



**Hospitality
Professional Cookery
SCQF level 5**

6th edition — published June 2011



**NOTE OF CHANGES TO ARRANGEMENTS
SIXTH EDITION PUBLISHED JUNE 2011**

COURSE TITLE: Hospitality – Professional Cookery (Intermediate 2)

COURSE NUMBER: C051 11

National Course Specification

Page 3 amended to correct Core Skills statement.
'Complete Core Skill *Problem Solving* at SCQF level 5'
replaced by 'None'. Core Skill components 'None'
replaced by *Critical Thinking* and *Planning and
Organising* at SCQF level 4'.

National Unit Specification

No change



National Course Specification

Hospitality — Professional Cookery (SCQF level 5)

COURSE CODE C051 11

COURSE STRUCTURE

This Course has two mandatory Units. The mandatory Units are:

F7DP 11 *Food Preparation Techniques*
F7DS 11 *Cookery Processes*

All Courses include 40 hours over and above the 120 hours for the Units. This may be used for induction, extending the range of learning and teaching approaches, support, consolidation, integration of learning and preparation for Course assessment.

RECOMMENDED ENTRY

While entry is at the discretion of the centre, candidates would normally be expected to have attained one of the following, or equivalent:

- ◆ Standard Grade Home Economics at General level
- ◆ a Course or Units in Hospitality at SCQF level 4
- ◆ other appropriate catering-related Units
- ◆ equivalent industrial experience

PROGRESSION

This Course or its Units may provide progression to:

- ◆ Hospitality — Professional Cookery (SCQF level 6)
- ◆ HNC Professional Cookery

Administrative Information

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National Course Specification: (cont)

COURSE Hospitality — Professional Cookery (SCQF level 5)

CREDIT VALUE

The SCQF level 5 Course in Hospitality — Professional Cookery is allocated 24 SCQF credit points at SCQF level 5.

**SCQF points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

CORE SKILLS

Achievement of this Course gives automatic certification of the following:

Complete Core Skill	None
Core Skill components	<i>Critical Thinking and Planning and Organising</i> at SCQF level 4

There are also opportunities to develop aspects of Core Skills which are highlighted in the Support Notes of the Unit Specifications for this Course.

National Course Specification: Course details (cont)

COURSE Hospitality — Professional Cookery (SCQF level 5)

RATIONALE

The Course in Professional Cookery contributes to the development of the knowledge, understanding and skills required to operate effectively within the hospitality industry. It will enable candidates to:

- ◆ enhance their practical culinary skills
- ◆ develop the ability to use commercial catering equipment
- ◆ develop their manipulative skills using kitchen knives and equipment
- ◆ enhance their ability to work independently
- ◆ interpret and implement recipes and other written instructions
- ◆ interpret and implement oral instructions

The Course aims to provide a thorough introduction to the techniques, skills and knowledge required to operate in the kitchen areas of a wide variety of commercial establishments, including:

- ◆ the underpinning knowledge associated with different cookery processes
- ◆ the preparation of foodstuffs, using a range of cookery processes, to produce a commercially acceptable end product
- ◆ the range of cutting and shaping techniques required for the preparation of food
- ◆ the safe use, dismantling and cleaning techniques for small and large kitchen equipment

The following should be emphasised throughout the delivery of the Course as they are fundamental to the discipline of food preparation and cooking:

- ◆ choice and use of equipment
- ◆ safety precautions
- ◆ personal hygiene and uniform
- ◆ hygiene regulations

The Course promotes the integration of the basic culinary techniques with a variety of cookery processes to produce a range of products of marketable quality within given time constraints. This will further reinforce the knowledge which underpins the development of food preparation and cooking skills and techniques.

National Course Specification: Course details (cont)

COURSE Hospitality — Professional Cookery (SCQF level 5)

COURSE CONTENT

Food Preparation Techniques (SCQF level 5)

Range of equipment and food preparation techniques

The range of equipment and techniques is detailed in the Unit specification. The use of the equipment and the preparation techniques should be demonstrated using a step-by-step approach. Correct working practices must be emphasised throughout. The candidate will be expected to demonstrate these by carrying out all tasks in a safe, hygienic and professional manner. Hygiene requirements are subject to frequent change, thus specific points are not detailed in the arrangement documents. Current practices in relation to food hygiene procedures should always be adhered to. The correct use of knives and the mandolin will require frequent demonstration and reinforcement until their use is consistently safe and proficient.

