

PREPARE EGGS

UNIT CODE: HOS/OS/FP/CR/02/4

UNIT DESCRIPTION

This unit specifies the competencies required to plan, prepare and present eggs and egg dishes. It requires the ability to prepare boiled, poached, fried, scotch, omelette and scrambled eggs

ELEMENTS AND PERFORMANCE CRITERIA

ELEMENT These describe the key outcomes which make up workplace function.	PERFORMANCE CRITERIA These are assessable statements which specify the required level of performance for each of the elements. <i>Bold and italicized terms are elaborated in the Range</i>
1. Prepare boiled eggs	1.1 Nutritional value of eggs is identified. 1.2 <i>Types of eggs</i> are selected as per the recipe 1.3 Egg sizes are determined by weighing as per the recipe 1.4 Freshness is tested as per SOPs 1.5 Eggs are boiled at the desired degree of cooking as per the recipe
2. Prepare poached eggs	2.1 Types of eggs are selected as per the recipe are 2.2 Freshness is tested as per SOPs 2.3 Eggs are poached as per the recipe.
3. Prepare fried eggs	3.1 Types of eggs are selected as per the recipe are 3.2 Freshness is tested as per SOPs 3.3 Eggs are fried at the desired degree of doneness as per the recipe
4. Prepare omelettes	4.1 Types of eggs are selected as per the recipe are 4.2 Freshness is tested as per SOPs 4.3 Omelettes are prepared as per the recipe
5. Prepare scotch eggs	5.1 Types of eggs are selected as per the recipe are 5.2 Freshness is tested as per SOPs

	5.3 Scotch eggs are prepared as per the recipe
6. Prepare scrambled eggs	6.1 Types of eggs are selected as per the recipe are 6.2 Freshness is tested as per SOPs 6.3 Eggs are prepared as per the recipe

RANGE

This section provides work environments and conditions to which the performance criteria apply. It allows for different work environments and situations that will affect performance.

Variable	Range
1. <i>Types of eggs</i> includes but not limited to:	<ul style="list-style-type: none"> • Chicken • Ducks • Goose • Quill • Ostrich • Local/Layers

REQUIRED SKILLS AND KNOWLEDGE

This section describes the skills and knowledge required for this unit of competency.

Required Skills

The individual needs to demonstrate the following skills:

- Consistency
- Cracking and separating eggs
- Vegetable cuts
- Use of tools and equipment
- Frying pan preparation (with salt)
- Creativity/Innovation
- Garnishing
- Communication
- Interpersonal relations

Required Knowledge

The individual needs to demonstrate knowledge and understanding of:

- HACCP- Hazard Analysis of Critical Control Points
- SOPs - Standard Operating Procedures
- OHS-Occupational Health and Safety

- Product knowledge
- Food safety and hygiene e.g. contamination
- Quality control
- Waste management
- Food storage
- Purchase specification
- Seasonings (Herbs, spices, sugar and salt)
- Condiments
- Fats and oils
- Garnishes
- Professional ethics
- Healthy eating
- Value addition
- Emerging food trends

EVIDENCE GUIDE

This provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge and range.

1. Critical aspects of Competency	<p>Assessment requires evidences that the candidate:</p> <ul style="list-style-type: none"> 1.1 Identified the tools and equipment for preparing various types of eggs 1.2 Identified the ingredients for preparing various types of eggs 1.3 Observed hygienic standards and procedures as per HACCP when preparing eggs and egg dishes. 1.4 Demonstrated creativity and innovations in cutting vegetables for preparing omelettes 1.5 Produced various types of eggs 1.6 Garnished the eggs creatively 1.7 Served the eggs appropriately 1.8 Managed waste effectively 1.9 Communicated effectively. 1.10 Demonstrated a positive attitude. 1.11 Managed time effectively
2. Resource Implications	<p>The following resources MUST be provided:</p> <ul style="list-style-type: none"> 2.1 Fully equipped kitchen 2.2 A working environment meeting the OSHA standards 2.3 A variety of ingredients
3. Method of Assessment	Competency may be assessed through:

	<p>3.1 Direct observation using a checklist</p> <p>3.2 Written or oral questions</p> <p>3.3 Review of portfolios of evidence and third party workplace reports of on-the-job performance by the candidate.</p>
4. Context for Assessment	Assessment may be done in the workplace or in a simulated workplace setting (assessment centers)
5. Guidance information for assessment	Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.

