

Food & Hospitality

Te Ara Taurima

2027

STUDY GUIDE

- Bakery
- Cookery
- Hospitality

**GET
SET**



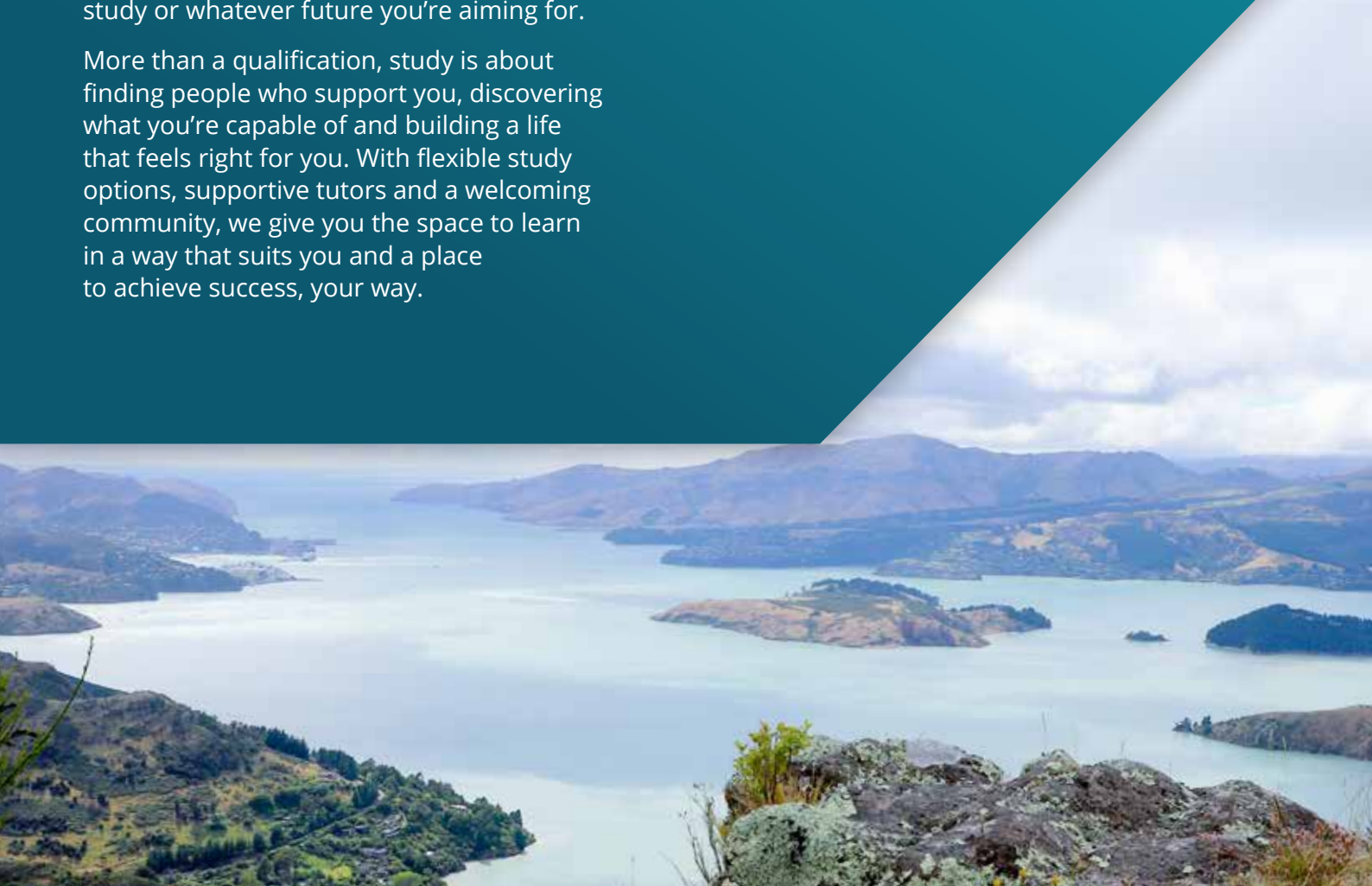
ara.ac.nz

KIA ORA

Choosing what comes next can feel exciting, daunting and full of pressure — but it's also full of possibility.

We believe education should open doors, build confidence and lead somewhere meaningful. That's why our learning is grounded in the real world: practical, hands-on and shaped by industry, so you graduate ready to step into work, further study or whatever future you're aiming for.

