



National Unit Specification

General information

Unit title: Professional Cookery: Knowledge (SCQF level 6)

Unit code: J1S6 46

Superclass: NF

Publication date: May 2019

Source: Scottish Qualifications Authority

Version: 02

Unit purpose

This unit is designed to enable learners with a basic level of knowledge of the techniques and processes used in a professional kitchen to further develop their knowledge and understanding of the following:

- ◆ Knife skills in relation to the preparation of meat, poultry and fish
- ◆ Preparation techniques and the use of kitchen equipment
- ◆ A wide range of ingredients and their uses
- ◆ A wide range of cookery processes
- ◆ Culinary terminology

Learners will also develop a basic level of knowledge and understanding in:

- ◆ Preservation techniques
- ◆ Seasonality
- ◆ Sustainability

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 Certificate 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: Practical* and *Professional Cookery: Kitchen Operations*.

National Unit Specification: General information (cont)

Unit title: Professional Cookery: Knowledge (SCQF level 6)

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

Outcomes

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

- 1 Describe a range of preparation techniques for meat, poultry and fish.
- 2 Describe a range of cookery processes.
- 3 Demonstrate an in-depth knowledge of a range of ingredients.
- 4 Investigate the factors that influence the selection and use 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 Skills 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>).

National Unit Specification: General information (cont)

Unit title: Professional Cookery: Knowledge (SCQF level 6)

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

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: Professional Cookery: Knowledge (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

Describe a range of preparation techniques for meat, poultry and fish.

Performance criteria

- (a) Identify a range of equipment used for preparing meat, poultry and fish
- (b) Describe the basic principles of preparing meat, poultry and fish
- (c) Identify suitable uses for a range of meat, poultry and fish cuts
- (d) Use culinary terms appropriately

Outcome 2

Describe a range of cookery processes.

Performance criteria

- (a) Justify the use of different cookery processes for meat, poultry, fish and a range of other ingredients
- (b) Outline the changes that occur in ingredients during the cookery process
- (c) Describe how cookery processes can be controlled to ensure minimum use of energy
- (d) Describe how cookery processes are monitored
- (e) State the optimal cooking time and temperature for a range of ingredients
- (f) Use culinary terms appropriately

Outcome 3

Demonstrate an in-depth knowledge of a range of ingredients.

Performance criteria

- (a) Indicate the season in which ingredients are at their best
- (b) Identify sources and suppliers of a range of ingredients
- (c) Identify specific quality points for a range of ingredients
- (d) Identify purchasing criteria for a range of ingredients
- (e) Identify suitable preservation techniques for a range of ingredients
- (f) Describe suitable storage methods for a range of ingredients
- (g) Identify items that can be produced from a range of ingredients
- (h) Describe factors that affect the availability of ingredients

National Unit Specification: Statement of standards (cont)

Unit title: Professional Cookery: Knowledge (SCQF level 6)

Outcome 4

Investigate the factors that influence the selection and use of ingredients.

Performance criteria

- (a) Define the term seasonality and explain the benefits of using seasonal produce
- (b) Define the term sustainability and explain the importance of using sustainably sourced ingredients
- (c) Identify the financial implications of ingredient selection, wastage and portion control

National Unit Specification: Statement of standards (cont)

Unit title: Professional Cookery: Knowledge (SCQF level 6)

Evidence requirements for this unit

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

Outcomes 1 and 2

Learners are required to:

