

NATIONAL CERTIFICATE MODULE: UNIT SPECIFICATION**STATEMENT OF STANDARDS****UNIT NUMBER:** 5130026**UNIT TITLE:** COOKERY PROCESSES

Acceptable performance in this unit will be the satisfactory achievement of the standards set out in this part of the specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

OUTCOME

1. DESCRIBE THE COOKERY PROCESS AND THEIR ASSOCIATED PRINCIPLES, METHODS, INDUSTRIAL EQUIPMENT AND TERMINOLOGY

PERFORMANCE CRITERIA

- (a) The description of each cookery process and its associated principles, methods, industrial equipment and terminology is correct.
- (b) Suitable foods are correctly identified as appropriate to each cookery process.

RANGE STATEMENT

Cookery processes: boiling; stewing; baking; grilling; pot roasting; poaching; braising; roasting; sautéing; steaming; deep frying; shallow frying.

EVIDENCE REQUIREMENTS

Recorded evidence that the candidate can correctly describe each cookery process with reference to:

- the method of carrying out the process;
- two culinary terms;
- cooking temperature and type of heat transfer;
- two safety precautions;
- specialist industrial equipment used.

Recorded evidence that the candidate can choose three different foods suitable for each of the twelve cookery processes.

OUTCOME

2. PERFORM NUMERICAL TASKS RELATED TO FOOD PREPARATION

PERFORMANCE CRITERIA

- (a) The calculation of recipe amounts is in accordance with the given specifications.
- (b) The weighing and measuring of foods/liquids is in accordance with recipe requirements.

RANGE STATEMENT

Recipe amounts: for one portion; for ten portions; for twenty-five portions.

Food types: meats; poultry; fish; vegetables; fruit; pasta; eggs; rice, puddings; pastry; yeast goods.

EVIDENCE REQUIREMENTS

Recorded evidence of the candidate correctly calculating recipe amounts.

Performance evidence of the candidate accurately weighing and measuring the full range of food types.

OUTCOME

3. INTERPRET WRITTEN AND ORAL INSTRUCTIONS

PERFORMANCE CRITERIA

- (a) Oral instructions are accurately followed.
- (b) Standard recipes for a range of cookery processes are interpreted to produce an attractive and palatable end result for a range of food types.

RANGE STATEMENT

Cookery processes: boiling; steaming; baking; grilling; pot roasting; poaching; braising; roasting; sautéing; steaming; deep frying; shallow frying.

EVIDENCE REQUIREMENTS

Performance evidence of the candidate interpreting oral instructions and following standard recipes to achieve the desired end result.

OUTCOME

4. CARRY OUT THE COOKERY PROCESSES TO GIVEN SPECIFICATIONS

PERFORMANCE CRITERIA

- (a) Cookery processes are correctly applied to the range of food types.
- (b) Safe and hygienic standards are maintained throughout.
- (c) Temperatures and cooking times are correctly controlled to ensure minimal energy use.
- (d) Equipment used is appropriate to the processes and minimises energy use.
- (e) The process is controlled at all times.

RANGE STATEMENT

Cookery processes: boiling; stewing; baking; grilling; pot roasting; poaching; braising; roasting; sautéing; steaming; deep frying; shallow frying.

Food types: meats; poultry; fish; vegetables; fruit; pasta; eggs; rice; puddings; pastry; yeast goods.

EVIDENCE REQUIREMENTS

Performance evidence of the candidate selecting, preparing and cooking a minimum of four portions of three different food types for each of the twelve processes (with the exception of pot roasting for which only one type of meat or poultry is required).

Overall each food type within the range must be covered at least once.

Performance evidence of the candidate maintaining safe and hygienic standards in relation to self, equipment and materials.

Performance evidence of the candidate regulating the process to achieve the desired result in an economical manner.

ASSESSMENT

In order to achieve this unit, candidates are required to present sufficient evidence that they have met all the performance criteria for each outcome within the range specified. Details of these requirements are given for each outcome. The assessment instruments used should follow the general guidance offered by the SQA assessment model and an integrative approach to assessment is encouraged. (See references at the end of support notes).

Accurate records should be made of the assessment instruments used showing how evidence is generated for each outcome and giving marking schemes and/or checklists, etc. Records of candidates' achievements should be kept. These records will be available for external verification.

SPECIAL NEEDS

In certain cases, modified outcomes and range statements can be proposed for certification. See references at end of support notes.

© Copyright SQA 1996

Please note that this publication may be reproduced in whole or in part for educational purposes provided that:

- (i) no profit is derived from the reproduction;
- (ii) if reproduced in part, the source is acknowledged.

