



National Unit Specification: general information

UNIT	Food Preparation Techniques (SCQF level 5)
CODE	F7DP 11
COURSE	Hospitality Professional Cookery (SCQF level 5)

SUMMARY

This Unit is a mandatory Unit in *Professional Cookery* at SCQF level 5 and National Certificate in Hospitality SCQF level 5. The Unit will introduce candidates to food preparation techniques used in the professional kitchen. Candidates will learn about health and safety issues, equipment and terminology, while preparing a range of foods for cooking. It is suitable for candidates who have no previous experience.

OUTCOMES

- 1 Describe a range of food preparation techniques and associated culinary terms.
- 2 Select and use equipment and techniques to prepare a specified range of products.
- 3 Demonstrate safe working practices.

RECOMMENDED ENTRY

Entry is at the discretion of the centre.

CREDIT VALUE

1 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.*

Administrative Information

Superclass:	NE
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National Unit Specification: general information (cont)

UNIT Food Preparation Techniques (SCQF level 5)

CORE SKILLS

Achievement of this Unit gives automatic certification of the following:

Complete Core Skill	None
Core Skill components	Critical Thinking at SCQF level 4 Planning and Organising at SCQF level 4

There are also opportunities to develop aspects of Core Skills which are highlighted in the Support Notes of this specification.

National Unit Specification: statement of standards

UNIT Food Preparation Techniques (SCQF level 5)

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 the Scottish Qualifications Authority.

OUTCOME 1

Describe a range of food preparation techniques and associated culinary terms.

Performance Criteria

- (a) Describe a range of techniques associated with food preparation.
- (b) List a dish which uses the technique in its manufacture.
- (c) Identify culinary terms associated with food preparation.
- (d) Identify a use for specific cuts of vegetable.

OUTCOME 2

Select and use equipment and techniques to prepare a specified range of products.

Performance Criteria

- (a) Select a range of cutting, shaping and mixing equipment.
- (b) Use the equipment to carry out a range of preparation techniques.
- (c) Prepare a range of products according to the recipe specification.

OUTCOME 3

Demonstrate safe working practices.

Performance Criteria

- (a) Clothing appropriate for the professional kitchen is worn.
- (b) Work safely and hygienically throughout.

National Unit Specification: statement of standards (cont)

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EVIDENCE REQUIREMENTS FOR THIS UNIT

Evidence must be produced to demonstrate that all outcomes and Performance Criteria have been met.

Written/oral and performance evidence is required for this Unit.

- ◆ Written/oral evidence is required which demonstrates knowledge and understanding of a range of food preparation techniques and associated culinary terms.
- ◆ 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.

Outcome 1 — Written/oral evidence

Candidates are required to demonstrate that they can:

- ◆ describe a range of techniques associated with food preparation
- ◆ list a dish which uses the technique in its manufacture
- ◆ identify culinary terms associated with food preparation
- ◆ identify a use for specific cuts of vegetable

Preparation techniques: cream, fold, fillet, beat, shape, rub-in, whisk, bone, mince, blanch, skin, segment.

Cuts of vegetable: brunoise, macedoine, paysanne, mirepoix, jardiniere, julienne.

- ◆ candidates should correctly describe 10 food preparation techniques
- ◆ candidates should list one dish for each technique
- ◆ candidates should match a minimum of two culinary terms associated with each food preparation technique
- ◆ candidates should identify one use for each cut of vegetable

This assessment could be completed by the use of a pro forma and should be conducted in open book supervised conditions.

Outcomes 2 and 3 — Performance evidence

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

- ◆ select a range of cutting, shaping and mixing equipment
- ◆ use a range of equipment to cut, shape and mix foodstuffs
- ◆ select equipment and techniques required to prepare a range of products
- ◆ use equipment to carry out techniques to prepare the range of products
- ◆ prepare the range of products according to the recipe specification
- ◆ work safely and hygienically throughout

National Unit Specification: statement of standards (cont)

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Cutting equipment: professional knives, grater, pastry cutter, mandolin

Shaping equipment: rolling pin, palette knife, piping bag

Mixing equipment: wooden spoon, metal spoon, balloon whisk, electric whisk (hand or static)

Preparation techniques: peel: chop, slice, dice, shred, grate, roll, cut and trim (pastry), shape and pipe products, cream, fold, whisk, pane

- ◆ Candidates must use each piece of equipment listed on a minimum of one occasion.
- ◆ Candidates must use each preparation technique listed on a minimum of one occasion.