- ◆ Identify three pieces of equipment and explain their purpose for each of the following:
 - Meat preparation
 - Poultry preparation
 - Fish preparation
- ◆ Describe the basic principles of meat preparation including, but not limited to:
 - The deboning process
 - When fat and/or bone should be retained/removed
 - Cutting across the grain
- ◆ Describe the basic principles of poultry preparation including, but not limited to:
 - The deboning process
 - When skin and/or bone should be retained/removed
 - The number of pieces obtained
- ◆ Describe the basic principles of fish preparation including, but not limited to:
 - The deboning process
 - When skin should be retained/removed
 - The number of fillets obtained
- ◆ Identify and justify suitable cookery processes for each of the following:
 - Two cuts of beef
 - Two cuts of pork
 - Two cuts of lamb
 - Two cuts of poultry
 - One white flat fish
 - One white round fish
 - One oily fish
- ◆ Identify and justify cookery processes for three other ingredients (from different categories) that are suitable for cooking using each of the processes below
- ◆ Outline the changes that occur in ingredients during the cooking process including the effect of over and under cooking
- ◆ Describe one measure that can be used to control the cookery process and minimise energy use
- ◆ Describe one measure for monitoring the cookery process (excluding time and temperature control)
- ◆ State the optimal cooking time and temperature for each of the meat, poultry, fish and other ingredients identified

Cookery processes		
Roasting	Baking	Microwaving
Braising	Boiling	Sous vide
Shallow frying	Steaming	
Deep frying	Poaching	

National Unit Specification: Statement of standards (cont)

Unit title: Professional Cookery: Knowledge (SCQF level 6)

Outcome 3

For one ingredient from each the categories below, learners are required to:

- ◆ Indicate the season in which the ingredient is available/at its best (where appropriate)
- ◆ Identify the source of the ingredient and a minimum of one supplier
- ◆ Identify two specific quality points
- ◆ Identify two specific purchasing criteria
- ◆ Identify a minimum of one suitable preservation technique
- ◆ Describe one appropriate storage method
- ◆ Identify one processed version of the ingredient
- ◆ Identify one factor that affects availability

Categories		
Oils and fats	Poultry	Green veg
Alcohols/vinegars	Fish (flat/round white/round oily)	Veg (other)
Spices	Shellfish (molluscs/crustaceans)	Fruit
Dairy products	Potatoes	Pulses and grains
Eggs	Starches (other)	Nuts
Meat (pork/beef/lamb)	Root veg	

Outcome 4

Learners are required to:

- ◆ Define the term seasonality and explain the benefits of using seasonal produce. This should include:
 - Availability
 - Taste
 - Cost
 - Impact on local businesses
- ◆ Define the term sustainability and explain the importance of using sustainably sourced ingredients. This should include:
 - Cost
 - Business reputation
 - The future of related industries
- ◆ Explain the importance of using portion and waste control systems and the financial implications of high wastage and poor portion control

There must be evidence of the correct use of culinary terms throughout all outcomes.



National Unit Support Notes

Unit title: Professional Cookery: Knowledge (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 the National Certificate 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: Practical* and *Professional Cookery: Kitchen Operations*.

The unit is designed to develop an intermediate level of knowledge in Professional Cookery that will prepare the learner for meaningful employment at chef de partie level or as a foundation for progression to other units/qualifications in Professional Cookery at SCQF levels 6/7.

Learners should be encouraged to develop their understanding and use of culinary terms throughout.

Outcome 1

When introducing this outcome lecturers should remind learners about the common vegetable cuts and encourage them to refresh their knowledge. Learners who have not completed the level 5 unit would be expected to have gained this knowledge through relevant industry experience or by self-study before undertaking this unit.

Learners should identify a number of pieces of equipment specific to meat, poultry and fish preparation, which may include:

- ◆ Cutting tools and equipment including boning/filleting knives, cleavers, scissors and slicing machines
- ◆ Knife sharpening tools
- ◆ Safety equipment such as chainmail
- ◆ Tweezers
- ◆ Butchers blocks and chopping boards

Learners should describe the basic principles of preparing meat, poultry and fish. For meat, this should include but not limited be to:

- ◆ Cutting across grain
- ◆ The deboning process
- ◆ When fat and/or bone should be retained/removed

The principles of preparation should relate directly to the cookery processes for both quick-cooking and slow-cooking cuts of meat.