More than a qualification, study is about finding people who support you, discovering what you're capable of and building a life that feels right for you. With flexible study options, supportive tutors and a welcoming community, we give you the space to learn in a way that suits you and a place to achieve success, your way.



Disclaimer The information contained in this document is correct at the time of production (July 2026). Ara reserves the right to cancel or postpone any of the programmes, and shall not be liable for any claim other than the proportion of programme fees that the cancelled portion bears. Some programmes may be dependent upon formal approval from NZQA (New Zealand Qualifications Authority), TEC (Tertiary Education Commission) funding allocation, and the number of enrolments. Fees, programmes, entry and selection criteria, and dates, are subject to change. Please check the relevant programme pages at ara.ac.nz for up-to-date information and full entry requirements before applying to enrol. Information regarding English language requirements is available on each programme page at ara.ac.nz.

**SUCCESS ISN'T
ONE-SIZE-FITS-ALL.**

**AT ARA,
SUCCESS IS SHAPED
AROUND YOU.**

**YOUR GOALS,
YOUR PACE,
YOUR LIFE.**

**SUCCESS.
YOUR WAY.**



BAKERY

Baking is the craft and production of breads, pastries, cakes and biscuits for sale to the public and to food businesses. Bakers measure, mix, ferment, shape and bake products to consistent standards, using both hand skills and commercial equipment. They follow food safety, hygiene and workplace safety

requirements, manage ingredients and storage, and work to tight production timelines. In many workplaces, bakers also check weights and labelling, monitor quality, package products and help develop new lines, including options for different dietary needs.

Would this suit me?

Bakery could suit you if you like practical, hands-on work and take pride in making food people enjoy. You'll do well if you're detail-focused, happy working to a routine and deadlines, and comfortable starting early in the day. Patience, resilience and a steady approach help, along with good teamwork and clear communication.

Career Pathways

Entry Level

- Bakery assistant
- Trainee baker
- Bakery café assistant
- Production assistant
- Apprentice baker

Intermediate

- Baker
- Pastry baker
- Cake decorator
- Artisan baker
- Bakery team leader

Advanced

- Head baker
- Bakery supervisor
- Production manager
- Quality coordinator
- Bakery owner-operator

WHAT will I learn?

- Baking industry safety and food hygiene
- Recipe reading, weighing and measuring
- Mixing, shaping and baking methods
- Breads, pastries, cakes and biscuits
- Ingredient knowledge and basic bakery science
- Quality checks, packaging and shelf life
- Equipment operation and simple maintenance
- Teamwork, communication and numeracy skills

HOW will I learn?

- Hands-on baking of breads, pastries, cakes, biscuits and slices within a specialised commercial baking kitchen
- Tutor demonstrations and guided practice
- Simulated production runs and task sheets
- Projects, portfolios and reflective work
- Work-integrated learning in workplaces

Industry connections

Our bakery programmes are shaped with input from industry stakeholders and advisory groups, including the Baking Industry Association of New Zealand. You'll learn in commercial bakery kitchens and a training

outlet that sells products made on campus. Work-integrated learning helps you apply skills in real bakery settings and build evidence for your portfolio.

Study options

	LEVEL	LOCATION	DURATION	INTAKES	
New Zealand Certificate in Baking	4	Christchurch	Full-time 1 year	February	
New Zealand Diploma in Cookery (Advanced) Patisserie Strand	5	Christchurch	Full-time 1 year	February	



Scan for more
information on
this subject



COOKERY

Cookery is the professional craft of preparing food for people in hospitality settings such as restaurants, cafés, hotels, catering and events. Chefs plan menus, prep ingredients, cook and finish dishes, and present food to a consistent standard under time pressure. They work as part of a team, follow kitchen systems and

keep service running smoothly. The job also involves managing food safety, hygiene, allergens, waste and costs. With experience, cooks step into leadership, supervising others and helping shape what a kitchen produces.

Would this suit me?

Cookery could suit you if you like hands-on work and take pride in getting the details right. It helps if you stay calm under pressure, work well in a team and can handle feedback. A good sense of organisation, reliability and stamina matter too. If you enjoy food, flavours and learning new techniques, this is a great career choice.

Career Pathways

Entry Level

- Kitchen hand
- Prep cook
- Commis chef
- Café cook
- Catering assistant
- Larder assistant

Intermediate

- Chef de partie
- Line cook
- Sous chef
- Pastry chef
- Catering supervisor
- Section leader

Advanced

- Head chef
- Executive chef
- Kitchen manager
- Senior sous chef
- Pastry chef (senior)
- Food production manager

NB: Advanced roles may require experience and/or further study.