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PREPARE FOOD ACCOMPANIMENTS

UNIT CODE: HOS/OS/FP/CR/03/4

UNIT DESCRIPTION

This unit specifies the competencies required to plan, prepare and present food accompaniments. It involves organizing entremetier section, identifying, cleaning, preparing, cooking, presenting and dispensing food accompaniments.

ELEMENTS AND PERFORMANCE CRITERIA

ELEMENT These describe the key outcomes which make up workplace function.	PERFORMANCE CRITERIA These are assessable statements which specify the required level of performance for each of the elements. <i>Bold and italicized terms are elaborated in the Range</i>
1. Organise entremétier section	1.1. Kitchen is aerated as per SOPs. 1.2. Lights are turned on and stoves are checked for defects. 1.3. Tools and equipment are assembled. 1.4. Temperatures of the cold rooms/fridges are checked 1.5. Cleaning and sanitization is performed. 1.6. Stock levels of perishables and dry ingredients are checked. 1.7. Additional ingredients are requisitioned. 1.8. The menu of the day is interpreted.
2. Identify ingredients for food accompaniments	2.1. Recipes are interpreted according to organizations SOP's 2.2. Ingredients are collected as per the recipes 2.3. Organization standards and FIFO procedures are adhered to. 2.4. Ingredients are weighed/measured as per specifications
3. Clean ingredients for food accompaniments	3.1 Hygienic standards and procedures are observed while cleaning. 3.2 Quality of ingredients is checked during cleaning. 3.3 Cereals and legumes are selected before washing. 3.4 Ingredients are placed in specified containers after washing.
4. Prepare ingredients for food accompaniments	4.1 <i>Vegetable ingredients are prepared</i> as per specifications 4.2 <i>Starch</i> ingredients are prepared as per specifications

5. Cook food accompaniments	<p>1.1 Cooking methods applied as per the recipe</p> <p>1.2 Recommended equipment for cooking each food item used.</p> <p>1.3 Temperatures are observed as per the recipe.</p> <p>1.4 Timings are adhered to as per the recipe.</p> <p>1.5 Recipe is adhered to.</p> <p>1.6 Food accompaniments are either presented or preserved.</p>
6. Prepare salad e.g. green salads Kachumbari	<p>1.1 Select type and size of equipment suitable to prepare the simple salads.</p> <p>1.2 Ingredients identified and selected as per the recipe.</p> <p>1.3 Ingredients are weighed and measured according to recipe.</p> <p>1.4 Hygiene procedures are observed as per HACCP</p> <p>1.5 Special vegetable cuts used to prepare salads according to recipe.</p> <p>1.6 Portion and prepare salad ingredients as per recipe.</p> <p>1.7 Prepare dressings and store at recommended temperature until required.</p> <p>1.8 Make adjustments as per recipe.</p>
7. Present food accompaniments	<p>1.1 Equipment for presentation selected as per SOPs.</p> <p>1.2 Aesthetics and hygiene standards are observed.</p> <p>1.3 Food accompaniment temperatures are observed and maintained as per the recipe specification.</p> <p>1.4 Portion sizes are maintained as per the recipe.</p>
8. Dispense food accompaniments	<p>8.1 Hygiene standards are observed as per SOP.</p> <p>8.2 Temperatures are maintained as recipe.</p> <p>8.3 Timings are adhered to as per the recipe.</p>

RANGE

This section provides work environments and conditions to which the performance criteria apply. It allows for different work environments and situations that will affect performance.

