



National Unit specification: general information

Unit title: Control of Cookery Processes

Unit code: FT8F 11

Superclass: NF

Publication date: September 2011

Source: Scottish Qualifications Authority

Version: 02

Summary

This Unit will provide candidates with an in-depth understanding of the physical, chemical and organoleptic changes that occur to a variety of foodstuffs during the cookery process. They will learn to control a range of cookery processes using a minimal amount of energy and explain the changes that occur during the cookery process.

This Unit is an optional Unit within the National Certificate in Professional Cookery at SCQF level 5. It is also available as a free-standing Unit.

This Unit is suitable for school leavers, adult returners and people who wish to work in the hospitality industry.

Outcomes

- 1 Select foods to be cooked by a range of cookery processes and justify the choice.
- 2 Produce a range of dishes using a variety of cookery processes.
- 3 Control the cookery processes using a minimum amount of energy.
- 4 Describe the changes that the selected foods undergo throughout the cookery process.

Recommended entry

Entry is at the discretion of the centre, candidates would be expected to have practical cookery experience.

General information (cont)

Unit title: Control of Cookery Processes

Credit points and level

1 National Unit 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.*

Core Skills

Achievement of this Unit gives automatic certification of the following Core Skills component:

- ◆ Critical Thinking at SCQF level 5

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 title: Control of Cookery Processes

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 SQA.

Outcome 1

Select foods to be cooked by a range of cookery processes and justify the choice.

Performance Criteria

- ◆ A range of foods are selected in relation to each cookery process.
- ◆ Justify the cookery process chosen, in relation to each specific food type.

Outcome 2

Produce a range of dishes using a variety of cookery processes.

Performance Criteria

- (a) Each cookery process is correctly applied to each food type.
- (b) Dishes are produced using standard recipes to a commercially acceptable standard.
- (c) Safe and hygienic standards are maintained throughout.

Outcome 3

Control the cookery processes using a minimum amount of energy.

Performance Criteria

- (a) The items being cooked are monitored regularly.
- (b) The temperature and cooking time are controlled throughout the cookery process.
- (c) Energy use is minimised during the cookery process.

Outcome 4

Describe the changes that the selected foods undergo throughout the cookery process.

Performance Criteria

- (a) The changes that occur to foods during cooking are described.
- (b) The effects of over and undercooking each food are described.
- (c) The correct holding process prior to service for each food is described.

National Unit specification: statement of standards (cont)

Unit title: Control of Cookery Processes

Evidence Requirements for this Unit

Evidence is required to demonstrate that the candidates have achieved all of the Outcomes and Performance Criteria.

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

- ◆ Written/oral evidence is required which demonstrates knowledge and understanding of selecting suitable foods for each cookery process, the importance of monitoring the process and the changes that occur in foods during the cookery process.
- ◆ 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.

Outcomes 1 and 4: Written/Oral evidence

Written/Oral evidence will be provided to demonstrate that the candidate can:

- ◆ Select a range of foods in relation to each cookery process.
- ◆ Justify the cookery process chosen in relation to each specific food type.
- ◆ Describe the changes that occur to foods during cooking.
- ◆ Describe the effects of over and undercooking each food.
- ◆ Describe the correct holding process prior to service for each food.

Foods:

Meat; Poultry; Fish; Vegetables; Fruit; Rice; Pastry; Fermented Products

Cookery Processes:

Boiling; Stewing; Baking; Grilling; Poaching; Braising; Roasting; Steaming; Deep Frying; Shallow Frying

The candidate can identify two specific food types for each cookery process and justify the choice

Changes:

Physical, Chemical and Organoleptic:

The candidate can accurately describe the changes that occur to a variety of foodstuffs during each cookery process including size; colour, nutritional, texture; flavour; smell.

The candidate can accurately describe the effects of over/under cooking each food type.

The candidate can accurately describe the correct holding process for each food type prior to service.

National Unit specification: statement of standards (cont)

Unit title: Control of Cookery Processes

Evidence Requirements for this Unit

Outcomes 2 and 3: Performance evidence

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

- (a) Correctly apply each cookery process to each food type.
- (b) Produce dishes using standard recipes to a commercially acceptable standard.
- (c) Maintain safe and hygienic standards throughout.
- (d) Regularly monitor the items being cooked.
- (e) Control the temperature and cooking time throughout the cookery process.
- (f) Minimise the energy use during the cookery process.

Foods:

Meat; Poultry; Fish; Vegetables; Fruit; Rice; Pastry; Fermented Products

The candidate must prepare and cook two different food types for each cookery process listed above. Overall each food type must be covered at least once.

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.

National Unit specification: support notes

Unit title: Control of Cookery Processes

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 designed to further develop the understanding and skills of candidates who have undertaken basic cookery before. There are demands to prepare and cook a wide range of foodstuffs by a diverse range of cookery processes.

This Unit builds on the knowledge elements related to the processes of cooking food, allowing candidates to not only choose, but also justify foods suitable for each process. It allows a greater understanding of control throughout by developing the knowledge of the physical, chemical and organoleptic changes that occurs to a variety of foodstuffs during the cookery process.

The underpinning knowledge related to cookery processes will require to be reinforced as necessary for each cookery process, ie:

- ◆ Preparation techniques
- ◆ Method of carrying out the process
- ◆ Cooking mediums
- ◆ Transfer of heat
- ◆ Control of temperatures
- ◆ Use of equipment
- ◆ Safety precautions
- ◆ Terminology associated with each process
- ◆ Hygiene regulations
- ◆ Presentation techniques

Candidates will explore the composition of foodstuffs and the changes that they undergo to allow them to control the process to achieve the desired end result.

