



National Unit Specification

General information

Unit title: Food Preparation Techniques: An Introduction (SCQF level 3)

Unit code: D263 09

Superclass: NE

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Version: 02

Unit purpose

This unit will enable learners to develop basic food preparation techniques using a range of preparation equipment. Learners will participate in a number of activities that will help them to develop the skills identified within this unit. It is suitable for learners who have no prior experience of food preparation techniques.

Outcomes

On successful completion of the unit the learner will be able to:

- 1 Weigh and measure foodstuff accurately.
- 2 Use a range of simple food preparation techniques.
- 3 Identify basic food preparation equipment.

Credit points and level

1 National Unit credit at SCQF level 3: (6 SCQF credit points at SCQF level 3)

Recommended entry to the unit

Entry is at discretion of the centre.

National Unit Specification: General information (cont)

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Core Skills

Opportunities to develop aspects of Core Skills are highlighted in the support notes for this unit specification.

There is no automatic certification of Core Skills or Core Skill components in this unit.

Context for delivery

The Assessment Support Pack (ASP) for this unit provides assessment and marking guidelines that exemplify the national standard for achievement. It is a valid, reliable and practicable assessment. Centres wishing to develop their own assessments should refer to the ASP to ensure a comparable standard. A list of existing ASPs is available to download from SQA's website (<http://www.sqa.org.uk/sqa/46233.2769.html>).

Equality and inclusion

This unit specification has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence.

Further advice can be found on our website www.sqa.org.uk/assessmentarrangements.

National Unit Specification: Statement of standards

Unit title: Food Preparation Techniques: An Introduction (SCQF level 3)

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

Weigh and measure foodstuffs accurately.

Performance criteria

- (a) Scales are used accurately
- (b) Measuring jugs are used accurately
- (c) Measuring spoons are used accurately

Outcome 2

Use a range of simple food preparation techniques.

Performance criteria

- (a) The equipment selected is appropriate to the preparation technique
- (b) The preparation technique is correctly carried out
- (c) Safe and hygienic standards are maintained throughout

Outcome 3

Identify basic food preparation equipment.

Performance criteria

- (a) Items of basic equipment are identified correctly
- (b) The use of each item of equipment is identified correctly

National Unit Specification: Statement of standards (cont)

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Evidence requirements for this unit

Evidence is required to demonstrate that learners have achieved all outcomes and performance criteria.

Outcome 1 and 2 — Performance evidence

Learners will be required to demonstrate by practical activity on at least one occasion that they are able to:

- ◆ Use scales accurately
- ◆ Use measuring jugs accurately
- ◆ Use measuring spoons accurately
- ◆ Select equipment appropriate to the preparation technique
- ◆ Carry out preparation techniques correctly without undue waste
- ◆ Maintain safe and hygienic standards throughout

Outcome 3 — Recorded evidence

Learners will be required to demonstrate that they can:

- ◆ Identify eight items of basic equipment correctly
- ◆ Identify the use of each item of equipment correctly

Outcomes 1 and 2 can be assessed together.



National Unit Support Notes

Unit title: Food Preparation Techniques: An Introduction (SCQF level 3)

Unit support notes are offered as guidance and 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

The content will allow learners to develop basic techniques utilising a range of preparation equipment. Learners should be encouraged to end cook products that have been prepared under the supervision of the teacher/lecturer.

Outcomes 1 and 2

The practical activities of this unit should be relatively simple dishes/recipes such as: the preparation of vegetables for soup; scones; basic sponge; fresh fruit salad; shepherd's pie; pizza; fruit crumble; hamburgers. Healthier options for ingredients should be chosen, where appropriate.

Hygiene and safety must feature as key practices to be developed in the use of all preparation equipment and throughout preparation techniques. Demonstrations will be required in the use of all equipment and in following each preparation technique. The development of correct working practices must be emphasised. Knife drill will have to be demonstrated and reinforced throughout. Learners should be given clear specifications for each task to ensure that they are fully aware of what is expected of them. The timescale required for activities should be adjusted to meet individual needs and abilities.