Range of basic electrical equipment

The use of the equipment listed in the Unit specification must be clearly demonstrated before candidates gain 'hands-on' experience. Demonstrations should be used to emphasise:

- ◆ the specific safety precautions required when handling electrical equipment, including the cleaning of those parts which cannot be immersed in water
- ◆ the purpose and limitations of the equipment, the recognition of faults and the subsequent action required
- ◆ dismantling for cleaning and reassembly of equipment
- ◆ cleaning instructions, cleaning agents and water temperature

Cookery Processes (SCQF level 5)

The following should be emphasised throughout the delivery of the Unit:

- ◆ methods of transfer of heat
- ◆ cooking medium involved - water, oil, stock, etc.
- ◆ appropriate use of professional knives and equipment
- ◆ appropriate seasoning of foods
- ◆ appropriate cooking times and temperatures
- ◆ how to establish when an item is cooked
- ◆ identification and correction of simple faults in the preparation of foods
- ◆ presentation techniques
- ◆ portion control

National Course Specification: Course details (cont)

COURSE Hospitality — Professional Cookery (SCQF level 5)

The cookery processes

The range of cookery processes is listed in the Unit specification. The suitability of several types of foodstuff for each process should be identified, explored and understood. Appropriate, alternative methods of carrying out each process should be introduced.

The demonstration of each process, from preparation to the finished product, should be accompanied by clear instructions on its implementation and control. This would include:

- ◆ correct interpretation of recipes
- ◆ correct choice and use of equipment
- ◆ monitoring of cooking time
- ◆ regulation of heat source

National Course Specification: Course details (cont)

COURSE Hospitality — Professional Cookery (SCQF level 5)

ASSESSMENT

To achieve the Course award the candidate must achieve the Units as well as pass the Course assessment. The candidate's grade is based on the Course assessment.

Course assessment

The course assessment is in two parts.

Part 1: Practical assignment — Duration: 3 hours — 75 marks

Candidates will be required to undertake a practical assignment in a commercially equipped kitchen under controlled conditions. The assignment will:

- ◆ incorporate a range of techniques, equipment, processes and ingredients
- ◆ involve the preparation, cooking and presentation of a minimum of four portions of each of three different dishes within three hours
- ◆ be assessed using an assessor observation checklist which will record attainment in:
 - planning
 - time and resource management
 - skills and techniques
 - cookery processes
 - safety and hygiene
 - portion control
 - presentation (time; temperature; commercially acceptable standard)

Part 2: Examination — Duration: 1 hour — 25 marks

A question paper requiring short and restricted responses, which will assess candidates' knowledge and understanding of Course content, and their ability to handle relevant information.

National Course Specification: Course details (cont)

COURSE Hospitality — Professional Cookery (SCQF level 5)

Summary of Unit assessments

Food Preparation Techniques

Written/Oral and Performance evidence is required for this Unit.

- ◆ Written/oral evidence is required which demonstrates knowledge and understanding of a range of food preparation techniques and associated culinary terms
- ◆ Practical activities for this Unit should be carried out under supervision in a realistic working environment and should provide opportunities to demonstrate good working practice

Cookery Processes

Written/Oral and Performance evidence is required for this Unit.

- ◆ Written/oral evidence is required which demonstrates knowledge and understanding of cookery processes, their associated principles and foods suitable for each process
- ◆ Practical activities for this Unit should be carried out under supervision in a professional kitchen, realistic working environment or workplace and should provide opportunities to demonstrate good working practice

Further details about Unit assessment for this Course can be found in the Unit Specifications and the National Assessment Bank (NAB) materials.

Link between Unit and Course assessment/added value

Individual Unit assessment instruments allow candidates to demonstrate a level of skills, knowledge and understanding of cookery processes and food preparation which is appropriate for attaining a Unit award at SCQF level 5. The Course assessment practical assignment allows candidates to integrate and demonstrate the skills developed in the Units over an extended period of time.