Variable	Range
1. Accompaniments include but not limited to:	<ul style="list-style-type: none"> • Starches

	<ul style="list-style-type: none"> • Vegetables • Salads
2. <i>Vegetables</i> include but not limited to:	<ul style="list-style-type: none"> • Leaf • Tuber • Root vegetables • Bulbs • Flower • Fruit vegetables • Fungi • Stems • Seeds
3. <i>Vegetables prepared</i> include but not limited to:	<ul style="list-style-type: none"> • Peeling • Cutting • Trimming • De-stocking • Chopping • Turning • Shredding • Slicing • Mashing • Grating • Piping
4. <i>Starch</i> include but not limited to:	<ul style="list-style-type: none"> • Rice • Potatoes • Pasta • Wheat • Maize • Sorghum • Millet
5. <i>Cooking method</i> include but not limited to:	<ul style="list-style-type: none"> • Boiling • Grilling • Roasting • Braising • Deep frying • Pan frying • Poaching • Baking

	5.1 Shallow frying (Sauté, Stir Fry, Sweating)
6. Menu include but not limited to:	<ul style="list-style-type: none"> • A La Carte • Table D' Hote • Buffet • Cocktail
7. Salad ingredients include but not limited to:	<ul style="list-style-type: none"> • Lettuce • Cucumber • Onions • Tomatoes • Carrots • Cabbage • Assorted sweet capsicums • Parsley • Onions • Cappers • Gherkin • Sweet peppers • Green chilli
8. Salad dressing ingredients include but not limited to:	<ul style="list-style-type: none"> • Oils eg Sunflower, olive, coconut oil, siseme • Black peper • Vinegar • Salad dresings eg Mayonnaise, vinaigrette • Tomato ketchup

REQUIRED SKILLS AND KNOWLEDGE

This section describes the skills and knowledge required for this unit of competency.

Required Skills

The individual needs to demonstrate the following skills:

- Kitchen equipment selection and placement
- Knife skills
- Cooking methods e.g. blanching, steaming, grilling, baking, simmering
- Food presentation techniques
- Vegetable cuts e.g. batons, paysanne, mirepoix, macedoine chiffonade, julienne
- Cleaning methods e.g. scrubbing, wiping, dusting
- Use tools and equipment
- Methods of preparation e.g. kneading, whisking, shaping, rolling

- Garnishing
- Personal grooming
- Creativity/innovations
- Communication
- Interpersonal relations

Required Knowledge

The individual needs to demonstrate knowledge and understanding of:

- HACCP- Hazard Analysis of Critical Control Points
- SOPs - Standard Operating Procedures
- OHS-Occupational Health and Safety
- Methods of cooking
- Product knowledge
- Food safety and hygiene e.g. contamination
- Quality control
- Waste management
- Food storage
- Purchase specification
- Processed foods
- Seasonings (Herbs, spices, sugar and salt)
- Condiments
- Fats and oils
- Allergens (gluten free & nut allergy, milk intolerance)
- Garnishes
- Professional ethics
- Healthy eating
- Value addition
- Emerging food trends

EVIDENCE GUIDE

This provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge and range.

1. Critical aspects of Competency	Assessment requires evidences that the candidate: <ul style="list-style-type: none"> 1.1 Identified and assembled all tools and equipment for preparing food accompaniments 1.2 Assembled all the ingredients for preparing food accompaniments 1.3 Combined texture, colour and taste when preparing food
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	<p>accompaniments.</p> <p>1.4 Demonstrated ability to use expertise in using various cooking methods in preparing food accompaniments.</p> <p>1.5 Portioned food and maintained ratios.</p> <p>1.6 Demonstrated complete understanding of the different nutritional values of various food items.</p> <p>1.7 Demonstrated ability to present food.</p> <p>1.8 Managed waste effectively.</p> <p>1.9 Communicated effectively.</p> <p>1.10 Demonstrated a positive attitude.</p> <p>1.11 Managed time effectively.</p>
2. Resource Implications	<p>The following resources MUST be provided:</p> <p>2.1 Fully equipped kitchen</p> <p>2.2 A working environment meeting the OSHA standards</p> <p>2.3 A variety of ingredients</p>
3. Method of Assessment	<p>Competency may be assessed through:</p> <p>3.1 Direct observation using a checklist</p> <p>3.2 Written or oral questions</p> <p>3.3 Review of portfolios of evidence and third party workplace reports of on-the-job performance by the candidate.</p>
4. Context for Assessment	<p>Assessment may be done in the workplace or in a simulated workplace setting (assessment centers)</p>
5. Guidance information for assessment	<p>Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.</p>

