



## National Unit Specification

### General information

**Unit title:** Professional Cookery: Practical (SCQF level 6)

**Unit code:** J1S5 46

**Superclass:** NF

**Publication date:** April 2019

**Source:** Scottish Qualifications Authority

**Version:** 03, August 2019

### Unit purpose

This unit is designed to enable learners with a basic level of cookery skills to further develop practical skills in the following:

- ◆ Knife skills and techniques for vegetables, meat, poultry and fish
- ◆ Preparation techniques and use of kitchen equipment
- ◆ Preparing and cooking a wide range of ingredients
- ◆ Carrying out a wide range of cookery processes
- ◆ Preparation and cooking of dishes to meet specific dietary requirements

This unit is suitable for learners who have achieved qualifications at SCQF level 5 in Professional Cookery and/or those with some kitchen experience, such as in a commis chef role.

On completion of this unit, learners could progress to other units in Professional Cookery at SCQF levels 6/7 and/or seek employment in a professional kitchen.

This unit is mandatory in the National Progression Award (NPA) and the National Certificate (NC) in Professional Cookery at SCQF level 6, but is also suitable for delivery as a stand-alone unit. It is designed to be delivered in conjunction with the SCQF level 6 units *Professional Cookery: Knowledge* and *Professional Cookery: Kitchen Operations*.

This unit is part of a progressive suite of units in Professional Cookery at SCQF levels 5–8.

## National Unit Specification: General information (cont)

**Unit title:** Professional Cookery: Practical (SCQF level 6)

### Outcomes

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

- 1 Demonstrate a range of knife skills and techniques.
- 2 Demonstrate a range of food preparation techniques.
- 3 Demonstrate a range of cookery processes.
- 4 Demonstrate an understanding of a range of ingredients.

### Credit points and level

2 National Unit credits at SCQF level 6: (12 SCQF credit points at SCQF level 6)

### Recommended entry to the unit

Whilst entry is at the discretion of the centre, learners would normally be expected to have attained one of the following:

- ◆ A National Course/Units in Professional Cookery or Health and Food Technology at SCQF level 5
- ◆ Relevant industrial experience

### Core Skills

Achievement of this Unit gives automatic certification of the following Core Skill component:

Core Skill component                      Critical Thinking at SCQF level 5

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

### Context for delivery

If this unit is delivered as part of a group award, it is recommended that it should be taught and assessed within the subject area of the group award to which it contributes.

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](http://www.sqa.org.uk/assessmentarrangements).

## **National Unit Specification: Statement of standards**

**Unit title:** Professional Cookery: Practical (SCQF level 6)

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**

Demonstrate a range of knife skills and techniques.

#### **Performance criteria**

- (a) Produce a range of vegetables and fruit cuts
- (b) Produce a range of meat, poultry and fish cuts
- (c) Demonstrate safe and hygienic working practices

### **Outcome 2**

Demonstrate a range of food preparation techniques.

#### **Performance criteria**

- (a) Select and use appropriate food preparation equipment
- (b) Carry out a range of basic food preparing techniques
- (c) Demonstrate safe and hygienic working practices

### **Outcome 3**

Demonstrate a range of cookery processes.

#### **Performance criteria**

- (a) Select and use specialist cookery equipment
- (b) Carry out a range of cookery processes
- (c) Produce a range of meat, poultry and fish dishes
- (d) Demonstrate safe and hygienic working practices

### **Outcome 4**

Demonstrate an understanding of a range of ingredients.

#### **Performance criteria**

- (a) Produce a range of dishes to a commercially acceptable standard
- (b) Produce dishes to meet common dietary requirements
- (c) Demonstrate understanding of ingredient function
- (d) Demonstrate effective portion and waste control

## National Unit Specification: Statement of standards (cont)

**Unit title:** Professional Cookery: Practical (SCQF level 6)

### Evidence requirements for this unit

Evidence is required to demonstrate that learners have achieved all outcomes and performance criteria. Performance evidence is required for all outcomes in this unit.

### All outcomes

Learners are required to:

- ◆ Produce each of the vegetable cuts in the table below on a minimum of two occasions
- ◆ Segment citrus fruit on a minimum of one occasion
- ◆ Fillet a flat fish on a minimum of one occasion
- ◆ Produce one other flat fish cut from the table below on a minimum of one occasion
- ◆ Fillet a round fish on a minimum of one occasion
- ◆ Produce one other round fish cut from the table below on a minimum of one occasion
- ◆ Produce a range of meat and poultry cuts suitable for use in the types of dishes in the table below
- ◆ Select and use appropriate equipment to carry out each of the preparation techniques in the table below
- ◆ Carry out each of the preparation techniques in the table below on at least one occasion
- ◆ Select and use the appropriate equipment to carry out each of the cookery processes in the table below
- ◆ Carry out each of the cookery processes in the table below on a minimum of two occasions
- ◆ Apply each of the cookery processes to a minimum of two ingredients
- ◆ Produce a range of dishes, must include
  - Two beef or veal dishes — one slow cook and one quick cook
  - Two lamb or mutton dishes — one slow cook and one quick cook
  - Two pork or bacon dishes — one slow cook and one quick cook
  - Two chicken dishes (must incorporate sauté cuts, French trimming and a deboned leg)
  - One turkey or duck dish
  - The use of a minimum of two other ingredients from each of the categories in the table below
  - One dish that meets a common dietary requirement
- ◆ Control the temperature, timings and energy use throughout the cookery process
- ◆ Finish and present food to a commercially acceptable standard
- ◆ Demonstrate safe and hygienic working practices