When completing the Course assessment question paper candidates have the opportunity to demonstrate the greater level of attainment appropriate for a graded SCQF level 5 Course award by:

- ◆ demonstrating the ability to answer questions relating to all Units on a single occasion
- ◆ demonstrating the long-term retention of knowledge and skills
- ◆ demonstrating a greater depth and breadth of knowledge and understanding
- ◆ answering questions in which the more complex skills of analysis and evaluation attract a higher proportion of the marks available

The following points highlight the benefit of achieving a Course award over and above those of achieving the Outcomes of the component Units:

- ◆ the diversity of techniques, equipment, processes and ingredients involved in the development of culinary skills makes constant reinforcement and integration essential. The additional teaching time and the external assessment will greatly enhance the candidates' ability to retain and assimilate this information.
- ◆ the achievement of the Course award will indicate that the candidate is able to integrate process skills, knowledge and understanding, and apply these to more complex or unfamiliar situations.

National Course Specification: Course details (cont)

COURSE Hospitality — Professional Cookery (SCQF level 5)

- ◆ the Course encourages a structured approach to learning culminating in the preparation of a range of dishes using a variety of techniques, equipment, processes and ingredients.
- ◆ the external assessment will give the award greater coherence and credibility to both candidates and users.
- ◆ the integration of all parts of the process from preparation through to final cooking clearly demonstrates the concepts of workflow and of planning and timing required within a professional cookery environment.
- ◆ it will provide the opportunity to articulate to Hospitality Courses at SCQF level 6.

GRADE DESCRIPTIONS AT A AND C

The candidate's grade will be based on the total score obtained from the Course assessment. The descriptions below indicate the nature of achievement required for an award at Grade C and A in the Course.

For an award at Grade C, candidates should be able to:

- ◆ select and apply knowledge and understanding of facts, terminology, concepts, and principles to provide outline explanations
- ◆ communicate clear, accurate information or data to assist others in carrying out food preparation and cookery tasks
- ◆ implement a planned strategy, making effective use of time and resources and exercising acceptable portion control
- ◆ demonstrate skilled, appropriate use of food preparation techniques and cookery processes to produce dishes of an acceptable standard

For an award at Grade A, candidates should be able to:

- ◆ select and apply knowledge and understanding of facts, terminology, concepts and principles to provide detailed, accurate explanations.
- ◆ communicate clear, comprehensive, accurate information or data to assist others in carrying out food preparation and cookery tasks and respond appropriately where details have not been fully understood
- ◆ implement a planned strategy, making highly effective use of time and resources and exercising cost efficient portion control
- ◆ demonstrate highly skilled use of food preparation techniques and cookery processes to produce dishes of marketable quality

National Course Specification: Course details (cont)

COURSE Hospitality — Professional Cookery (SCQF level 5)

ESTIMATES AND APPEALS

Estimates

In preparing estimates, evidence must take account of performance across the Course and must be judged against the Grade Descriptions. Further advice on the preparation of estimates is given in the Course Assessment Specification.

Appeals

For the *Practical Assignment* component no evidence is required for Appeals.

Evidence for the *Question Paper* component is mandatory; it must cover all Units of the Course and have the same breadth of coverage of Course content as SQA's Question Paper and relate to the Course Grade Descriptions. While a prelim paper is not mandatory, it is an indicator of likely candidate performance in the external examination when pressure of time and retention of learning are significant factors. Evidence for the *Question Paper* component should replicate as far as possible the standard, format, duration and security of SQA's Question Paper.

QUALITY ASSURANCE

All National Courses are subject to external marking and/or verification. Externals Markers, visiting Examiners and Verifiers are trained by SQA to apply national standards.

The Units of all Courses are subject to internal verification and may also be chosen for external verification. This is to ensure that national standards are being applied across all subjects.

Courses may be assessed by a variety of methods. Where marking is undertaken by a trained Marker in their own time, Markers meetings are held to ensure that a consistent standard is applied. The work of all Markers is subject to scrutiny by the Principal Assessor.

To assist centres, Principal Assessor and Senior Verifier reports are published on SQA's website www.sqa.org.uk.

National Course Specification: Course details (cont)

COURSE Hospitality — Professional Cookery (SCQF level 5)

GUIDANCE ON LEARNING AND TEACHING APPROACHES FOR THIS COURSE

Learning and teaching approaches should be candidate-centred, participative and practical, and should take place in a commercially equipped kitchen. Activities should be selected to allow candidates ample opportunity to develop all the necessary techniques and processes in an appropriate range of contexts.