PREPARE CUTS OF MEATS

UNIT CODE: HOS/OS/FP/CR/04/4

UNIT DESCRIPTION

This unit specifies the competencies required to prepare various cuts of meats. It requires the ability to clean and sanitize the working area, assemble the working tools and equipment, prepare butchers meats, fish, sea foods poultry, cold cuts and offal

ELEMENTS AND PERFORMANCE CRITERIA

ELEMENT These describe the key outcomes which make up workplace function.	PERFORMANCE CRITERIA These are assessable statements which specify the required level of performance for each of the elements. <i>Bold and italicized terms are elaborated in the Range</i>
1. Clean and sanitize the working area	1.1 Cleaning equipment/materials are identified the as per the HACCP and SOPs. 1.2 Working area surfaces are cleaned and sanitized.
2. Assemble the working equipment	2.1 <i>Working equipment</i> are identified the as per the recipe. 2.2 Working equipment are assembled as per the SOPs.
3. Prepare cuts of meats (beef, goat, pork and lamb)	3.1 Identify meats based on menu and recipe. 3.2 FIFO procedures are followed. 3.3 The ingredients of the day are requested and received. 3.4 Thawing (where applicable) is done adhering to HACCP and SOPs. 3.5 Freshness and quality is checked as per the SOPs. 3.6 The quality of the meat is checked using <i>quality standards</i> . 3.7 Meats are prepared as per the <i>menu specifications</i> (observe HACCP guidelines). 3.8 Meats are stored under recommended temperatures.
4. Prepare fish	4.1 FIFO procedures are followed. 4.2 Fish are prepared using specified knives and colour coded chopping boards 4.3 Thawing (where applicable) is done adhering to HACCP and SOPs. 4.4 Freshness and quality is checked as per the SOPs. 4.5 Scaling/shelling of fish (where applicable) is done as

	<p>per the quality and safety standards.</p> <p>4.6 The fish is deboned (filleting) as per the recipe.</p> <p>4.7 Fish is portioned and stored at the recommended temperatures.</p> <p>4.8 Fish is segregated from other foods to avoid cross contamination.</p>
5. Prepare poultry	<p>5.1 FIFO procedures are followed as per the SOPs.</p> <p>5.2 Poultry is prepared using specified knives and colour coded chopping boards.</p> <p>5.3 Thawing (where applicable) is done adhering to HACCP and SOPs.</p> <p>5.4 Freshness and quality is checked as per the SOPs.</p> <p>5.5 Poultry is prepared as per the recipe.</p>
6. Prepare Offal's	<p>6.1 Types of offal's to be prepared is identified as per the recipe</p> <p>6.2 Skinning (e.g. liver) and trimming (e.g. kidney) as per recipe</p> <p>6.3 Offal cleaned following HACCP procedures</p> <p>6.4 Offal is cut as per the recipe</p> <p>6.5 Offal is marinated as per the recipe</p> <p>6.6 Offal is seasoned as per the recipe</p> <p>6.7 Offal is storage as per SOPs</p> <p>6.8 Offal is presented as observing hygiene standards</p>

RANGE

This section provides work environments and conditions to which the performance criteria apply. It allows for different work environments and situations that will affect performance.

Variable	Range
1. <i>Working equipment</i> include but not limited to:	<ul style="list-style-type: none">• Knives• Chopping boards• Meat bats• Cleavers• Thermometers• Files (Sharpener)• Clip boards• Bone saw• Sanitizing buckets• Cleaning brushes• Mincer• Skewers• Gloves• Slicers
2. <i>Quality standards</i> include but not limited to:	<ul style="list-style-type: none">• Colour• Smell• Texture• Freshnes
3. <i>Specifications</i> include but not limited to:	<ul style="list-style-type: none">• Drum sticks• Chicken breasts• Chicken wing• Whole roast chicken• Steak• Minced• Ribs• Offal's

REQUIRED SKILLS AND KNOWLEDGE

This section describes the skills and knowledge required for this unit of competency.

