



## Unit and Assessment Specification

<b>Unit title</b>	Assist with Cooking on a Fishing Vessel
<b>SQA Code</b>	H2TK 04
<b>SCQF Level</b>	4
<b>SCQF Credit Points</b>	3
<b>SSC Ref</b>	MSA 22

## History of changes

**Publication date:** December 2012

**Version:** 01

<b>Version number</b>	<b>Date</b>	<b>Description</b>	<b>Authorised by</b>

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<b>Title</b>		Assist with Cooking on a Fishing Vessel	
<b>Learning Outcomes</b>		<b>Assessment Criteria</b>	
<b>The learner will:</b>		<b>The learner can:</b>	
1	Understand basic cooking principle.	1.1	Identify foods that would be suitable for meals on a fishing vessel.
		1.2	Explain factors that should be taken into account in: <ul style="list-style-type: none"> <li>◆ the balance and combination of foods in a meal</li> <li>◆ calculating cooking time</li> <li>◆ estimating temperature</li> </ul>
2	Understand simple cooking operations.	2.1	Describe the preparation requirements for common foods.
		2.2	Different types of cooking methods appropriate to simple meals.
		2.3	Equipment required for the preparation and cooking of simple meals.
		2.4	Describe the sequence of preparations for the provision of a simple meal.
3	Understand basic food safety procedures.	3.1	Describe food safety guidelines relevant to the preparation of meals on a vessel.
		3.2	Explain the importance of correct defrosting.
		3.3	Describe the risks associated with poor food handling procedures.
		3.4	Explain the importance of effective food storage procedures.
4	Be able to prepare ingredients for a simple meal.	4.1	Identify the required ingredients for a meal.
		4.2	Prepare ingredients correctly.
		4.3	Prepare ingredients sufficiently in advance of the time for which they are required.
5	Be able to cook and serve a simple meal.	5.1	Cook ingredients: <ul style="list-style-type: none"> <li>◆ using a cooking method appropriate to the ingredients and meal</li> <li>◆ at a temperature appropriate to the ingredients and meal</li> </ul>
		5.2	Follow a cooking sequence and procedure appropriate to the meal.
		5.3	Organise the serving of the meal.
6	Be able to carry out activities using safe and hygienic working practices.	6.1	Follow safe and hygienic procedures in the preparation, cooking and serving of meals.
		6.2	Restore preparation areas in accordance with hygiene standards.

<b>Additional information about the Unit</b>
<b>Unit purpose and aim(s)</b>
The aim of this Unit is to assess the knowledge and understanding required for the competence in assisting with cooking on a fishing vessel.
<b>Details of the relationship between the Unit and relevant national occupational standards (if appropriate)</b>
Marine Vessel Operations NOS (2000): Unit 501: Cook on a fishing vessel: Elements 1 and 2
<b>Details of the relationship between the Unit and other standards or curricula (if appropriate)</b>
<b>Assessment requirements specified by a sector or regulatory body (if appropriate)</b>
This Unit assesses the skills and knowledge required for competence in cooking a simple meal on a fishing vessel.

### **Assessment (evidence) Requirements**

The following evidence is required to demonstrate that learners have the appropriate level of knowledge to undertake bridge watchkeeping in port. All Learning Outcomes and Assessment Criteria must be achieved.

Written and/or recorded oral evidence produced either on or off-the-job is required for the following:

- ◆ Learning Outcomes 1, 2, and 3

This could be achieved through oral questioning of learners.

Performance evidence in the workplace or in an appropriate simulated environment is required for the following:

- ◆ Learning Outcomes 4, 5 and 6

This could be achieved through the observation of learners undertaking practical exercises.

An approved Maritime Skills Alliance (MSA) approved Training Record Book (TRB) should be used to record evidence of achievement.

### **Guidance on Instruments of Assessment**

Performance evidence can be generated using an approved Maritime Skills Alliance (MSA) approved Training Record Book (TRB) and/or practical exercises.

Short answer written questions and/or oral interview could be used for the other Outcomes and Assessment Criteria.