The practical exercises should be teacher/lecturer-led in that all equipment techniques and processes should be explained, demonstrated and thoroughly understood before the commencement of the exercise. The essential differences between domestic and commercial equipment should be identified. Particular attention should be paid to the safe operation of commercial equipment. Demonstrations should be clear and logically sequenced to allow candidates to master one step before proceeding to the next.

Practical work should be carried out on an individual basis. The use of carefully structured practical worksheets related to each process could be used to support learning. These could deal with such matters as:

- ◆ the techniques and method for carrying out the process
- ◆ culinary terms associated with each technique and process

The delivery should be organised to allow aspects of theory to be dealt with before, or during, practical exercises. To encourage a more thorough understanding, the assessment of theory should not take place until candidates have gained related practical experience. Demonstrations to reinforce the key techniques and processes should take place on a regular basis.

DISABLED CANDIDATES AND/OR THOSE WITH ADDITIONAL SUPPORT NEEDS

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering whether any reasonable adjustments may be required. Further advice can be found on our website www.sqa.org.uk/assessmentarrangements



National Unit Specification: general information

UNIT Food Preparation Techniques (SCQF level 5)

CODE F7DP 11

COURSE Hospitality Professional Cookery (SCQF level 5)

SUMMARY

This Unit is a mandatory Unit in *Professional Cookery* at SCQF level 5 and National Certificate in Hospitality SCQF level 5. The Unit will introduce candidates to food preparation techniques used in the professional kitchen. Candidates will learn about health and safety issues, equipment and terminology, while preparing a range of foods for cooking. It is suitable for candidates who have no previous experience.

OUTCOMES

- 1 Describe a range of food preparation techniques and associated culinary terms.
- 2 Select and use equipment and techniques to prepare a specified range of products.
- 3 Demonstrate safe working practices.

RECOMMENDED ENTRY

Entry is at the discretion of the centre.

CREDIT VALUE

1 credit at SCQF level 5 (6 SCQF credit points at SCQF level 5*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

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National Unit Specification: general information (cont)

UNIT Food Preparation Techniques (SCQF level 5)

CORE SKILLS

Achievement of this Unit gives automatic certification of the following:

Complete Core Skill	None
Core Skill components	Critical Thinking at SCQF level 4 Planning and Organising at SCQF level 4

There are also opportunities to develop aspects of Core Skills which are highlighted in the Support Notes of this specification.

National Unit Specification: statement of standards

UNIT Food Preparation Techniques (SCQF level 5)

Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit Specification. All sections of the statement of standards are mandatory and cannot be altered without reference to the Scottish Qualifications Authority.

OUTCOME 1

Describe a range of food preparation techniques and associated culinary terms.

Performance Criteria

- (a) Describe a range of techniques associated with food preparation.
- (b) List a dish which uses the technique in its manufacture.
- (c) Identify culinary terms associated with food preparation.
- (d) Identify a use for specific cuts of vegetable.

OUTCOME 2

Select and use equipment and techniques to prepare a specified range of products.

Performance Criteria

- (a) Select a range of cutting, shaping and mixing equipment.
- (b) Use the equipment to carry out a range of preparation techniques.
- (c) Prepare a range of products according to the recipe specification.

OUTCOME 3

Demonstrate safe working practices.

Performance Criteria

- (a) Clothing appropriate for the professional kitchen is worn.
- (b) Work safely and hygienically throughout.

National Unit Specification: statement of standards (cont)

UNIT Food Preparation Techniques (SCQF level 5)

EVIDENCE REQUIREMENTS FOR THIS UNIT

Evidence must be produced to demonstrate that all outcomes and Performance Criteria have been met.

Written/oral and performance evidence is required for this Unit.

- ◆ Written/oral evidence is required which demonstrates knowledge and understanding of a range of food preparation techniques and associated culinary terms.
- ◆ Practical activities for this Unit should be carried out under supervision in a realistic working environment and should provide opportunities to demonstrate good working practice.

Outcome 1 — Written/oral evidence

Candidates are required to demonstrate that they can:

- ◆ describe a range of techniques associated with food preparation
- ◆ list a dish which uses the technique in its manufacture
- ◆ identify culinary terms associated with food preparation
- ◆ identify a use for specific cuts of vegetable

Preparation techniques: cream, fold, fillet, beat, shape, rub-in, whisk, bone, mince, blanch, skin, segment.