Required Skills

The individual needs to demonstrate the following skills:

- Kitchen equipment selection and placement
- Knife skills
- Vegetable cuts e.g. batons, paysanne, mirepoix, macedoine chiffonade, julienne
- Cleaning methods e.g. scrubbing, wiping, dusting
- Use tools and equipment
- Methods of preparing meats cuts
- Tenderizing
- Garnishing
- Marinating
- Deboning
- Personal grooming
- Creativity/innovations
- Communication
- Interpersonal relations

Required Knowledge

The individual needs to demonstrate knowledge and understanding of:

- HACCP- Hazard Analysis of Critical Control Points
- SOPs - Standard Operating Procedures
- OHS-Occupational Health and Safety
- Product knowledge
- Food safety and hygiene e.g. contamination
- Marinating
- Quality control
- Waste management
- Food storage
- Purchase specification
- Processed foods
- Seasonings (Herbs, spices, sugar and salt)

- Condiments
- Fats and oils
- Allergens (gluten free & nut allergy, milk intolerance)
- Garnishes
- Professional ethics
- Healthy eating
- Value addition
- Emerging food trends

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EVIDENCE GUIDE

This provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge and range.

<p>1. Critical aspects of Competency</p>	<p>Assessment requires evidence that the candidate:</p> <ul style="list-style-type: none"> 1.1 Identified tools and equipment for preparing cuts of meats 1.2 Identified ingredients for preparing cuts of meats. 1.3 Sanitised the working area and surfaces as they worked 1.4 Checked the quality of the meats by using quality standards ie. colour, smell, texture and freshness. 1.5 Prevented cross contamination by use of colour coded chopping boards, proper storage and sanitisation of preparation surfaces 1.6 Cut all types of meats as per the specifications 1.7 Stored the meat cuts appropriately 1.8 Portioned meats as per the specifications 1.9 Managed waste effectively 1.10 Communicated effectively. 1.11 Demonstrated a positive attitude. 1.12 Managed time effectively.
<p>2. Resource Implications</p>	<p>The following resources MUST be provided:</p> <ul style="list-style-type: none"> 2.1 Fully equipped kitchen 2.2 A working environment meeting the OSHA standards 2.3 A variety of ingredients
<p>3. Method of Assessment</p>	<p>Competency may be assessed through:</p> <ul style="list-style-type: none"> 3.1 Direct observation using a checklist 3.2 Written or oral questions 3.3 Review of portfolios of evidence and third party workplace reports of on-the-job performance by the candidate.
<p>4. Context for Assessment</p>	<p>Assessment may be done in the workplace or in a simulated workplace setting (assessment centers)</p>
<p>5. Guidance information for assessment</p>	<p>Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.</p>

COOK RED, WHITE MEATS AND OFFAL

UNIT CODE: HOS/OS/FP/CR/05/4

UNIT DESCRIPTION

This unit specifies the competencies required to plan, prepare and present various meats and sauces. It requires the ability to assemble all the ingredients, cook the meats, fish, sea foods, poultry and sauces.

ELEMENTS AND PERFORMANCE CRITERIA

ELEMENT These describe the key outcomes which make up workplace function.	PERFORMANCE CRITERIA These are assessable statements which specify the required level of performance for each of the elements. <i>Bold and italicized terms are elaborated in the Range</i>
4.1.1 Assemble all the ingredients and equipment	1.1 The hands are cleaned and sanitized as per the SOPs. 1.2 The working area and surfaces cleaned and sanitized as per the HACCP and SOPs. 1.3 Equipment needed are identified and ensured functional as per the SOPs. 1.4 Identify the ingredients, weigh and measure as per the recipe. 1.5 Assemble the equipment and ingredients as per SOPs
4.1.2 Cook meats (beef, goat, pork and lamb)	2.1 Hygiene procedures are observed as per HACCP 2.2 Identify the <i>cooking methods</i> as per the recipe. 2.3 Determine the quantities of meats to be cooked as per the recipe. 2.4 Establish the <i>cooking category</i> ((degree of doness - where applicable). 2.5 Season the meat as per the recipe and customer specifications. 2.6 Carve meats (where necessary) using tools and techniques as per SOPs. 2.7 Where meats are required for cold cuts, cool and store as per recipe. 2.8 Add sauces and garnishes (where applicable) according to recipe. 2.9 Present/dispense meats as per recipe and style of service. 2.10 Maintain the holding temperatures as per the