National Unit Support Notes

Unit title: Professional Cookery: Knowledge (SCQF level 6)

For poultry, this should include, but not be limited to:

- ◆ The number of pieces obtained
- ◆ The deboning process
- ◆ When skin and/or bone should be retained/removed

The principles of preparation should relate directly to the cookery processes suitable for different cuts of poultry.

For fish, this should include, but not be limited to:

- ◆ The number of fillets obtained
- ◆ The deboning process
- ◆ When skin should be retained/removed

The principles of preparation should relate directly to cookery processes suitable for flat, round and oily round fish.

Outcome 2

For this outcome, learners should be encouraged to investigate suitable cooking processes for meat, poultry, fish and a wide range of other ingredients from across the main food categories. The changes that occur during the cooking process, monitoring/control measures and optimal cooking time and temperatures should be cover. For example:

Cookery process	Boiling
Ingredient	Macaroni
Reason for choice of cooking process	Allows pasta to rehydrate and cook
Temperature	100°C
Time	10–12 mins
Effect of over-cooking	Too soft, lacks texture and breaks up
Effect of under-cooking	Too crunchy, chalky texture and flavour
Measure to control the cookery process and minimise energy use	Do not use too much water
Measure for monitoring the cookery process	Visually check the product

Outcome 3

Learners should carry out specific research on a wide variety of ingredients across the range of categories. Ingredients should be explored in-depth, and learners should be encouraged to research as many products as possible. It is recommended that learners work in groups, where members each select different ingredients to research — this will help to facilitate discussion and enable a greater range of ingredients to be covered.

Categories			
Oils and fats	Meat (pork/beef/lamb)	Potatoes	Veg (other)
Alcohols/vinegars	Poultry	Starches (other)	Fruit
Spices	Fish (flat/round white/round oily)	Root veg	Pulses/grains
Dairy Products	Shellfish (molluscs/crustaceans)	Green veg	
Eggs			

National Unit Support Notes (cont)

Unit title: Professional Cookery: Knowledge (SCQF level 6)

Discussions on the source of ingredients may include:

- ◆ Comparison between home-produced and imported products
- ◆ The main countries of production
- ◆ The changing availability and quality of ingredients because of modern transportation techniques

The factors that affect the availability may include:

- ◆ Legal restrictions — seasons, fishing quotas, planting restrictions
- ◆ Inclement weather — inability of fishing boats to put to sea, lack of sun to ripen fruit
- ◆ Harvesting seasons — time of year, poor crop yields
- ◆ Animal husbandry — lamb not over-wintered

Responses should be brief but comprehensive. For example:

Fruit	Apple
Season	Apples grown in the UK are available from August to February
Source/origin	Orchard — UK
Supplier	Greengrocer/veg supplier (name supplier)
Quality point 1	Firm to touch
Quality point 2	Taught unbroken skins
Preservation	Apples sliced and dipped in lemon juice, salt water or an ascorbic acid solution can be frozen at -18°C for three months
Purchasing criteria 1	Information about variety, size, grade, grower lot number and facility for food safety and traceability
Purchasing criteria 2	Consistent sizes packaged separately in cardboard trays
Storage	Refrigerated $0-4^{\circ}\text{C}$
Processed version	Apple juice/apple puree
Factor affecting availability	Apple trees are susceptible to a number of fungal and bacterial diseases and insect pests. Many commercial orchards pursue a program of chemical sprays to maintain high fruit quality, tree health and high yields.

Outcome 4

For this outcome, learners are required to carry out research and produce a report or presentation on the factors that influence the selection and use of ingredients. This should include:

- ◆ The definitions of seasonality and sustainability in relation to a range of ingredients
- ◆ The implications of using seasonal produce in terms of availability, quality, taste, cost and the impact on local business
- ◆ The implications of using sustainably sourced ingredients in terms of cost, business reputation and the future of related industries
- ◆ Identification of the financial implications of high wastage and poor portion control and the importance of using control systems

National Unit Support Notes (cont)

Unit title: Professional Cookery: Knowledge (SCQF level 6)

Guidance on approaches to delivery of this unit

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

The requirements for this unit should be discussed with learners as part of the introduction to the unit. The unit could be taught in blended style to provide learners with a wide breadth of in-depth knowledge. For example, learners may carry out research and participate in discussions on:

- ◆ The quality characteristics of a range of ingredients
- ◆ Preparation techniques/knife skills and culinary terms commonly associated with them
- ◆ Optimal cooking conditions for a range of ingredients
- ◆ Sustainability, seasonality and provenance of a range of ingredients

Guidelines may be provided to clarify avenues of study and facilitate recording of information.

