



National Unit Specification: general information

UNIT Cold Preparations (SCQF level 5)

CODE F7E0 11

SUMMARY

This Unit is an optional Unit of the National Certificate in Hospitality SCQF level 5 but it can also be taken as a freestanding Unit.

The Unit will introduce candidates to the production of a range of foods that can be served cold. Candidates will learn about health and safety issues, equipment and terminology, while preparing, cooking, where appropriate, and presenting a range of foods to be served cold. They will learn about the importance of temperature control during preparation and also prior to and during service.

Candidates will participate in a number of activities which will help them to develop the skills identified within this Unit.

Successful completion of this Unit will ensure that candidates have knowledge of accompaniments, garnishes and decorations associated with cold foods.

OUTCOMES

- 1 Select and prepare ingredients for a range of foods to be served cold.
- 2 Finish and present a range of cold foods.
- 3 Identify accompaniments, garnishes and decorations for a range of cold foods.

RECOMMENDED ENTRY

Entry is at the discretion of the centre.

Administrative Information

Superclass: NE

Publication date: September 2009

Source: Scottish Qualifications Authority

Version: 01

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National Unit Specification: general information (cont)

UNIT Hospitality: Cold Preparations (SCQF level 5)

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.*

CORE SKILLS

Opportunities to develop aspects of Core Skills are highlighted in the Support Notes of this Unit Specification.

There is no automatic certification of Core Skills or Core Skill component in this Unit.

National Unit Specification: statement of standards

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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

Select and prepare ingredients for a range of foods to be served cold.

Performance Criteria

- a) Select ingredients for a range of foods.
- b) Weigh and measure ingredients.
- c) Prepare ingredients using food preparation techniques.
- d) Food hygiene and health and safety procedures are followed at all times.

OUTCOME 2

Finish and present a range of cold foods.

Performance Criteria

- a) A range of foods are garnished or decorated prior to service.
- b) A range of foods are presented in containers suitable for the style of service.
- c) A range of finished foods are stored at the correct temperature prior to and during service.
- d) Food hygiene and health and safety procedures are followed at all times.

OUTCOME 3

Identify accompaniments, garnishes and decorations for a range of cold foods.

Performance Criteria

- a) Accompaniments for a range of foods are identified.
- b) Garnishes and decorations for a range of foods are identified.

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.

Performance and written/oral evidence is required for this Unit.

- ◆ Practical activities for this Unit should be carried out under supervision either in a simulated environment, realistic working environment or workplace, and should involve preparing and finishing a range of foods suitable for serving cold.
- ◆ Written/oral evidence is required which demonstrates knowledge and understanding of accompaniments, garnishes and decorations for foods to be served cold.

Outcomes 1 and 2 — Performance evidence

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

- ◆ select ingredients for a range of foods
- ◆ weigh and measure ingredients
- ◆ prepare ingredients using food preparation techniques
- ◆ garnish or decorate a range of foods prior to service
- ◆ present a range of foods in containers suitable for the style of service
- ◆ store a range of finished foods at the correct temperature prior to and during service
- ◆ follow food hygiene and health and safety procedures at all times

Range of foods

- ◆ Sandwiches
— candidates to produce a selection of sandwiches using a minimum of three fillings and four different breads
- ◆ Salads
— candidates to produce a minimum of four different salads
- ◆ Starters
— candidates to produce a minimum of three starters
- ◆ Main courses
— candidates to produce a minimum of three main courses
- ◆ Sweets
— candidates to produce a minimum of three sweets

The practical activities must be supervised and carried out in a professional kitchen, realistic working environment or workplace, and an assessor observation checklist must be retained as evidence of performance.

National Unit Specification: statement of standards (cont)

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Outcome 3 — Written/oral evidence

Candidates are required to demonstrate that they can:

- ◆ identify accompaniments for a range of foods
- ◆ identify garnishes and decorations for a range of foods

Candidates must identify a minimum of one accompaniment for meat, fish, poultry, salads, sweets.

Candidates must identify a minimum of one garnish for each dish produced.

Candidates must identify a minimum of one decoration for each sweet produced.

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

The Assessment Support Pack provided for this Unit illustrates the standard that should be applied. It includes an assessment pro forma for Outcome 3 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

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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 an optional Unit of the National Certificate Hospitality Course (SCQF level 5), but can be taken as a free-standing 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 select, prepare, cook and present a range of foods suitable for serving cold. Candidates will also learn about accompaniments, garnishes and decorations associated with the service of cold foods and the importance of temperature control. They should be made aware of the shelf life of foods and how to prevent deterioration of foods prior to and during service. Candidates should apply food hygiene procedures when preparing, storing and serving cold food to minimise the risk of microbial spoilage and prevent food poisoning.

The variety of dishes that candidates should be involved in producing could include the following:

- ◆ **Sandwiches**
 - **fillings** — meat, fish, poultry, salad
 - **bread**s — wholemeal, white, rye, croissant, baguette, pitta, wrap
- ◆ **Salads**
 - potato, tomato, coleslaw, vegetable, mixed, green
- ◆ **Starters**
 - meat, fish, poultry, fruit, vegetable
- ◆ **Main Courses**
 - meat, fish, poultry, fruit, vegetable
- ◆ **Sweets**
 - fruit based, sponge based, pastry

Candidates should be encouraged to recognise the importance of colour, texture and taste of foods, and how to garnish or decorate foods appropriately. Foods should be presented on dishes that allow the foods to be displayed in an attractive manner and attention should be paid to colour, shape and layout of the final presentation. Accompaniments commonly offered with a range of cold foods should also be investigated.

National Unit Specification: support notes (cont)

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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, *Integrated Production Cookery*.

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. 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 undertaking the preparation of stocks and sauces. 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. 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 following could be included:

- ◆ dish produced
- ◆ dish used for service
- ◆ method of holding and temperature prior to service
- ◆ method of holding and temperature during service
- ◆ service details e.g. garnish/decoration used
- ◆ accompaniment

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

National Unit Specification: support notes

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OPPORTUNITIES FOR CORE SKILL DEVELOPMENT

As candidates may be involved in weighing and measuring, aspects of the Core Skill *Numeracy* may be developed.

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.

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.