	SOPs and HACCP.
4.1.3 Cook poultry	<p>2.4 Hygiene procedures are observed as per HACCP</p> <p>2.5 Identify the cooking methods as per the recipe.</p> <p>2.6 Determine the quantities of poultry to be cooked as per the recipe.</p> <p>2.7 Establish the cooking category ((degree of doness) (where applicable).</p> <p>2.8 Season the poultry as per the recipe and customer specifications.</p> <p>2.9 Carve poultry (where necessary) using tools and techniques as per SOPs.</p> <p>2.10 Where poultry are required for cold cuts, cool and store as per recipe.</p> <p>2.11 Add sauces and garnishes (where applicable) according to recipe.</p> <p>2.12 Present/dispense poultry as per recipe and style of service.</p> <p>2.13 Maintain the holding temperatures as per the SOPs and HACCP.</p>
3 Cook fish	<p>4.1 Hygiene procedures are observed as per HACCP</p> <p>3.1 Identify the cooking methods as per the recipe.</p> <p>3.2 Determine the quantities of fish to be cooked as per the recipe.</p> <p>3.3 Establish the cooking category ((degree of doness) (where applicable).</p> <p>3.4 Season the fish as per the recipe and customer specifications.</p> <p>3.5 Carve fish (where necessary) using tools and techniques as per SOPs.</p> <p>3.6 Where fish are required for cold cuts, cool and store as per recipe.</p> <p>3.7 Add sauces and garnishes (where applicable) according to recipe.</p> <p>3.8 Present/dispense fish as per recipe and style of service.</p> <p>3.9 Maintain the holding temperatures as per the SOPs and HACCP.</p>
4.1.4 Cook offal's	<p>4.1 Hygiene procedures are observed as per HACCP.</p> <p>4.2 Cooking methods identified as per the recipe.</p> <p>4.3 Qauantities of offal to be cooked are determined as</p>

	<p>per the recipe.</p> <p>4.4 Offal is seasoned as per the recipe and customer specifications.</p> <p>4.5 Offal is garnished as per the recipe.</p> <p>4.6 Offal is dresented/dispensed offal as per recipe and style of service.</p> <p>4.7 Maintain the holding temperatures as per the SOPs and HACCP.</p>
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RANGE

This section provides work environments and conditions to which the performance criteria apply. It allows for different work environments and situations that will affect performance.

Variable	Range
1. <i>Cooking method</i> include but not limited to:	<ul style="list-style-type: none"> • Boiling • Grilling • Roasting • Braising • Deep frying • Poaching • Smoking • Pan Frying • Baking • Steaming
2. <i>Cooking category</i> (degree) include but not limited to:	<ul style="list-style-type: none"> • Rare • Medium • Medium to well • Well done
3. <i>Type of sauce</i> include but not limited to:	<ul style="list-style-type: none"> • White sauces • Brown sauces • Clear sauces • Tomato sauce (concasse)

Variable	Range
4. <i>Thickening agents</i> include but not limited to:	<ul style="list-style-type: none"> • Roux • Potatoes • Rice • Pasta • Arrowroots • Corn flour

REQUIRED SKILLS AND KNOWLEDGE

This section describes the skills and knowledge required for this unit of competency.

