

## Cook-freeze food

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### Overview

This standard is about processing cook-freeze foods.

The standard covers portioning, packaging and blast-freezing food, sealing and labelling blast-frozen food correctly; whilst monitoring and recording its temperature. The standard also covers storing packaged cook-freeze foods correctly, stock rotation procedures and the maintenance of accurate records.

This standard focuses on the technical knowledge and skills required to process cook-freeze food; 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:

- Cook-freeze food

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## Performance criteria

You must be able to:

### **Portion, pack and blast-freeze food**

1. Ensure that the preparation area is clean, undamaged and ready for use according to your workplace standard
2. Ensure that the equipment (including waste containers) is clean, appropriate for the task, undamaged, where it should be and switched on ready for use
3. Check that the food meets the dish, food safety and your workplace standard regarding quality, quantity and cooking requirements
4. Deal with any food that does not meet workplace or food safety requirements
5. Portion, pack and cover food correctly
6. Blast-freeze food, seal and label it correctly
7. Monitor and record food temperatures accurately and according to food safety and your workplace requirements
8. Transport containers to the appropriate storage areas in a safe and hygienic manner

### **Store cook-freeze food**

9. Store cook-freeze items at the correct temperature and condition
10. Follow stock rotation procedures correctly and use stock in date order
11. Maintain accurate records of food items that are received, stored and issued
12. Handle food items correctly so that they remain undamaged
13. Monitor and record food and storage area temperatures accurately
14. Secure storage areas against unauthorised access
15. Report any problems that you identify promptly to the proper person

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### Knowledge and understanding

You need to know and understand:

#### **Portion, pack and blast freeze food**

1. Safe and hygienic working practices when portioning, packing and blast-freezing food
2. Why time and temperature is important when producing cook-freeze food
3. Why food containers must be sealed and labelled correctly before storage
4. Why portions must be controlled when producing cook-freeze foods
5. What quality points to look for when portioning, packing and blast-freezing food
6. The types of unexpected situations that may occur when portioning, packing and blast-freezing food

#### **Store cook-freeze food**

7. Safe and hygienic working practices when storing cook-freeze foods
8. Why it is important to monitor and record food and storage temperatures regularly
9. Why stock rotation procedures must be followed
10. Why storage areas should be secured from unauthorised access
11. The types of unexpected situations that may occur when storing cook-freeze foods

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**Scope/range**

**1. Food**

- 1.1 meat dishes
- 1.2 poultry dishes
- 1.3 joints / whole birds
- 1.4 vegetables / fruits
- 1.5 vegetable dishes
- 1.6 fish dishes
- 1.7 sauces / soups
- 1.8 egg dishes
- 1.9 desserts

**2. Problems with**

- 2.1 equipment
- 2.2 food
- 2.3 packaging

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<b>Developed by</b>	People 1st
<b>Version Number</b>	2
<b>Date Approved</b>	February 2016
<b>Indicative Review Date</b>	March 2021
<b>Validity</b>	Current
<b>Status</b>	Original
<b>Originating Organisation</b>	People 1st
<b>Original URN</b>	PPL2PR6
<b>Relevant Occupations</b>	Cook; Chef; Kitchen Assistant
<b>Suite</b>	Food Production and Cooking; Hospitality - Professional Cookery
<b>Keywords</b>	cook, freeze, food

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