Cuts of vegetable: brunoise, macedoine, paysanne, mirepoix, jardiniere, julienne.

- ◆ candidates should correctly describe 10 food preparation techniques
- ◆ candidates should list one dish for each technique
- ◆ candidates should match a minimum of two culinary terms associated with each food preparation technique
- ◆ candidates should identify one use for each cut of vegetable

This assessment could be completed by the use of a pro forma and should be conducted in open book supervised conditions.

Outcomes 2 and 3 — Performance evidence

Candidates will be required to demonstrate by practical activity that they are able to:

- ◆ select a range of cutting, shaping and mixing equipment
- ◆ use a range of equipment to cut, shape and mix foodstuffs
- ◆ select equipment and techniques required to prepare a range of products
- ◆ use equipment to carry out techniques to prepare the range of products
- ◆ prepare the range of products according to the recipe specification
- ◆ work safely and hygienically throughout

National Unit Specification: statement of standards (cont)

UNIT Food Preparation Techniques (SCQF level 5)

Cutting equipment: professional knives, grater, pastry cutter, mandolin

Shaping equipment: rolling pin, palette knife, piping bag

Mixing equipment: wooden spoon, metal spoon, balloon whisk, electric whisk (hand or static)

Preparation techniques: peel: chop, slice, dice, shred, grate, roll, cut and trim (pastry), shape and pipe products, cream, fold, whisk, pane

- ◆ Candidates must use each piece of equipment listed on a minimum of one occasion.
- ◆ Candidates must use each preparation technique listed on a minimum of one occasion.

The practical activities must be carried out in a professional kitchen, realistic working environment or workplace, in supervised conditions, and an assessor observation checklist must be retained as evidence of performance.

The NAB Pack provided for this Unit illustrates the standard that should be applied. It includes an assessment pro forma for Outcome 1 and assessor observation checklists. If a centre wishes to design its own assessments for this Unit, they should be of a comparable standard.

National Unit Specification: support notes

UNIT Food Preparation Techniques (SCQF level 5)

This part of the Unit Specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

GUIDANCE ON THE CONTENT AND CONTEXT FOR THIS UNIT

This Unit is a mandatory Unit in *Professional Cookery* at SCQF level 5 and the National Certificate in Hospitality at SCQF level 5 but can be taken as a freestanding Unit.

Practical activities should be carried out either in a professional kitchen, realistic working environment or real workplace, which involves working with others in a team to develop good working practice.

The focus of this Unit is practical vocational training. The Unit will develop the skills required to carry out preparation techniques using a range of equipment commonly found in the professional kitchen. They will also learn about the culinary terms associated with the food preparation techniques and will be encouraged to research dishes that use these preparation techniques in their manufacture.

The teacher/lecturer should demonstrate the correct use of equipment and the preparation techniques prior to the candidates carrying out the task. The correct use of knives and the mandolin will require frequent demonstration and reinforcement until their use is consistently safe and proficient. Additional pieces of equipment that candidates could have the opportunity to use are a pasta machine and a burger press.

The following is a list of products that could be produced to ensure that all of the equipment and preparation techniques listed are used: scotch broth, leek and potato soup, minestrone, Russian salad, coleslaw, julienne salad, jardiniere of root vegetables as a garnish, mirepoix of vegetables as a trivet for roasting, game chips, straw potatoes, beef burgers, potato croquettes, meringues, Duchesse potatoes, duxelle, concasse, scones(sweet and savoury), flans, pies, tarts, biscuits, sponge cake, Swiss roll, paned fillet of fish.

GUIDANCE ON LEARNING AND TEACHING APPROACHES FOR THIS UNIT

The requirements for the Unit should be discussed with candidates as part of the induction to the Unit. The main approach to learning and teaching should be practical and experiential. Candidates should be encouraged to learn through a variety of activities which are designed to enhance their awareness of the work that goes on in the professional kitchen. Candidates should be encouraged to perform tasks and conduct themselves in a manner appropriate to the workplace.