Required Skills

The individual needs to demonstrate the following skills:

- Kitchen equipment selection and placement
- Knife skills
- Food presentation techniques
- Vegetable cuts e.g. batons, paysanne, mirepoix, macedoine chiffonade, julienne
- Cleaning methods e.g. scrubbing, wiping, dusting
- Use of tools and equipment
- Methods of cooking meats
- Garnishing
- Tenderizing meats
- Carving and portioning
- Seasoning
- Personal grooming
- Creativity/innovations
- Communication
- Interpersonal relations

Required Knowledge

The individual needs to demonstrate knowledge and understanding of:

- HACCP- Hazard Analysis of Critical Control Points
- SOPs - Standard Operating Procedures
- OHS-Occupational Health and Safety
- Product knowledge
- Food safety and hygiene e.g. contamination
- Quality control

- Waste management
- Food storage
- Marinating
- Tenderizing
- Purchase specification
- Processed foods
- Seasonings (Herbs, spices, sugar and salt)
- Condiments
- Fats and oils
- Allergens (gluten free & nut allergy, milk intolerance)
- Garnishes
- Professional ethics
- Healthy eating
- Value addition
- Emerging food trends

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EVIDENCE GUIDE

This provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge and range.

<p>1. Critical aspects of Competency</p>	<p>Assessment requires evidence that the candidate:</p> <ul style="list-style-type: none"> 1.1 Identified tools and equipment for cooking meats. 1.2 Identified ingredients for cooking meats. 1.3 Sanitised the working area and surfaces as he/she worked. 1.4 Checked the quality of the meats by using quality standards ie. colour, smell, texture and freshness. 1.5 Prevented cross contamination by use of colour coded chopping boards, proper storage and sanitisation of preparation surfaces. 1.6 Tenderized the meat as required before cooking. 1.7 Marinated the meats before cooking. 1.8 Cooked the meats using various methods. 1.9 Seasoned the meat as per the recipe. 1.10 Garnished the meat dishes and presented appropriately. 1.11 Portioned meats as per the specifications. 1.12 Managed waste effectively. 1.13 Communicated effectively. 1.14 Demonstrated a positive attitude. 1.15 Managed time effectively.
<p>2. Resource Implications</p>	<p>The following resources MUST be provided:</p> <ul style="list-style-type: none"> 2.1 Fully equipped kitchen 2.2 A working environment meeting the OSHA standards 2.3 A variety of ingredients
<p>3. Method of Assessment</p>	<p>Competency may be assessed through:</p> <ul style="list-style-type: none"> 3.1 Direct observation using a checklist 3.2 Written or oral questions 3.3 Review of portfolios of evidence and third party workplace reports of on-the-job performance by the candidate.
<p>4. Context for Assessment</p>	<p>Assessment may be done in the workplace or in a simulated workplace setting (assessment centers)</p>
<p>5. Guidance information for assessment</p>	<p>Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.</p>

PREPARE SALADS AND SALAD DRESSINGS

UNIT CODE: HOS/OS/FP/CR/06/4

UNIT DESCRIPTION

This unit specifies the competencies required to plan, prepare and present salads. It requires the ability to do mis-en -place, wash and sanitize, spin (remove excess water), arrange and prepare salad dressings.

ELEMENTS AND PERFORMANCE CRITERIA

ELEMENT These describe the key outcomes which make up workplace function.	PERFORMANCE CRITERIA These are assessable statements which specify the required level of performance for each of the elements. <i>Bold and italicized terms are elaborated in the Range</i>
1. Mis-en -place (pre-prepare) ingredients for salad	1.1 Equipment are assembled according to the recipe 1.2 FIFO procedures are followed. 1.3 <i>Salad ingredients</i> are assembled per the recipe. 1.4 Working area organized and cleaned as per HACCP and SOPs.
2. Wash and sanitize the vegetables	2.1 Freshness and quality is checked as per the SOPs. 2.2 Ingredient are washed, rinsed and sanitized (where necessary) as per the three container system. 2.3 Exces water removed e.g by spinning, patting dry or placing in a strainer.
3. Prepare simple salads	3.1 Uses of simple salads are identified as per the recipe. 3.2 Ingredients for preparing simple salads are identified and selected as per the recipe. 3.3 Equipment and tools for preparing simple salads are assembled as per the recipe. 3.4 Simple salads are prepared following the recipe 3.5 Simple salads are held at the required