WHAT will I learn?

- Knife skills and core preparation methods
- Hot kitchen and cold larder techniques
- Sauces, stocks, soups and cookery basics
- Pastry and dessert production methods
- Food safety, hygiene and allergen awareness
- Kitchen workflow, timing and organisation
- Menu planning, costing and budgeting
- Dish development, presentation and sustainability

HOW will I learn?

- Hands-on sessions in commercial kitchens
- Blended study with online learning materials
- Real services for paying customers
- Work-integrated learning in industry settings
- Event-style practical projects and service runs
- Portfolio work and reflective skill building

Industry connections

Our cookery programmes are shaped by industry input and supported by long-term relationships with hospitality employers across Canterbury. You'll build experience through work-integrated learning and live service environments, with opportunities to learn from

industry visits, demonstrations and workshops. Industry assessors are involved in capstone-style events, helping ensure your skills and standards match what commercial kitchens expect.

Study options

	LEVEL	LOCATION	DURATION	INTAKES	
New Zealand Certificate in Cookery	4	Christchurch, Timaru	Full-time 1 year	February, July [^]	
New Zealand Diploma in Cookery (Advanced) Cookery Strand	5	Christchurch	Full-time 1 year	February, July	

[^]Christchurch only



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information on
this subject



HOSPITALITY

Hospitality is a people-focused profession centred on creating welcoming, high-quality experiences. It includes food and beverage service, cafés, restaurants, hotels, events and catering. At its core, hospitality is about service — how guests are treated is as important as what's served. The work combines practical skills with teamwork, timing and attention to detail.

Hospitality professionals help venues run smoothly, respond to guest needs and maintain standards under pressure. Sustainability is increasingly important, with a strong focus on reducing waste, using resources responsibly and operating ethically.

Would this suit me?

Hospitality could suit you if you like working with people and doing practical, hands-on work. It's a good match if you enjoy fast-paced environments, teamwork and attention to detail. If you're reliable, open to feedback and keen to build confidence through practice, you'll fit in well.

Career Pathways

Entry Level

- Barista
- Café team member
- Front of house team member
- Food runner
- Functions assistant
- Catering assistant

Intermediate

- Shift supervisor
- Duty supervisor
- Senior barista
- Restaurant supervisor
- Events coordinator
- Food and beverage specialist

Advanced

- Venue manager
- Food and beverage manager
- Events manager
- Operations manager
- Hospitality business owner
- Hospitality consultant

NB: Advanced roles may require experience and/or further study.

WHAT will I learn?

- Guest service and a people-first mindset
- Food and beverage service standards
- Beverage preparation and barista skills
- Front of house operations and workflow
- Team communication under pressure
- Professional behaviour and safe procedures
- Attention to detail and quality control
- Sustainability, waste reduction and resource use

HOW will I learn?

- Live service in training restaurants
- Practice in café style settings
- Catering and pop-up events
- Industry practicum and work experience
- Guest speakers and industry insights
- Competitions, feedback and continuous improvement

Industry connections

You'll learn in real world environments and through industry-informed teaching. Ara includes industry practicum and work experience, plus guest speakers, competitions and applied projects that reflect current

workplace expectations. You'll also gain experience through live services and events in Ara's hospitality venues, building confidence with real guests, timelines and standards.

Study options

	LEVEL	LOCATION	DURATION	INTAKES	
Licence Controller Qualification (LCQ)	4	Christchurch	1.5 days	Various	
New Zealand Certificate in Food and Beverage Service	3	Christchurch	Full-time 6 months	February, July	
New Zealand Certificate in Food and Beverage Service	4	Christchurch	Full-time 6 months	July	
New Zealand Diploma in Hospitality Management	5	Christchurch	Full-time 1 year	February, July	
Graduate Diploma in Hotel & Tourism Management	7	Christchurch	Full-time 1 year	February	



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APPLY NOW

ara.ac.nz

City campus

130 Madras Street, Christchurch
Mon-Fri, 8am - 4.30pm

Manawa campus

276 Antigua Street, Christchurch
Mon-Fri, 8.30am - 4.30pm

Woolston campus

Ensors Road, Christchurch
Mon-Fri, 8am - 4.30pm

Timaru campus

32 Arthur Street, Timaru
Mon-Fri, 8am - 4.30pm

Connect with us:

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