Each part of teaching/learning should incorporate both theory and practice to facilitate learning, and all Outcomes should be integrated where possible. It would also be appropriate to integrate this Unit with other food production Units, for example, Cookery Processes and Stocks and Sauces. Opportunities should be taken to integrate the required knowledge of food hygiene and health and safety while participating in practical activities. In this way, food hygiene and health and safety procedures will not only be more relevant but will be more easily understood and remembered.

National Unit Specification: support notes (cont)

UNIT Food Preparation Techniques (SCQF level 5)

Candidates should always be made aware of hazards and risks when working in the professional kitchen and the controls that are in place to minimise these risks. The emphasis should always be on the practice of working safely and hygienically.

All new techniques and equipment should be demonstrated by the teacher/lecturer prior to the candidates carrying out the task. The development of correct working practices must be emphasised.

Candidates should be given clear instructions for each task to ensure that they are fully aware of what is expected of them and candidates should be encouraged to follow standard recipes when carrying out the practical tasks. Culinary terms commonly associated with food preparation techniques should be explained and candidates should be encouraged to use them appropriately during practical activities. The use of the correct equipment should be emphasised with regard to the food preparation technique being employed. It is strongly recommended that candidates should complete structured worksheets to track the practical activities in which they have participated. This would encourage candidates to reflect on their performance.

The Unit, therefore, should incorporate a variety of approaches to teaching and learning, including:

- ◆ teacher/lecturer demonstrations
- ◆ practical activities
- ◆ a variety of resources
- ◆ reflection and evaluation
- ◆ structured worksheets

OPPORTUNITIES FOR CORE SKILL DEVELOPMENT

In this Unit candidates will be weighing and measuring. Therefore, there will be opportunities to develop aspects of the Core Skill *Numeracy*.

GUIDANCE ON APPROACHES TO ASSESSMENT FOR THIS UNIT

The evidence requirements are fully expressed in the mandatory section of this Unit Specification. Assessor observation checklists and other assessment records should be maintained and kept up-to-date to keep track of candidate progress and provide evidence for internal and external verification purposes.

The NAB pack provided for this Unit illustrates the standard that should be applied. It includes assessor observation checklists and an example of a pro forma for Outcome 1. If a centre wishes to design its own assessments for this Unit, they should be of a comparable standard.

DISABLED CANDIDATES AND/OR THOSE WITH ADDITIONAL SUPPORT NEEDS

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering whether any reasonable adjustments may be required. Further advice can be found on our website www.sqa.org.uk/assessmentarrangements.



National Unit Specification: general information

UNIT Cookery Processes (SCQF level 5)

CODE F7DS 11

COURSE Hospitality Professional Cookery (SCQF level 5)

SUMMARY

This Unit is mandatory Unit in the *Professional Cookery* at SCQF level 5 and the National Certificate in Hospitality SCQF level 5. The Unit will introduce candidates to cookery processes used within the professional kitchen. Candidates will learn about health and safety issues, equipment and terminology, while carrying out the cookery processes. It is suitable for candidates who have no previous experience.

OUTCOMES

- 1 Describe the cookery processes, their associated principles and foods suitable for each process.
- 2 Carry out each cookery process to given specifications using commercial catering equipment.
- 3 Interpret written and/or oral instructions.
- 4 Use safe working practices.

RECOMMENDED ENTRY

Entry is at the discretion of the centre.

CREDIT VALUE

2 credits at SCQF level 5 (12 SCQF credit points at SCQF level 5*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

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National Unit Specification: general information (cont)

UNIT Cookery Processes (SCQF level 5)

CORE SKILLS

Achievement of this Unit gives automatic certification of the following:

Complete Core Skill	None
Core Skill component	Critical Thinking at SCQF level 4

There are also opportunities to develop aspects of Core Skills which are highlighted in the Support Notes of this Unit specification.

National Unit Specification: statement of standards

UNIT Cookery Processes (SCQF level 5)

Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit Specification. All sections of the statement of standards are mandatory and cannot be altered without reference to the Scottish Qualifications Authority.

OUTCOME 1

Describe the cookery processes, their associated principles and foods suitable for each process.

Performance Criteria

- (a) Describe how to carry out each cookery process.
- (b) Identify the principles associated with each process.
- (c) Identify specialist equipment required for each process.
- (d) Identify culinary terms associated with each cookery process.
- (e) Identify foods suitable for each cookery process.

