



National Unit specification: general information

Unit title: Fish and Shellfish (SCQF level 5)

Unit code: FT8C 11

Superclass: NE

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Summary

The purpose of this Unit is to provide candidates with the knowledge and skills required to prepare, produce and present a range of fish and shellfish dishes. Candidates will also learn about the procurement and storage requirements and the quality points associated with a range of unprepared fish and shellfish.

This is an optional Unit in the National Certificate in Professional Cookery (SCQF level 5) and a mandatory Unit in the National Certificate in Professional Cookery (SCQF level 6). It is also available as a freestanding Unit.

This Unit is suitable for candidates who are school leavers, adult returners and current industry employees.

Outcomes

- 1 Describe the procurement and storage requirements for a range of fish and shellfish.
- 2 Detail the quality points for a range of unprepared fish and shellfish.
- 3 Identify equipment and use preparation techniques on a range of fish and shellfish.
- 4 Prepare, cook, finish and present a range of dishes using the prepared fish and shellfish to a commercially acceptable standard.

Recommended entry

While entry is at the discretion of the centre, candidates would normally be expected to have attained one of the following, or equivalent:

- ◆ *C051 11: Hospitality: Professional Cookery*
- ◆ *C201 10 or C201 11: Hospitality: Practical Cookery*

National Unit specification: general information (cont)

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Credit points and level

2 National Unit credits at SCQF level 5 (12 SCQF 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 SQA.

Outcome 1

Describe the procurement and storage requirements for a range of fish and shellfish.

Performance Criteria

- (a) Identify the range of sources of fish and shellfish.
- (b) Describe procurement for a range of fish and shellfish.
- (c) Describe storage requirements for a range of fish and shellfish.

Outcome 2

Detail the quality points for a range of unprepared fish and shellfish and perform quality checks.

Performance Criteria

- (a) Describe the factors that determine the quality points of a range of unprepared fish and shellfish.
- (b) Perform quality checks on a range of unprepared fish and shellfish.

Outcome 3

Identify equipment and use preparation techniques on a range of fish and shellfish.

Performance Criteria

- (a) Identify and select equipment for each task.
- (b) Carry out preparation techniques on a range of fish and shellfish.
- (c) Store the prepared fish and shellfish prior to use.

Outcome 4

Prepare, cook, finish and present a range of dishes using the prepared fish and shellfish to a commercially acceptable standard.

Performance Criteria

- (a) Identify and select ingredients required to produce a range of fish and shellfish dishes.
- (b) Weigh and measure the ingredients.
- (c) Prepare ingredients using appropriate techniques according to the recipe.
- (d) Cook, finish and present the fish and shellfish to a commercially acceptable standard.
- (e) Work safely and hygienically throughout.

National Unit specification: statement of standards (cont)

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Evidence Requirements for this Unit

Evidence is required to demonstrate that the candidate has achieved all of the Outcomes and Performance Criteria.

Written/Oral and Performance evidence is required for this Unit.

- ◆ Written/oral evidence is required which demonstrates knowledge and understanding of fish and shellfish, procurement and storage requirements and the quality points associated with a range of unprepared fish and shellfish.
- ◆ 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 and 2 — Written/oral recorded evidence

Evidence is required to demonstrate that candidates can:

- ◆ Identify a range of fish and shellfish. Candidates should identify four fish and shellfish from each of the following categories:

Fish:

- White flat fish (lemon sole, dover sole, witch sole, brill, halibut, turbot, plaice)
- White round fish (cod, whiting, hake, pollock, monkfish, haddock)
- Oily fish (mackerel, salmon, trout, tuna, herring, sardine)

Shellfish:

- Crustaceans (prawns, crab, lobster, crayfish, langoustine)
- Molluscs (mussels, cockles, clams, scallops, oysters)
- ◆ Describe procurement for a range of fish and shellfish.
- ◆ Identify a minimum of three storage conditions for fish and shellfish.
- ◆ Describe the factors that determine the quality points of a range of unprepared fish and shellfish.