Delivery of this unit could be carried out in a classroom environment. Access could be provided to relevant textbooks and notes to facilitate research and aid learners in the completion of portfolios and assessments. The use of IT is encouraged for this purpose.

The unit could embrace a wide range of learning and teaching approaches, which may include:

- ◆ Tutor led discussions
- ◆ Structured worksheets
- ◆ Group work
- ◆ Internet or book research
- ◆ Written assessments
- ◆ Project work
- ◆ Reflection and evaluation

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.

Written/oral evidence is required to demonstrate the learner's knowledge and understanding of a wide range of ingredients, preparation techniques, cookery processes, the factors that influence the use of ingredients, seasonality, sustainability, and culinary terminology.

It is recommended that outcomes are assessed at regular intervals throughout the unit. The pace at which assessments are delivered is at the discretion of the centre and may be delivered in smaller parts and consolidated to meet the evidence requirements.

National Unit Support Notes (cont)

Unit title: Professional Cookery: Knowledge (SCQF level 6)

Outcomes 1 and 2

A series of restricted response questions or completion of a pro forma could be used to assess these outcomes. Assessment should be conducted in open-book supervised conditions.

Outcome 3

Production of an extended piece of writing, a portfolio of evidence or a presentation that demonstrates the learner's in-depth knowledge of a range of ingredients could be used to assess this outcome. Assessment should be conducted in open-book supervised conditions.

Outcome 4

This outcome may be assessed using a piece of extended writing, an assignment or presentation and should be conducted in 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

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 demonstrate their knowledge of a wide range of ingredients, preparation techniques, cookery processes and equipment. This will include:

- ◆ Describing the principles of food preparation for meat, poultry and fish
- ◆ Justifying the use of specific cookery processes for different ingredients
- ◆ Identifying the quality points of a different ingredients
- ◆ Identifying the storage requirements for different ingredients
- ◆ Defining the terms seasonality and sustainability and explaining their importance in the selection and use of ingredients
- ◆ Identifying the financial implications of high wastage and poor portion control

Information and Communication Technology: Accessing Information at SCQF level 4

Learners are likely to use the internet to investigate a wide range of ingredients, including their categorisation, provenance, preparation techniques and cookery processes and factors that influence availability. They will also use IT to record information and build portfolios of evidence. Therefore, they will be demonstrating the Core Skill component of Accessing Information level 4.

National Unit Support Notes (cont)

Unit title: Professional Cookery: Knowledge (SCQF level 6)

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

History of changes to unit

Version	Description of change	Date
02	Core Skills Component Critical Thinking at SCQF level 5 embedded.	17/5/19

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General information for learners

Unit title: Professional Cookery: Knowledge (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 knowledge and understanding of following:

- ◆ Knife skills in relation to the preparation of meat, poultry and fish
- ◆ Preparation techniques and the use of kitchen equipment
- ◆ A wide range of ingredients and their uses
- ◆ A wide range of cookery processes
- ◆ Culinary terminology

You will also develop a basic level of knowledge and understanding in:

- ◆ Preservation techniques
- ◆ Sustainability
- ◆ Seasonality

It is recommend 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 knowledge and understanding of a wide range of ingredients, preparation techniques, cookery processes, influences that affect the use of ingredients and culinary terminology.

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

- ◆ *Problem Solving: Critical Thinking* at SCQF level 5
- ◆ *Information and Communication Technology: Accessing Information* at SCQF level 4

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.

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