NATIONAL CERTIFICATE MODULE: UNIT SPECIFICATION**SUPPORT NOTES**

UNIT NUMBER: 5130026

UNIT TITLE: COOKERY PROCESSES

SUPPORT NOTES: This part of the unit specification is offered as guidance. None of the sections of the support notes is mandatory.

NOTIONAL DESIGN LENGTH: SQA allocates a notional design length to a unit on the basis of time estimated for achievement of the stated standards by a candidate whose starting point is as described in the access statement. The notional design length for this unit is 80 hours. The use of notional design length for programme design and timetabling is advisory only.

PURPOSE This unit is designed to build on previously developed basic preparation skills. Due to the diversity of processes and types of food stuffs it is a demanding unit requiring a wide range of equipment and learning opportunities for candidates to achieve it.

Successful completion of this unit will provide the basis to allow candidates to progress into more demanding practical cookery units.

SQA publishes summaries of NC units for easy reference, publicity purposes, centre handbooks, etc. The summary statement for this unit is as follows:

This unit will allow you to develop the skills and knowledge necessary to correctly prepare and cook various foods utilising twelve cookery processes.

CONTENT/CONTEXT Candidates will require to gain underpinning knowledge related to each cookery process, ie:

- preparation techniques;
- methods of carrying out each process;
- cooking media - water, stock, oil, sauce, etc;
- transfer of heat;
- control of temperature;
- use of industrial equipment;
- safety precautions;
- terminology associated with each process;
- hygiene regulations;
- presentation techniques.

The above list relates to all outcomes and should be approached in an integrated manner as this knowledge has to be applied to the practical performance in all cases.

Corresponding to outcomes 1-4:

1. In addition to the above, the candidate's knowledge should be extended by introducing different methods of carrying out the process as it is the process that is the focal point of this unit.

The candidate's ability to apply each process to a range of foods will be enhanced by a thorough understanding of the above knowledge.

The suitability of several types of foodstuffs for each process must be explored and understood.

2. Given standard recipes, candidates will be required to correctly calculate amounts to be prepared for given numbers. This will involve multiplication, division and addition skills. Portion control should be emphasised throughout all aspects of this unit.

The practical element of this outcome will be assessed within outcome 4.

- 3 & 4. Demonstration of each process from the preparation through to finishing of the product should feature with clear instructions on how to follow the recipe and control the process. Controlling the process includes: using correct industrial equipment, monitoring cooking time, regulating heat sources.

All of the above will require to be achieved with due regard to safe and hygienic practices at all times.

APPROACHES TO GENERATING EVIDENCE The learning and delivery approach should allow outcomes to be achieved in a candidate centred, participative and practical manner. The delivery should be organised in such a way to allow aspects of theory to be dealt with prior to practical exercises. The assessment of theory outcomes should not take place until after candidates have carried out the individual process to allow for a more thorough understanding gained from the practical experiences.

Practical work must be carried out individually. The use of carefully structured practical worksheets related to each progress should be completed prior to each practical exercise on an individual basis detailing:

- the method of carrying out the process;
- culinary terms associated with each process;
- cooking temperatures and type and heat transfer;
- safety precautions;
- specialist equipment such as combination areas, industrial microwave ovens.

Demonstrations should occur on a regular basis to reinforce critical points.

ASSESSMENT PROCEDURES The following are given as guidance only.

Outcome 1, performance criterion (a) is ideally met by integrating the structured worksheet with short answer questions related to the range.

Outcome 1, performance criterion (b) by matching exercise - three different foods for each of the twelve cookery processes.

Outcome 2, performance criterion (a) - evidence of calculating recipes worksheets related to range.

All remaining outcomes and performance criteria by means of an integrated observation practical checklist covering the full range of each outcome.

PROGRESSION NC module 5130326 Organisation of Practical Skills 2; SVQ Food Preparation and Cooking (Level II).

RECOGNITION Many SQA NC units are recognised for entry/recruitment purposes. For up-to-date information see the SQA guide 'Recognised and Recommended Groupings'.

REFERENCES

1. Guide to unit writing. (A018).
2. For a fuller discussion on assessment issues, please refer to SQA's Guide to Assessment. (B005).
3. Procedures for special needs statements are set out in SQA's guide 'Candidates with Special Needs'. (B006).
4. Information for centres on SQA's operating procedures is contained in SQA's Guide to Procedures. (F009).
5. For details of other SQA publications, please consult SQA's publications list. (X037).

© Copyright SQA 1996

Please note that this publication may be reproduced in whole or in part for educational purposes provided that:

- (i) no profit is derived from the reproduction;
- (ii) if reproduced in part, the source is acknowledged.