

## Prepare and finish simple salad and fruit dishes

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### Overview

This standard is about preparing and presenting salad and fruit dishes, for example:

- fruit based salads
- vegetable based salads
- pulse and bean based salads

This standard focuses on the technical knowledge and skills required to prepare and finish simple salad and fruit dishes; however it should be assessed in the wider context of safe and hygienic working practices. It is recommended that the following NOS, selected as appropriate to the job role and organisation, are referenced in conjunction with the technical skills and knowledge for the standard:

- Maintain basic food safety in catering
- Maintain food safety in a kitchen environment
- Provide basic advice on allergens to customers
- Minimise the risk of allergens to customers

When you have completed this standard you will be able to demonstrate your understanding of and your ability to:

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**Performance criteria**

You must be able to:

1. Check the ingredients to make sure they are fit for preparation
2. Choose the correct tools, knives and equipment to prepare and finish salad and fruit
3. Use the tools, knives and equipment correctly when preparing and finishing salad and fruit
4. Prepare the ingredients correctly for the dish
5. Present the dish to meet requirements
6. Store any prepared items not for immediate use in line with food safety regulations

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### Knowledge and understanding

You need to know and understand:

1. How to store salad and fruit before preparation
2. What you should look for to make sure each type of salad, fruit and other ingredients are fit for use
3. Why and to whom you should report any problems with the salad, fruit or other ingredients
4. The right tools and equipment for the preparation methods
5. Why it is important to use the correct tools and equipment
6. How you should carry out the preparation methods correctly
7. The correct storage requirements for simple salad and fruit dishes not for immediate consumption

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**Scope/range**

**1. Ingredients**

- 1.1 frozen fruit
- 1.2 fresh fruit
- 1.3 fresh salad
- 1.4 prepared fruit
- 1.5 prepared salad

**2. Prepare by**

- 2.1 peeling
- 2.2 trimming
- 2.3 washing
- 2.4 soaking
- 2.5 cutting
- 2.6 mixing
- 2.7 seasoning
- 2.8 portioning
- 2.9 presenting

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