OUTCOME 2

Carry out each cookery process to given specifications using commercial catering equipment.

Performance Criteria

- (a) Apply each cookery process to different food types.
- (b) Calculate cooking temperatures and times to ensure minimal energy use.
- (c) Control the process during cooking.
- (d) Finish and present dishes to a commercially acceptable standard.

OUTCOME 3

Interpret written and/or oral instructions.

Performance Criteria

- (a) Follow written and/or oral instructions.
- (b) Interpret standard recipes to produce a commercially acceptable product.

OUTCOME 4

Demonstrate safe working practices.

Performance Criteria

- (a) Wear appropriate protective clothing for the professional kitchen.
- (b) Operate commercial catering equipment safely.
- (b) Work safely and hygienically throughout.

National Unit Specification: statement of standards (cont)

UNIT Cookery Processes (SCQF level 5)

EVIDENCE REQUIREMENTS FOR THIS UNIT

Evidence must be produced to demonstrate that all outcomes and Performance Criteria have been met.

Written/oral and Performance evidence is required for this Unit.

- ◆ Written/oral evidence is required which demonstrates knowledge and understanding of cookery processes, their associated principles and foods suitable for each process
- ◆ Practical activities for this Unit should be carried out under supervision in a professional kitchen, realistic working environment or workplace and should provide opportunities to demonstrate good working practice.

Outcome 1 — Written/oral evidence

Candidates are required to demonstrate that they can:

- ◆ describe how to carry out each cookery process
- ◆ identify the principles associated with each cookery process
- ◆ identify specialist equipment associated with each cookery process
- ◆ identify culinary terms associated with each cookery process
- ◆ identify foods suitable for each cookery process

Cookery processes: boiling, poaching, steaming, stewing, braising, baking, grilling, pot roasting, oven roasting, deep frying, shallow frying

Principles:

- ◆ heat transfer: conduction; convection; radiation
- ◆ cooking temperatures
- ◆ associated safety precautions

Foods: meats, poultry, fish, vegetables, fruit, pasta, rice, puddings, pastry, yeast goods

- ◆ candidates must identify the main method of heat transfer for each cookery process
- ◆ candidates must identify the cooking temperature where appropriate
- ◆ candidates must identify one safety precaution for each cookery process
- ◆ candidates must identify a minimum of one piece of specialist equipment for each cookery process
- ◆ candidates must identify a minimum of two culinary terms for each cookery process
- ◆ candidates must match a minimum of two foods to each cookery process with the exception of pot roasting when a minimum of one food will be acceptable

This assessment could be completed by the use of a pro forma and should be conducted in open book supervised conditions.

National Unit Specification: statement of standards (cont)

UNIT Cookery Processes (SCQF level 5)

Outcomes 2, 3 and 4 — Performance evidence

Candidates will be required to demonstrate by practical activity that they are able to:

- ◆ apply each cookery process to different food types
- ◆ calculate cooking temperatures and times according to the specification
- ◆ control the process during cooking
- ◆ finish and present dishes to commercially acceptable standard
- ◆ wear appropriate protective clothing for the professional kitchen
- ◆ operate commercial catering equipment safely
- ◆ work safely and hygienically throughout
- ◆ follow written/oral instructions
- ◆ interpret standard recipes to produce a commercially acceptable product

Cookery Processes: boiling, poaching, steaming, stewing, braising, baking, grilling, pot roasting, oven roasting, deep frying, shallow frying

Foods: meats, poultry, fish, vegetables, fruit, pasta, rice, puddings, pastry, yeast goods

The practical activities must be carried out in a professional kitchen, realistic working environment or workplace, in supervised conditions, and an assessor observation checklist must be retained as evidence of performance.

The NAB Pack provided for this Unit illustrates the standard that should be applied. It includes an assessment pro forma for Outcome 1 and assessor observation checklists. If a centre wishes to design its own assessments for this Unit, they should be of a comparable standard.

National Unit Specification: support notes

UNIT Cookery Processes (SCQF level 5)

This part of the Unit Specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 80 hours.

GUIDANCE ON THE CONTENT AND CONTEXT FOR THIS UNIT

This Unit is a mandatory Unit in *Professional Cookery* at SCQF level 5 and the National Certificate in Hospitality at SCQF level 5, but can be taken as a freestanding Unit.

