



**NATIONAL CERTIFICATE MODULE: UNIT SPECIFICATION****STATEMENT OF STANDARDS**

**UNIT NUMBER:** 5130096

**UNIT TITLE:** INTRODUCTION TO 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. IDENTIFY THE PRINCIPLES ASSOCIATED WITH A RANGE OF COOKERY PROCESSES

**PERFORMANCE CRITERIA**

- (a) The cooking medium and type of heat transfer are correctly identified for each cookery process.
- (b) Each process is classified as wet or dry.
- (c) Suitable foods are correctly identified for each process.

**RANGE STATEMENT**

Cookery processes: stewing; boiling; poaching; baking; steaming; grilling; deep frying; shallow frying.

**EVIDENCE REQUIREMENTS**

Recorded evidence that the candidate can correctly identify the cooking medium and type of heat transfer for each cookery process.

Recorded evidence that the candidate can classify each process as wet or dry.

Recorded evidence that the candidate can correctly identify three foods suitable for each cookery process.

**OUTCOME**

2. CARRY OUT THE COOKERY PROCESS TO GIVEN SPECIFICATIONS

**PERFORMANCE CRITERIA**

- (a) Each cookery process is correctly applied to a range of foods.
- (b) Oral and written instructions are correctly followed.
- (c) Safe and hygienic standards are maintained throughout.

**RANGE STATEMENT**

Cookery processes: stewing; boiling; poaching; baking; steaming; grilling; deep frying; shallow frying.

Foods: vegetables; fruit; eggs; meat; fish; dry goods; scones; eggs.

**EVIDENCE REQUIREMENTS**

Performance evidence that the candidate can correctly apply each cookery process to two different foods. Each food must be evidenced at least once.

Performance evidence that the candidate can correctly follow oral and written instructions.

Performance evidence that the candidate can maintain safe and hygienic standards throughout the practical sessions.

**OUTCOME**

3. CONTROL THE COOKERY PROCESS TO MINIMISE WASTAGE

**PERFORMANCE CRITERIA**

- (a) The process is monitored regularly.
- (b) Appropriate techniques are used to check food for readiness.
- (c) An attractive and palatable end result is produced.

**RANGE STATEMENT**

Cookery processes: stewing; boiling; poaching; baking; steaming; grilling; deep frying; shallow frying.

Foods: vegetables; fruit; eggs; meat; fish; dry goods; scones; eggs.

**EVIDENCE REQUIREMENTS**

Performance evidence that the candidate regularly monitors the process.

Performance evidence that the candidate uses appropriate techniques to check food for readiness.

Performance evidence that the candidate produces an attractive and palatable end result.

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**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.

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

**UNIT NUMBER:** 5130096

**UNIT TITLE:** INTRODUCTION TO 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 40 hours. The use of notional design length for programme design and timetabling is advisory only.

**PURPOSE** This unit is designed for candidates with no previous experience who require an introduction to basic cookery skills. It enables candidates to acquire a limited range of skills related to some of the cookery processes and also the related underpinning knowledge associated with each one.

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 an understanding of the basic principles involved in carrying out a range of cookery processes and the skills involved applying the processes to a range of foodstuffs.

**CONTENT/CONTEXT** As this is an introductory unit it should be delivery at a pace in keeping with the candidate's ability with each process explained and discussed but at a basic level.

Corresponding to outcomes 1-3:

1. As each cookery process is covered the type of heat transfer, ie: conduction; convection; radiation, should be identified and explained. The cooking medium: oil; water; stock;, steam; etc, should be discussed and understood. The classification of the process as wet or dry should be identified and explained. The operation of equipment such as steamer, microwave, deep fat fryer, oven and salamander will relate to each process as the candidates carry them out.

The suitability of foods for each process will require to be covered in detail and candidates helped to understand why certain food types require to be cooked by wet and others by dry methods.

2. Demonstrations and use of equipment should feature throughout each practical session as new skills are developed. The correct method of carrying out each process should be explored prior to candidates carrying out practical sessions. The development of safe and hygienic standards and correct working methods must be instilled by the tutor as essential skills to be practised at all times.

Candidates should be encouraged to follow standard recipes in carrying out the practical tasks in a step by step method.

3. The tutor should encourage candidates to monitor the cookery process with regard to temperature, time, the cooking medium and techniques demonstrated to check the food for readiness. Candidates should be encouraged to use their senses to check the foods throughout the cookery process specifically touch, sight and taste.

The tutor will have to explain the effects of overcooking and undercooking on each foodstuff and the importance of producing a palatable end result.

**APPROACHES TO GENERATING EVIDENCE** The learning and delivery approach should allow the outcomes to be achieved in a candidate-centred, participative and practical manner. Aspects of theory related to the principles associated with each cookery process should be covered prior to the practical exercise as should the correct use of equipment.

The assessment of outcome 1 should be related to each practical exercise and not seen as a separate unrelated outcome.

**ASSESSMENT PROCEDURES** Centres may use the instruments of assessment that tutors consider to be the most appropriate, the following are given as guidance:

Outcome 1 By means of a worksheet related to the practical exercise.

Outcomes 2&3 By means of a practical observation checklist.

**PROGRESSION** NC module 5130026 Cookery Processes.

**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).

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