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.

The NAB Pack provided for this Unit illustrates the standard that should be applied. It includes an assessment pro forma for Outcome 1 and assessor observation checklists. If a centre wishes to design its own assessments for this Unit, they should be of a comparable standard.

National Unit Specification: support notes

UNIT Food Preparation Techniques (SCQF level 5)

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 a mandatory Unit in *Professional Cookery* at SCQF level 5 and the National Certificate in Hospitality at SCQF level 5 but can be taken as a freestanding Unit.

Practical activities should be carried out either in a professional kitchen, realistic working environment or real workplace, which involves working with others in a team to develop good working practice.

The focus of this Unit is practical vocational training. The Unit will develop the skills required to carry out preparation techniques using a range of equipment commonly found in the professional kitchen. They will also learn about the culinary terms associated with the food preparation techniques and will be encouraged to research dishes that use these preparation techniques in their manufacture.

The teacher/lecturer should demonstrate the correct use of equipment and the preparation techniques prior to the candidates carrying out the task. The correct use of knives and the mandolin will require frequent demonstration and reinforcement until their use is consistently safe and proficient. Additional pieces of equipment that candidates could have the opportunity to use are a pasta machine and a burger press.

The following is a list of products that could be produced to ensure that all of the equipment and preparation techniques listed are used: scotch broth, leek and potato soup, minestrone, Russian salad, coleslaw, julienne salad, jardiniere of root vegetables as a garnish, mirepoix of vegetables as a trivet for roasting, game chips, straw potatoes, beef burgers, potato croquettes, meringues, Duchesse potatoes, duxelle, concasse, scones(sweet and savoury), flans, pies, tarts, biscuits, sponge cake, Swiss roll, paned fillet of fish.

GUIDANCE ON LEARNING AND TEACHING APPROACHES FOR THIS UNIT

The requirements for the Unit should be discussed with candidates as part of the induction to the Unit. The main approach to learning and teaching should be practical and experiential. Candidates should be encouraged to learn through a variety of activities which are designed to enhance their awareness of the work that goes on in the professional kitchen. Candidates should be encouraged to perform tasks and conduct themselves in a manner appropriate to the workplace.

Each part of teaching/learning should incorporate both theory and practice to facilitate learning, and all Outcomes should be integrated where possible. It would also be appropriate to integrate this Unit with other food production Units, for example, Cookery Processes and Stocks and Sauces. Opportunities should be taken to integrate the required knowledge of food hygiene and health and safety while participating in practical activities. In this way, food hygiene and health and safety procedures will not only be more relevant but will be more easily understood and remembered.

National Unit Specification: support notes (cont)

UNIT Food Preparation Techniques (SCQF level 5)

Candidates should always be made aware of hazards and risks when working in the professional kitchen and the controls that are in place to minimise these risks. The emphasis should always be on the practice of working safely and hygienically.

All new techniques and equipment should be demonstrated by the teacher/lecturer prior to the candidates carrying out the task. The development of correct working practices must be emphasised.

Candidates should be given clear instructions for each task to ensure that they are fully aware of what is expected of them and candidates should be encouraged to follow standard recipes when carrying out the practical tasks. Culinary terms commonly associated with food preparation techniques should be explained and candidates should be encouraged to use them appropriately during practical activities. The use of the correct equipment should be emphasised with regard to the food preparation technique being employed. It is strongly recommended that candidates should complete structured worksheets to track the practical activities in which they have participated. This would encourage candidates to reflect on their performance.

The Unit, therefore, should incorporate a variety of approaches to teaching and learning, including:

- ◆ teacher/lecturer demonstrations
- ◆ practical activities
- ◆ a variety of resources
- ◆ reflection and evaluation
- ◆ structured worksheets

OPPORTUNITIES FOR CORE SKILL DEVELOPMENT

In this Unit candidates will be weighing and measuring. Therefore, there will be opportunities to develop aspects of the Core Skill *Numeracy*.

GUIDANCE ON APPROACHES TO ASSESSMENT FOR THIS UNIT

The evidence requirements are fully expressed in the mandatory section of this Unit Specification. Assessor observation checklists and other assessment records should be maintained and kept up-to-date to keep track of candidate progress and provide evidence for internal and external verification purposes.

The NAB pack provided for this Unit illustrates the standard that should be applied. It includes assessor observation checklists and an example of a pro forma for Outcome 1. If a centre wishes to design its own assessments for this Unit, they should be of a comparable standard.

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.