



## National Unit Specification

### General information

**Unit title:** An Introduction to Vegan Cookery (SCQF level 5)

**Unit code:** HV8L 45

**Superclass:** NF

**Publication date:** November 2017

**Source:** Scottish Qualifications Authority

**Version:** 02

### Unit purpose

This unit is designed to introduce learners to all aspects of vegan cookery. The unit requires learners to have an understanding of a vegan diet and what this diet prohibits. Learners are required to produce a wide variety of vegan dishes. No prior knowledge of cookery is required however basic culinary skills would be useful.

The unit is suitable for school leavers, adult returners and/or those currently working in the hospitality industry. It is also suitable for learners without previous experience of vegan cookery.

### Outcomes

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

- 1 Explain the concept of a vegan diet.
- 2 Identify ingredients and products used in vegan cookery.
- 3 Prepare, cook and present a range of vegan dishes, ensuring safe and hygienic practices are used.

### Credit points and level

1 National Unit credit at SCQF level 5: (6 SCQF credit points at SCQF level 5)

### Recommended entry to the unit

Entry is at the discretion of the centre.

## National Unit Specification: General information (cont)

**Unit title:** An Introduction to Vegan Cookery (SCQF level 5)

### Core Skills

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

Complete Core Skill	None
Core Skill component	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 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.

### 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:** An Introduction to Vegan Cookery (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 SQA.

### Outcome 1

Explain the concept of a vegan diet.

#### Performance criteria

- (a) Outline what a vegan diet is.
- (b) Identify the reasons for choosing a vegan diet.

### Outcome 2

Identify ingredients and products used in vegan cookery.

- (a) List types of ingredients suitable for a vegan diet.
- (b) List vegan friendly products.
- (c) Demonstrate how to substitute ingredients from traditional dishes in order to follow a vegan diet.

### Outcome 3

Prepare, cook and present a range of vegan dishes, ensuring safe and hygienic practices are used.

#### Performance criteria

- (a) Prepare, cook and present a range of selected dishes to an acceptable standard.
- (b) Complete all relevant tasks whilst ensuring safe and hygienic practices are used correctly.

### Evidence requirements for this unit

**Outcome 1** — Explain the concept of a vegan diet.

Written and/or oral evidence.

Learners are required to demonstrate they can:

- ◆ identify what a vegan diet is.
- ◆ identify what foods a vegan diet allows and prohibits.
- ◆ understand the need for a nutritionally balanced vegan diet.

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

**Unit title:** An introduction to vegan cookery

**Outcome 2** — Identify ingredients and products used in vegan cookery.

Written and/or oral evidence.

Learners will be gain knowledge of ingredients used to produce vegan dishes and demonstrate how to alter dishes to ensure they are suitable for a vegan diet.

**Outcome 3** — Prepare, cook and present a range of vegan dishes, ensuring safe and hygienic practices are used.

Practical and written and/or oral evidence.

Learners will learn to:

- ◆ prepare, cook and present a range of selected dishes to an acceptable standard.
- ◆ weigh, measure and store the prepared the ingredients correctly
- ◆ work safely and hygienically throughout.

Written evidence from the practical lessons is to be recorded.



## National Unit Support Notes

**Unit title:** An Introduction to Vegan Cookery (SCQF level 5)

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 40 hours.

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

The unit is designed to introduce learners to vegan cookery, what a vegan diet is and what vegan products are available.

Outcome 1 will develop learners understanding of what a vegan diet is. Learners should develop an understanding of the reasons people chose this diet, which may include for animals, health, environment and people. Based on restrictions, learners must understand the need for a nutritionally balanced diet that may include the following: protein, carbohydrate, fats, minerals and vitamins, including B12.

Outcome 2 will develop learner's knowledge of ingredients and vegan products that are on the market today. The outcome should encourage learners to think of ingredients and food products and consider why they may be suitable/unsuitable. The following list is not exhaustive; boullion, stock cubes, pasta, pastry products, convenience pastry, ice cream, mayonnaise, Worcester sauce, margarine, vegetables, fruits, grains, legumes, fungi, pulses, textured vegetable protein, tofu, seeds, nuts, meat, fish, dairy products, eggs and honey.

In Outcome 3, the preparation, cooking and presenting of a range of vegan dishes must be covered to ensure the finished dish meets the standard of being commercially acceptable. The tutor will reiterate knowledge from Outcomes 1 and 2 to determine the ingredients used are in line with a vegan diet.

Safe and hygienic working practices, including the wearing of suitable clothing, must be observed throughout.

The dishes must use a range of vegan products and a range of cookery methods and techniques. The practical activities must be carried out in a professional kitchen, realistic working environment or workplace, in supervised conditions. A record sheet of the practical activities carried out by learners associated with Outcome 3 should be completed and the record should show a range of suitable dishes which has developed different skills using differing preparation techniques and cookery processes.

These dishes should also follow current trends relating to eating habits and presentation techniques. They should be reviewed on a regular basis to ensure that they are up-to-date with changes in hospitality trends, reflecting of the different range of operational styles of hospitality and food service provision.

## National Unit Support Notes (cont)

**Unit title:** An Introduction to Vegan Cookery (SCQF level 5)

Upon successful completion of this unit, learners may have the confidence to seek employment within the hospitality industry or undertake further studies.

