiry.*

School Governance

All Trainees are expected to comply with Centre Code of Conduct requirements, which include disciplinary codes, liability indemnification, Health and Safety procedures, etc.

** Information in this regard will be available upon further enquiry.*

Fees

A range of payment options for our courses are available as set out in our Payment Terms documents.

The Nucleus Culinary Training Centre requires payment of the selected Registration Fee in order to ensure a place on a selected course.

**Note: Due to cost fluctuations from external suppliers, the uniform item fee is subject to change*

Excluded from course fee

Computer access and storage devices for portfolio evidence
Transportation to and from the Training Centre
Accommodation
All stationary requirements
Replacement uniform items, knives and Academic material issued to Trainees
Tasting spoons and kitchen cloths (items are to be personalized)
Meals and refreshments at the Training Centre
Printing of personal portfolio material and assignments
Costs incurred due to breakages and damage to The Nucleus Culinary Training Centre and ChefMLK School of Cooking property
Computer and Wi-Fi facilities
Professional Medical Assistance and related costs
Reassessment of both theoretical, practical and portfolio work if requirements are not met upon first assessment

How do you enroll?

1. Request Application and Payment Terms forms
2. Submit completed documents with color photograph, copy of relevant Certificate and copy of ID
3. Receive booking date for interview, entry test and uniform fitting
4. Receive Acceptance Letter and registration invoice if successful in application
5. Submit proof of payment of registration fee
6. Receive confirmation of registration and Trainee Number
7. Receive Contractual Payment Terms & Conditions document to complete

Course schedule

Below is an overview of the 2026 Intake Groups:

KITCHEN ASSISTANT, COOK AND CHEF COURSES 2026 TO 2027 INTAKE GROUP 1	
MODULE 1 (2026)	
CAMPUS: 02/02 UNTIL 03/04 (45 days)	HIGHFIELD CHEF, COOK / KITCHEN ASSISTANT COURSE
	Kitchen Assistant exit
MODULE 2 (2026)	
Kitchen Assistant finishes off Portfolio	HIGHFIELD CHEF & COOK COURSE
CAMPUS: 06/04 UNTIL 10/07 (70 days)	
MODULE 3 (2026)	
Portfolio Week 13/07 UNTIL 17/07 (5 days)	HIGHFIELD CHEF & COOK COURSE
CAMPUS: 20/07 UNTIL 28/08 (30 days)	Highfield Cook exit
MODULE 4 (2026 / 2027)	
Portfolio Week: 31/08 UNTIL 04/09 (5 days)	HIGHFIELD CHEF COURSE only
CAMPUS: 07/09 UNTIL 15/12/2026 School holiday: 16/12/2026 until 11/01/2027 (90 days) 11/01/2027 until 05/03/2027	Highfield Chef exit

* Schedules are subject to change.

This information pack is a working document and some content may be updated, excluding the tuition fee.