Corresponding to Outcomes 1–4:

National Unit specification: support notes (cont)

Unit title: Control of Cookery Processes

Outcome 1

Candidates will not only require to understand the cookery process but also the structure of the various food types and the effect that dry or moist heat has on them during the cookery process.

An example of this would be understanding the composition and structure of various cuts of meat. Understanding from which part of the carcass the cut originates relates directly to the structure and quality (tough/tender) of the meat and ultimately its suitability for each cookery process. This knowledge would allow candidates to justify their decisions in choosing suitable cuts for each process.

An understanding of these structures within each food type is fundamental prior to exploring the changes that occur throughout the cookery process. Tutor input detailing these aspects will be important prior to commencing any practical exercises.

Outcome 2

Knowledge required for this Outcome is related to carrying out each process correctly to each of the food types. Emphasis should be placed on the correct interpretation of recipes, following instructions to produce dishes of an acceptable commercial standard. Safe and hygienic standards should be maintained throughout.

Outcome 3

Controlling the cookery process is fundamental to the aims and objective of this Unit. The candidate must demonstrate competency when carrying out each cookery process. Emphasis should be placed on; regulation of the heat source to ensure minimum use of energy, monitoring the items being cooked regularly, correct cooking of food with regard to monitoring temperatures and implementing associated culinary techniques, hygiene procedures, and the use of the correct equipment and utensils.

Outcome 4

Exercises should be carried out individually or in small groups with demonstrations from the tutor to analyse:

- ◆ The changes that occur when cooking a range of foods.
- ◆ The effects of overcooking.
- ◆ The effects of undercooking.
- ◆ Holding procedures prior to service and the effect of holding foods.

Crucial points to be covered would be emphasis on changes to size, colour, texture, flavour, nutrient loss that the cookery process affects.

Ultimately the changes that occur in foods will be observed, experienced and recorded by the candidates through their practical exercises.

National Unit specification: support notes (cont)

Unit title: Control of Cookery Processes

Guidance on learning and teaching approaches for this Unit

The learning and teaching approach should allow Outcomes to be achieved in a candidate-centred, participative and practical manner. A fully integrated approach to generating the evidence can be adopted and is recommended as it is both practical and candidate-centred. Practical and performance based activities should be supported by prior delivery of related knowledge and understanding sessions.

These will relate directly to the food types to be used and their associated processes. This Unit provides ample opportunity for varied learning and teaching approaches to be employed. The use of ICT/Internet materials would greatly support the delivery of the Unit.

Outcomes 1 and 4

The use of carefully structured worksheets related to the practical exercises being undertaken can be completed by individual candidates recording evidence of:

- ◆ The foods chosen for each process
- ◆ A justification for choosing the process
- ◆ A description of changes that occurred throughout
- ◆ The effects of over/undercooking each food
- ◆ Correct holding process prior to service

Outcomes 2 and 3

The use of a structured checklist covering the Performance Criteria may be used in recording performance evidence for food items and cookery processes.

Guidance on approaches to assessment for this Unit

The following approaches to assessment are suggested:

Outcomes 1 and 4

Assessment for these Outcomes could be by the use of carefully structured worksheets.

Outcomes 2 and 3

Assessor checklist based on Performance Criteria.

National Unit specification: support notes (cont)

Unit title: Control of Cookery Processes

Opportunities for the use of e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or e-checklists. Centres which wish to use e-assessment must ensure that the national standard is applied to all candidate evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. Further advice is available in *SQA Guidelines on Online Assessment for Further Education (AA1641, March 2003)*, *SQA Guidelines on e-assessment for Schools (BD2625, June 2005)*.

Opportunities for developing Core Skills

In this Unit candidates will learn about the physical, chemical and organoleptic changes (taste, colour, smell) that occur to a variety of foodstuffs during the cookery process. In addition they will learn to implement and control a range of cookery processes.

Candidates will prepare and cook a wide range of foodstuffs by a diverse range of cookery processes. This will allow them to not only choose but also justify foods suitable for each process.

Candidates will be involved in:

- ◆ Choosing foods for each process and justifying the choice.
- ◆ Describing the changes that occur, the effects of over/undercooking each food and the correct holding process prior to service.
- ◆ Weighing and measuring ingredients for the dishes to be produced, regulating the heat source or temperature to ensure minimum use of energy and ensuring the correct cooking and holding of food for service.
- ◆ Identifying the changes that occur when cooking a range of foods and consider the effects of overcooking and undercooking foods.
- ◆ Working individually or in small groups during practical activities.

As candidates are undertaking this Unit they will be developing aspects of the Core Skills in *Communication, Numeracy, Problem Solving* and *Working with Others*.

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

History of changes to Unit

Version	Description of change	Date
02	Core Skills Component Critical Thinking at SCQF level 5 embedded.	30/09/2011

© Scottish Qualifications Authority 2011

This publication may be reproduced in whole or in part for educational purposes provided that no profit is derived from reproduction and that, if reproduced in part, the source is acknowledged.

Additional copies of this Unit specification can be purchased from the Scottish Qualifications Authority. Please contact the Business Development and Customer Support team, telephone 0303 333 0330.