### Guidance on approaches to delivery of this unit

The requirements of the unit should be discussed with the learners as part of the induction process to the unit. Experiential and practical learning and teaching are the main approaches, reinforced by theoretical knowledge to underpin the learning. Learners should be encouraged to learn through a wide range of activities both practically and within the theory classroom.

The theory of the subject matter of Outcomes 1 and 2 should clearly relate to the practical activities being undertaken in Outcome 3, and should be integrated and reinforced in all practical situations when feasible.

Integration of this unit with other units, eg *Stocks and Sauces*, *Food Preparation Techniques* and *Cookery Processes* would benefit the learner. The unit can also be linked to *Food Hygiene and Health and Safety Procedures*, which will make them more easily understood and remembered, when relating to a practical activity.

The use of learner worksheets for the practical activities is strongly recommended. These should clearly state the full details of activities being carried out including the dish being prepared, quantities of all ingredients used, the recipe method, including all cooking and preparation techniques undertaken and how it was finished and presented. The addition of photographic evidence to support these worksheets is encouraged.

Teaching staff delivering this unit should have a good understand of a vegan diet and be able to give good direction in regard to issues such as purchasing vegan foods and developing vegan recipes. The content of Outcome 1 and 2 is factual and requires imaginative delivery to stimulate and maintain initial interest. The unit should therefore incorporate a variety of approaches to teaching and learning, including:

- ◆ Tutor demonstrations
- ◆ Practical activities
- ◆ Information and Communication Technology (ICT) research
- ◆ A variety of resources
- ◆ Reflection and evaluation
- ◆ Structured worksheets

Research by teaching staff should be carried out fully before the process of development of unit materials and delivery of the unit begins.

A suggested breakdown of the delivery is 60–70% on practical activities with 40–30% being spent on the underpinning theoretical learning.

## National Unit Support Notes (cont)

**Unit title:** An Introduction to Vegan Cookery (SCQF level 5)

### 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.

The assessment is on a continual basis but must include:

- ◆ recorded evidence of recipes and methods
- ◆ using appropriate alternative ingredients to popular dishes
- ◆ an understanding of vegan cookery and purchasing vegan foodstuffs
- ◆ creating vegan dishes using pre-attained knowledge

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 following approaches to assessment are suggested:

#### Outcomes 1 and 2

A formative restricted response short answer or multi-choice question paper should be used to cover the criteria in regard to the learner having an understanding of vegan cookery and vegan products. A learner evidence workbook is suitable to log the range of ingredients and products used in vegan cookery.

#### Outcome 3

An evidence folio is a suitable record of assessment which can be used for this outcome. Dishes should be recorded in a logical fashion, presented in a typed or hand written format for each one created. This could include dishes suitable for use as a starter, soup, salad, main course, desserts or pastries.

An assessor checklist based on performance criteria, which can be supported or include photographic or illustrated evidence of dishes produced, is good practice.

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.

## National Unit Support Notes (cont)

**Unit title:** An Introduction to Vegan Cookery (SCQF level 5)

### 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 learners 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

This Unit has the Critical Thinking and Planning and Organising components of Problem Solving embedded in it. This means that when learners achieve the Unit, their Core Skills profile will also be updated to show they have achieved Critical Thinking at SCQF level 4, and Planning and Organising at SCQF level 4.

In this unit, the learner will be weighing and measuring, interacting with others and employing critical thinking. Therefore, there will also be opportunities to develop further aspects of the Core Skills in *Numeracy*, *Problem Solving* and *Working with Others*. Learners will also be developing skills which are easily transferred into employment and/or further study.

Other broader skills such as team working, entrepreneurship, employability, sustainability and citizenship can be developed alongside the unit core activity.



## History of changes to unit

Version	Description of change	Date
02	Core Skills Component Critical Thinking at SCQF level 4 and Planning and Organising at SCQF level 4 embedded.	24/11/2017

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## General information for learners

### **Unit title:** An Introduction to Vegan Cookery (SCQF level 5)

This section will help you decide if 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 gives you an introduction to Vegan cookery and why people might chose to follow a vegan diet.

You will be required to complete theory based learning which will help you to understand what ingredients and products can be used in a vegan diet, as well as meat substitute ingredients which can be used as alternatives within vegan cookery.

In order to provide evidence of your understanding of the theory elements of the unit, some form of written assessment will be completed alongside project portfolio work to support that understanding. Practical elements will be assessed on a continual basis, recorded and evaluated.

You will also practice the preparation, cooking and finishing of a number of vegan dishes, which will give you the practical skills and knowledge to be able to successfully complete a range of vegan dishes. This could give you an opportunity and the confidence to seek employment within the cookery industry or vegetarian/vegan industry. The assessments both in practical and theoretical skills are designed to be completed with the knowledge gained during the unit delivery and by research.

Once you have completed this unit, you will be more confident in how to cover vegan options on menus and develop dishes which can be used in the vegan diet. You will also develop knowledge in core skills involving measuring and weighing and understanding of planning and developing as well as some team working activities.

This Unit has the Critical Thinking and Planning and Organising components of Problem Solving embedded in it. This means that when you achieve the Unit, your Core Skills profile will also be updated to show you have achieved Critical Thinking at SCQF level 4 and Planning and Organising at SCQF level 4.