## National Unit Specification: Statement of standards (cont)

**Unit title:** Professional Cookery: Practical (SCQF level 6)

<b>Knife techniques — Vegetable cuts</b>			
Macédoine	Julienne	Paysanne	Tourne
Brunoise	Jardinière	Mirepoix	Concassé

<b>Knife techniques — Other flat fish cuts</b>		
Tronçon	Goujons	Pavé

<b>Knife techniques — Other round fish cuts</b>			
Butterfly	Darnes	Loins	Supremes

<b>Knife techniques — Meat and poultry</b>	
Slow cook beef or veal dishes	Slow cook pork or bacon dishes
Quick cook beef or veal dishes	Quick cook pork or bacon dishes
Slow cook lamb or mutton dishes	Chicken dishes (must include sauté cuts, French trimming and a deboned leg)
Quick cook lamb or mutton dishes	Turkey or duck dishes

<b>Preparation techniques</b>		
Peel	Fold	Tenderise
Grate	Whisk	Stuff
Roll	Pane	Tie
Shape	Blanch	Truss
Pipe	Skin	

<b>Cookery processes</b>		
Roasting	Boiling	
Braising	Steaming	Microwaving
Shallow frying	Poaching	Sous vide
Deep frying	Grilling	
Baking	Sautéing	

<b>Ingredient categories</b>		
Oils and fats	Fish (flat/round/oily)	Fruit
Alcohols/vinegars	Shellfish (molluscs/crustaceans)	Salad
Spices	Potatoes	Pulses/grains/nuts
Dairy products	Other starches	Stocks
Eggs	Root vegetables	Sauces
Meat (beef/pork/lamb)	Green vegetables	Processed and pre-prepared products
Poultry	Other vegetables	



## National Unit Support Notes

**Unit title:** Professional Cookery: Practical (SCQF level 6)

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 80 hours.

### Guidance on the content and context for this unit

This unit is mandatory in both the NPA and the NC in Professional Cookery at SCQF level 6, but is also suitable for delivery as a stand-alone unit. It is designed to be delivered in conjunction with the SCQF level 6 units *Professional Cookery: Knowledge* and *Professional Cookery: Kitchen Operations*.

This unit is designed to enable learners to develop the practical skills required in Professional Cookery and will prepare them for employment at chef de partie level, or for progression to other units/qualifications in Professional Cookery at SCQF levels 6/7.

All outcomes in this unit can be carried out and assessed in a blended style. For example a lesson can be laid out in such a way to successfully achieve multiple criteria across several outcomes, as long as the minimum evidence requirements are met by the learner.

A lesson such as making braised beef jardinière with fondant potato could cover a number of criteria:

- ◆ Outcome 1 — Knife skills/techniques, selected veg cuts, meat preparation/butchery skills
- ◆ Outcome 2 — Peel, shape
- ◆ Outcome 3 — Boiling, frying, braising
- ◆ Outcome 4 — Fats, flours, dairy products, beef, potatoes, veg

### Guidance on approaches to delivery of this unit

This unit has been designed to be delivered in conjunction with the SCQF level 6 units *Professional Cookery: Knowledge* and *Professional Cookery: Kitchen Operations*.

Delivery of this unit should include a variety of teaching and learning approaches, such as:

- ◆ Teacher/lecturer led demonstrations
- ◆ Practical activities
- ◆ Reflection and evaluation
- ◆ A variety of resources
- ◆ Structured worksheets

## National Unit Support Notes (cont)

### Unit title: Professional Cookery: Practical (SCQF level 6)

The requirements for the unit should be discussed with learners as part of the introduction to the unit. The main approach to delivery should be lecturer led demonstrations, followed by completion of tasks by learners. The teacher/lecturer should demonstrate all new techniques and equipment prior to learners carrying out tasks. Learners should have an understanding of the importance of following specifications when carrying out tasks.

Delivery of this unit should be underpinned with background information relevant to each task, therefore is suited to integrate with the units *Professional Cookery: Knowledge* and *Professional Cookery: Kitchen Operations*.

The practice of working safely and hygienically should be promoted and observed by the lecturer/teacher. Learners should also be made aware of any hazards/risks involved within the lesson.

Lecturers/teacher should demonstrate how to spatchcock and truss a chicken and explain the advantages and disadvantages of preparing a chicken in this way; however it is not necessary for learners to spatchcock a chicken.