	<p>temperatures.</p> <p>3.6 Recognizing health eating options and variations are considered as per customer requests.</p>
4. Prepare cooked salads	<p>4.1 Uses of cooked are identified as per the recipe.</p> <p>4.2 Ingredients for cooked are identified and selected as per the recipe.</p> <p>4.3 Equipment and tools for preparing cooked are assembled as per the recipe.</p> <p>4.4 Cooked are prepared following the recipe.</p> <p>4.5 cooked salads are held at the required temperatures.</p> <p>4.6 Recognizing health eating options and variations are considered as per customer requests.</p>
5. Prepare salad dressings	<p>2.1 FIFO procedures are followed.</p> <p>2.2 Salad dressing ingredients are identified and selected as per the recipe.</p> <p>2.3 Dressings are prepared as per the recipe.</p> <p>2.4 Present/dispense salads as per recipe and style of service.</p>

RANGE

This section provides work environments and conditions to which the performance criteria apply. It allows for different work environments and situations that will affect performance.

Variable	Range
1. Salad ingredients include but not limited to:	<ul style="list-style-type: none"> • Lettuce • Cucumber • Onions • Tomatoes • Carrots • Cabbage • Assorted sweet capsicums • Parsley

Variable	Range
	<ul style="list-style-type: none"> • Onions • Cappers • Green chilli
<p>2. <i>Salad dressing ingredients</i> include but not limited to:</p>	<ul style="list-style-type: none"> • Oil e.g olive, coconut, sunflower, sesame • Black peper • Vinegar • Mayonnaise • Tomato ketchup • Lemmon Juice

REQUIRED SKILLS AND KNOWLEDGE

This section describes the skills and knowledge required for this unit of competency.

Required Skills

The individual needs to demonstrate the following skills:

- Kitchen equipment selection and placement
- Knife skills
- Vegetable cuts
- Garnishing
- Food presentation techniques
- Vegetable cuts e.g. batons, paysanne, mirepoix, macedoine chiffonade, julienne
- Cleaning methods e.g. scrubbing, wiping, dusting
- Use of tools and equipment
- Methods of preparing salads
- Portioning
- Seasoning
- Personal grooming
- Creativity/innovations
- Communication
- Interpersonal relations

Required Knowledge

The individual needs to demonstrate knowledge and understanding of:

- HACCP- Hazard Analysis of Critical Control Points
- SOPs - Standard Operating Procedures

- OHS-Occupational Health and Safety
- Product knowledge
- Food safety and hygiene e.g. contamination
- Quality control
- Waste management
- Food storage
- Purchase specification
- Processed foods
- Seasonings (Herbs, spices, sugar and salt)
- Condiments
- Fats and oils
- Allergens (gluten free & nut allergy, milk intolerance)
- Special needs
- Garnishes
- Professional ethics
- Healthy eating
- Value addition
- Emerging food trends

EVIDENCE GUIDE

This provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge and range.

<p>1. Critical aspects of Competency</p>	<p>Assessment requires evidence that the candidate:</p> <p>1.1 Identified tools and equipment for preparing salads and salad dressings.</p> <p>1.2 Identified ingredients for salads and salad dressings.</p> <p>1.3 Sanitised the working area and surfaces as they worked.</p> <p>1.4 Checked the quality of the ingredients by using quality standards ie. colour, smell, texture and freshness.</p> <p>1.5 Prevented cross contamination by use of colour coded chopping boards, proper storage and sanitisation of preparation surfaces</p> <p>1.6 Prepared salads and salad dressings using various methods.</p> <p>1.7 Dressed the salads as per the recipe.</p> <p>1.8 Seasoned the salads and salad dressings as per the recipe</p> <p>1.9 Garnished the salads and salad dressings and presented appropriately</p> <p>1.10 Portioned salads as per the specifications</p>
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2. Resource Implications	The following resources MUST be provided: 2.1 Fully equipped kitchen. 2.2 A working environment meeting the OSHA standards. 2.3 A variety of ingredients.
3. Method of Assessment	Competency may be assessed through: 3.1 Direct observation using a checklist. 3.2 Written or oral questions. 3.3 Review of portfolios of evidence and third party workplace reports of on-the-job performance by the candidate.
4. Context for Assessment	Assessment may be done in the workplace or in a simulated workplace setting (assessment centers).
5. Guidance information for assessment	Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.

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