Practical activities should be carried out either in a professional kitchen, realistic working environment or real workplace, which involves working with others in a team to develop good working practice.

The focus of this Unit is practical. The Unit will develop the skills required to carry out a range of cookery processes on a range of different foods. Candidates will also learn about the main methods of heat transfer and how to control the cookery process.

The following should be emphasised throughout the delivery of the Unit:

- ◆ methods of heat transfer
- ◆ cooking media involved — water, oil, milk, stock etc
- ◆ appropriate use of professional knives and equipment
- ◆ seasoning of food
- ◆ cooking times and temperatures
- ◆ appropriate testing to check for readiness
- ◆ identification and correction of simple faults
- ◆ presentation of completed dishes
- ◆ portion control
- ◆ culinary terms

The suitability of several types of foods for each cookery process should be identified, explored and understood. Each process should be demonstrated at least once and additional cookery processes such as en papillote, sous vide, microwave and tandoori should be demonstrated and their use in modern cookery discussed.

GUIDANCE ON LEARNING AND TEACHING APPROACHES FOR THIS UNIT

The requirements for the Unit should be discussed with candidates as part of the induction to the Unit. The main approach to learning and teaching should be practical and experiential. Candidates should be encouraged to learn through a variety of activities which are designed to enhance their awareness of the work that goes on in the professional kitchen. Candidates should be encouraged to perform tasks and conduct themselves in a manner appropriate to the workplace.

Each part of teaching/learning should incorporate both theory and practice to facilitate learning, and all Outcomes should be integrated where possible. It would also be appropriate to integrate this Unit with other food production Units, for example, *Food Preparation Techniques* and *Stocks and Sauces*.

National Unit Specification: support notes (cont)

UNIT Cookery Processes (SCQF level 5)

Opportunities should be taken to integrate the required knowledge of food hygiene and health and safety while participating in practical activities. In this way, food hygiene and health and safety procedures will not only be more relevant but will be more easily understood and remembered. Candidates should always be made aware of hazards and risks when working in the professional kitchen and the controls that are in place to minimise these risks. The emphasis should always be on the practice of working safely and hygienically.

All new techniques and equipment should be demonstrated by the teacher/lecturer prior to the candidates undertaking the cookery process. The development of correct working practices must be emphasised.

Candidates should be given clear instructions for each task to ensure that they are fully aware of what is expected of them and candidates should be encouraged to follow standard recipes when carrying out the practical tasks. Culinary terms commonly associated with cookery processes should be explained and candidates should be encouraged to use them appropriately during practical activities. The use of the correct equipment should be emphasised with regard to the size of the pots for the amount being prepared. Candidates should be encouraged to use their senses to check the foods throughout the cookery process, specifically smell, touch, sight and taste. This will develop the candidate's understanding of acceptable quality.

It is strongly recommended that candidates should complete structured worksheets to track the practical activities in which they have participated. This would encourage candidates to reflect on their performance.

The Unit, therefore, should incorporate a variety of approaches to teaching and learning, including:

- ◆ teacher/lecturer demonstrations
- ◆ practical activities
- ◆ a variety of resources
- ◆ reflection and evaluation
- ◆ structured worksheets

OPPORTUNITIES FOR CORE SKILL DEVELOPMENT

In this Unit candidates will be weighing and measuring. Therefore, there will be opportunities to develop aspects of the Core Skill *Numeracy*.

GUIDANCE ON APPROACHES TO ASSESSMENT FOR THIS UNIT

The evidence requirements are fully expressed in the mandatory section of this Unit Specification. Assessor observation checklists and other assessment records should be maintained and kept up-to-date to keep track of candidate progress and provide evidence for internal and external verification purposes.

The NAB pack provided for this Unit illustrates the standard that should be applied. It includes assessor observation checklists and an example of a pro forma for Outcome 1. If a centre wishes to design its own assessments for this Unit, they should be of a comparable standard.

National Unit Specification: support notes (cont)

UNIT Cookery Processes (SCQF level 5)

DISABLED CANDIDATES AND/OR THOSE WITH ADDITIONAL SUPPORT NEEDS

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering whether any reasonable adjustments may be required. Further advice can be found on our website www.sqa.org.uk/assessmentarrangements.