Describe a minimum of five quality points for each of the following categories

- ◆ Fish (fresh or frozen)
- ◆ Shellfish (fresh or frozen)

This assessment must be conducted in open-book supervised conditions. All Performance Criteria must be achieved on a minimum of one occasion.

National Unit specification: statement of standards (cont)

Unit title: Fish and Shellfish (SCQF level 5)

Evidence Requirements for this Unit

Outcomes 2, 3 and 4: Performance evidence

Evidence is required to demonstrate that candidates can:

- ◆ perform quality checks on a range of unprepared fish and shellfish
- ◆ identify and select equipment for each task
- ◆ carry out preparation techniques on a range of fish and shellfish
- ◆ store the prepared fish and shellfish prior to use
- ◆ identify and select ingredients required to produce a range of fish and shellfish dishes
- ◆ weigh and measure the ingredients
- ◆ prepare ingredients using appropriate techniques according to the recipe
- ◆ cook, finish and present the fish and shellfish to a commercially acceptable standard
- ◆ work safely and hygienically throughout.

Candidates are required to prepare a range of fish and shellfish for cooking and produce four fish and four shellfish dishes using different categories of fish and shellfish for each dish.

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

National Unit specification: support notes

Unit title: Fish and Shellfish (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 80 hours.

Guidance on the content and context for this Unit

This is an optional Unit within the National Certificate in Professional Cookery (SCQF level 5), and is a mandatory Unit within the National Certificate in Professional Cookery (SCQF level 6). It is also available as a freestanding Unit.

The focus of this Unit is to provide theoretical and practical vocational training. In this Unit candidates will prepare, produce and present a range of fish and shellfish dishes. It will provide candidates with the skills and knowledge to continue their education or gain meaningful employment within the hospitality industry. Candidates will learn about all aspects of fish and shellfish from procurement to the plate.

Categories of fish and shellfish:

Fish

- ◆ White flat fish (lemon sole, dover sole, witch sole, brill, halibut, turbot, plaice)
- ◆ White round fish (cod, whiting, hake, pollock, monkfish, haddock)
- ◆ Oily fish (mackerel, salmon, trout, tuna, herring, sardines)

Shellfish

- ◆ Crustaceans (prawns, crab, lobster, crayfish, langoustine)
- ◆ Molluscs (mussels, cockles, clams, scallops, oysters)

Quality points:

Fish (fresh or frozen) — clear and raised eyes, no smell of ammonia, moist skin with slime, bright pink gills, firm texture, no damage to fins, etc, scales attached, no freezer burn on frozen fish.

Shellfish (fresh or frozen) — fresh shellfish should be alive, no freezer burn on frozen shellfish, open shells will clamp shut, fresh salty smell, claws and legs undamaged, live shellfish should not be limp, not too many attached barnacles, good weight in proportion to size.

Storage:

Fresh fish must be stored in a refrigerator at below 5°C. It will remain fresher longer if stored on ice.

Fresh shellfish must be stored in a cold room or refrigerator, covered with a damp cloth. Tanks will prolong the life of shellfish, but generally it should be used on the day it is purchased or received for best quality.

Frozen fish and shellfish must be wrapped correctly and frozen at -18°C or below.

Defrosting fish and shellfish should be done in a controlled way, by putting the items into a fridge inside a container. Leaving these items out at room temperature may cause harmful bacteria to multiply rapidly.

National Unit specification: support notes (cont)

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Shellfish should really be prepared and cooked immediately; however, this is not always possible.

Once any fish or shellfish has been prepared, if prepared fish or shellfish is not required for immediate use, it must be covered, labelled and dated and put back into a refrigerator.

Candidates would benefit from having knowledge and skills in food hygiene, health and safety and preparation techniques.