Following the completion of tasks/production of dishes learners should analyse the dishes produced in relation to:

- ◆ Colour
- ◆ Taste
- ◆ Consistency
- ◆ Flavour
- ◆ Appearance

This will help learners to develop their understanding of commercially acceptable standards.

It is strongly recommended that learners evidence work from each lesson using evaluation and photographs of dishes.

### 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.

The evidence requirements are fully expressed in the mandatory section of this unit specification. However, learners work could be recorded and evidenced using assessor observation checklists completed by the teacher/lecturer and supported by learners' evaluations and photographs of each task. These should be kept up to date to keep track of learners' progress and will be used to provide evidence for internal and external purposes.



## National Unit Support Notes (cont)

**Unit title:** Professional Cookery: Practical (SCQF level 6)

### 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](http://www.sqa.org.uk/e-assessment).

### Opportunities for developing Core and other essential skills

#### ***Problem Solving: Critical Thinking at SCQF level 5***

For all outcomes, learners will be demonstrating the Core Skill component of Critical Thinking at SCQF level 5, when they apply their knowledge and skills to prepare and cook a range of ingredients. This will include:

- ◆ Selecting and using the appropriate knives and other kitchen equipment
- ◆ Producing a range of classic vegetable, beef, lamb, pork, poultry and fish cuts
- ◆ Preparing a wide range of ingredients using the correct preparation technique
- ◆ Storing prepared ingredients appropriately
- ◆ Cooking a wide range of ingredients using the appropriate cooking process
- ◆ Controlling timings, temperatures and energy usage
- ◆ Producing a range of dishes for different requirements
- ◆ Finishing and presenting food to a commercially acceptable standard
- ◆ Demonstrating safe and hygienic working practices

#### ***Problem Solving: Planning and Organising at SCQF level 5***

For all outcomes, learners will be demonstrating the Core Skill component of Planning and Organising at SCQF level 5, when they prepare and cook a range of ingredients to produce dishes to meet different requirements. This will include:

- ◆ Identifying and using the correct knives and other kitchen equipment
- ◆ Identifying appropriate preparation techniques and cooking methods for a range of ingredients
- ◆ Preparing and cooking a range of ingredients appropriately
- ◆ Controlling timings, temperatures and energy use
- ◆ Demonstrating safe and hygienic working practices

## **National Unit Support Notes (cont)**

**Unit title:** Professional Cookery: Practical (SCQF level 6)

### ***Numeracy: Using Number at SCQF level 4***

For all outcomes, learners will be demonstrating the Core Skill component of Using Number at SCQF level 5 when they prepare and cook a range of ingredients. This will include:

- ◆ Weighing and measuring
- ◆ Controlling timings and temperatures

### ***Information and Communication Technology: Providing/Creating Information at SCQF level 4***

Learners are likely to use the internet to compile information/build a portfolio of evidence to support their practical activities, for example recipes, photographs, etc. In doing so they will be demonstrating the Core Skill component of Providing/Creating Information at SCQF level 4.

The Critical Thinking component of Problem Solving at SCQF level 5 is embedded in this unit. When a learner achieves this unit, their Core Skills profile will also be updated to include this component.

## History of changes to unit

Version	Description of change	Date
03	Core Skills Component Critical Thinking at SCQF level 5 embedded.	16/08/19
02	Pressure Cooking removed from list of cooking processes	27/06/19

© Scottish Qualifications Authority 2019

This publication may be reproduced in whole or in part for educational purposes provided that no profit is derived from reproduction and that, if reproduced in part, the source is acknowledged.

Additional copies of this unit specification can be purchased from the Scottish Qualifications Authority. Please contact the Business Development and Customer Support team, telephone 0303 333 0330.

## General information for learners

### Unit title: Professional Cookery: Practical (SCQF level 6)

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 is designed to enable you to build on your practical skills in following:

- ◆ Knife skills and techniques for vegetables, meat, poultry and fish
- ◆ Preparation techniques and use of kitchen equipment
- ◆ Preparing and cooking a wide range of ingredients
- ◆ Carrying out a wide range of cookery processes
- ◆ Preparation and cooking of dishes to meet specific dietary requirements

It is recommended that you have relevant industry experience or have attained other qualifications in Professional Cookery or Home Economics at SCQF level 5 before undertaking this unit.

The assessments for this unit will test your practical skills when preparing and cooking a wide range of ingredients.

Completion of this unit will also enable you to develop the following Core Skills:

- ◆ *Problem Solving: Critical Thinking* at SCQF level 5
- ◆ *Problem Solving: Planning and Organisation* at SCQF level 5
- ◆ *Numeracy: Using Number* at SCQF level 4
- ◆ *Information and Communication Technology: Providing/Creating Information* at SCQF level 4

The Critical Thinking component of Problem Solving at SCQF level 5 is embedded in this unit. When a learner achieves this unit, their Core Skills profile will also be updated to include this component.

On completion of this unit you could progress to other units in Professional Cookery at SCQF levels 6/7 and/or seek employment in a professional kitchen.

This unit is part of a progressive suite of units in Professional Cookery at SCQF levels 5–8.