Outcome 3

All items of equipment used in practical work should be correctly identified and named and its uses explained. Learners should be encouraged to correctly identify and use correctly appropriate equipment for each task.

Guidance on approaches to delivery of this unit

The learning and teaching approach should allow outcomes to be achieved in a learner-centred participative and practical manner. Theoretical aspects such as identification of equipment and its uses should be an integral part of each practical exercise. The choice of activities must allow all of the equipment to be used and the range of preparation techniques to be covered.

National Unit Support Notes (cont)

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Guidance on approaches to assessment of this unit

Evidence can be generated using different types of assessment. The following are suggestions only. There may be other methods that would be more suitable to learners.

Centres are reminded that prior verification of centre-devised assessments would help to ensure that the national standard is being met. Where learners experience a range of assessment methods, this helps them to develop different skills that should be transferable to work or further and higher education.

Outcome 1 and 2 — Performance evidence

The preparation techniques that should be demonstrated are peel, cut, grate, shape, mix and whisk. Each preparation technique must be used on at least one occasion.

The activity should be carried out in supervised conditions, and an assessor observation checklist must be used.

Outcome 3 — Written/oral evidence

Equipment that can be identified and used could include flour dredger, sieve, cooling tray, hand-held electric whisk, pastry cutter, fish slice, vegetable peeler; vegetable knife, grater; tablespoon or pastry brush.

The evidence for this outcome will be gathered under open-book, supervised conditions.

Opportunities for 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 social software. Centres which wish to use e-assessment must ensure that the national standard is applied to all learner evidence and that conditions of assessment as specified in the evidence requirements are met, regardless of the mode of gathering evidence. The most up-to-date guidance on the use of e-assessment to support SQA's qualifications is available at www.sqa.org.uk/e-assessment.

Opportunities for developing Core and other essential skills

In this unit, learners will be weighing and measuring, identifying and using the correct equipment and carrying out a range of food preparation techniques. This may provide opportunities to develop the following Core Skills components:

- ◆ *Numeracy*: Using Number at SCQF level 3
- ◆ *Problem Solving*: Critical Thinking at SCQF level 3
- ◆ *Problem Solving*: Planning and Organising at SCQF level 3

History of changes to unit

Version	Description of change	Date
02	Transferred to current template Core Skills signposting information updated	April 2019

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General information for learners

Unit title: Food Preparation Techniques: An Introduction (SCQF level 3)

This section will help you decide whether this is the unit for you by explaining what the unit is about, what you should know or be able to do before you start, what you will need to do during the unit and opportunities for further learning and employment.

This unit will enable you to develop basic food preparation techniques using a range of preparation equipment.

In Outcome 1, you will learn how to accurately weigh and measure foodstuffs using equipment such as scales, measuring jugs and measuring spoons.

In Outcome 2, you will learn how to perform a range of simple preparation techniques including grating, peeling and shaping. You will select the correct equipment to carry out the preparation technique. Throughout all practical activities, you will ensure that you work safely and hygienically at all times.

In Outcome 3 you will identify eight different pieces of equipment used in basic food preparation and explain the uses of the equipment.

This unit will enable you to develop basic food preparation techniques using a range of preparation equipment. You will participate in a number of activities that will help you to develop the skills identified within this unit.

You will be assessed with both practical and knowledge based activities. Completion of this unit will also enable you to develop the following Core Skills:

- ◆ *Problem Solving:* Critical Thinking at SCQF level 3
- ◆ *Problem Solving:* Planning and Organisation at SCQF level 3
- ◆ *Numeracy:* Using Number at SCQF level 3

On completion of this unit, you could progress to other units in Professional Cookery at SCQF levels 3/4 and/or seek employment in the hospitality industry.