This Unit could be integrated with the following Units:

- ◆ *F7DS 11: Cookery Processes*
- ◆ *D289 12: Food Product Knowledge*
- ◆ *F7DP 11: Food Preparation Techniques*
- ◆ *F7DX 11: Stocks and Sauces*
- ◆ *F7DV 11: Integrated Production Cookery*

This Unit could prepare candidates for progression to *DE2M 12: Food Production* and *DOTK 13: Presentation Skills*/and HNC Professional Cookery.

This Unit is aligned to the following National Occupation Standards in Hospitality from People 1st:

- ◆ Maintain a Safe Hygienic and Secure Working Environment
- ◆ Maintain Food Safety when Storing Preparing and Cooking Food
- ◆ Working Effectively as Part of a Hospitality Team
- ◆ Maintain, Handle and Clean Knives

Guidance on learning and teaching approaches for this Unit

Candidates should be given clear instruction and guidance for each task and have an understanding of the need to follow specifications when carrying out practical tasks. An appreciation is needed of the perishable nature of fish and shellfish as well as the importance of temperature control and methodical working practices. The lecturer/teacher should demonstrate the selection of the correct preparation tools and preparation techniques required to produce a range of selected dishes which meets the statements within the Outcomes. All new and complex processes and techniques should be demonstrated prior to students undertaking practical exercises.

The production and final presentation of the identified recipes must then be covered along with the correct finishing and presentation requirements to ensure the items meet an acceptable commercial standard. Throughout the practical activity discussion should be developed and encouraged concentrating on the product in terms of appearance, colour, flavour, texture and presentation.

Finished items should also follow current trends in: eating habits, healthy eating, seasonality and finishing techniques. They should also be reviewed on a regularly basis to be up-to-date with changes in the hospitality industry, therefore evidencing development.

National Unit specification: support notes (cont)

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They should also reflect the different ranges of styles of operation and service across the broad industry spectrum within hospitality and food service provision and not be limited to hotels and restaurants.

Candidates should be encouraged to build a portfolio of specifications and photographic evidence of items produced along with theoretical information about ingredients, procurement, sourcing, sustainability and equipment.

This Unit should embrace a wide range of approaches to teaching and learning to include:

- ◆ Tutor demonstrations
- ◆ Practical activities
- ◆ Information and Communication Technology (ICT) research
- ◆ A variety of resources
- ◆ Reflection and evaluation
- ◆ Structured worksheets/log books
- ◆ Written assessments
- ◆ Group work
- ◆ Visits to industrial stakeholders which may include suppliers and commercial outlets
- ◆ Visits to restaurants and other food production environments
- ◆ Working individually to complete matching exercises and other research products which may include an element of e-learning

Guidance on approaches to assessment for this Unit

The following approaches to assessment are suggested:

Outcomes 1 and 2: short answer questions, research project.

Outcomes 2, 3 and 4: Assessor observation checklist based on Performance Criteria which could include photographic evidence of each dish.

Opportunities for the use of 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 e-checklists. Centres which wish to use e-assessment must ensure that the national standard is applied to all candidate evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. Further advice is available in *SQA Guidelines on Online Assessment for Further Education (AA1641, March 2003)*, *SQA Guidelines on e-assessment for Schools (BD2625, June 2005)*.

National Unit specification: support notes (cont)

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Opportunities for developing Core Skills

As candidates are undertaking this Unit they will develop aspects of the Core Skills of *Communication, Problem Solving, Numeracy, Information and Communication Technology (ICT)* and *Working with Others*.

Candidates will:

- ◆ work in small groups and participate in class discussions
- ◆ follow instructions from tutors
- ◆ use equipment to accurately measure and weigh ingredients
- ◆ adapt recipes to suit the number of portions required to be produced
- ◆ adjust cooking times to match size and weight of fish and shellfish products
- ◆ use ICT for research.

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

History of changes to Unit

Version	Description of change	Date
02	Core Skills Components Critical Thinking and Planning and Organising at SCQF level 4 embedded.	29/09/2011

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