

Unit DR5W 04 (2FC9)

Cook-freeze food

This Unit has the following elements:

Element 1 (2FC9.1)

Portion, pack and blast-freeze food

Element 2 (2FC9.2)

Store cook-freeze food

Candidate Name:

Assessment Centre:

I have completed the requirements of this Unit.

Candidate signature: _____ **Date:** _____

I can confirm the candidate has completed all requirements of this Unit.

Assessor signature: _____ **Date:** _____

Assessor counter signature:
(where applicable) _____ **Date:** _____

IV signature: _____ **Date:** _____

IV counter signature:
(where applicable) _____ **Date:** _____

Unit Summary

This Unit is about portioning and packing food, and sealing and labelling cook-freeze food correctly. It also covers storing cook-freeze food correctly, stock rotation procedures and maintaining accurate records.

The typical day-to-day activities you might carry out for this Unit include:

- ◆ making sure preparation areas and equipment are hygienic and ready for use
- ◆ checking food
- ◆ portioning, packing and covering
- ◆ blast freezing
- ◆ storing food
- ◆ monitoring and recording temperatures
- ◆ following stock rotation procedures
- ◆ record keeping
- ◆ cleaning, tidying and securing storage areas

Unit DR5W 04 (2FC9)

Cook-freeze food

Element 1 (2FC9.1)

Portion, pack and blast-freeze food

What you must do (circled numbers must be observed)		Assessor initials/date
Evidence for the remaining points may be assessed through questioning or witness testimony		
①	Make sure the food is of the correct type, quality and quantity required	
2	Deal correctly with any problems that you identify with the quality of the food	
③	Portion, pack and cover food correctly	
④	Blast-freeze food , seal and label it correctly	
⑤	Transport containers to the appropriate storage area	
⑥	Handle containers correctly ensuring that they remain undamaged	
⑦	Monitor and record food temperatures accurately	

What you must cover (minimum requirement for observation in italic and bold)	Activity/Evidence (insert tick or supplementary reference)					
	1	2	3	4	5	6
Evidence for the remaining points may be assessed through questioning or witness testimony						
<i>Food, at least four required from the following:</i>						
red meat/white meat						
poultry						
joints/whole chickens						
vegetables/fruits						
fish dishes						
sauces/soups						
egg dishes						
desserts						

Unit DR5W 04 (2FC9)**Cook-freeze food****Element 1 (2FC9.1)****Portion, pack and blast-freeze food**

Candidate name:		Assessor initials/date
No	Activity	
1		
2		
3		
4		
5		
6		

Unit DR5W 04 (2FC9)

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Element 2 (2FC9.2)

Store cook-freeze food

What you must do (circled numbers must be observed)		Assessor initials/date
Evidence for the remaining points may be assessed through questioning or witness testimony		
①	Follow stock rotation procedures and use stock accordingly	
②	Maintain accurate records of food items that are received, stored and issued	
③	Handle food items with care so that they remain undamaged	
④	Monitor and accurately record food temperatures	
⑤	Secure storage areas against unauthorised access	
6	Identify any problems with the storage of cook-freeze items and report them to the proper person	

What you must cover (minimum requirement for observation in italic and bold)	Activity/Evidence (insert tick or supplementary reference)					
	1	2	3	4	5	6
Evidence for the remaining points may be assessed through questioning or witness testimony						
<i>Problems, at least none required from the following:</i>						
problems with equipment						
problems with food						

Unit DR5W 04 (2FC9)**Cook-freeze food****Element 2 (2FC9.2)****Store cook-freeze food**

Candidate name:		Assessor initials/date
No	Activity	
1		
2		
3		
4		
5		
6		

Unit DR5W 04 (2FC9)**Cook-freeze food****What you must know for the Unit****Element 1 (2FC9.1) Portion, pack and blast-freeze food**

K1	Why time and temperature are important when preparing cook-freeze food
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K2	Why food containers must be sealed and labelled correctly before storage
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K3	Why portions must be controlled when filling packages
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Element 2 (2FC9.2) Store cook-freeze food

K4	Why it is important to monitor and record food temperature regularly
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K5	Why time and temperature are important when storing cook-freeze food
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K6	Why stock rotation procedures must be followed
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K7	Why storage areas should be secured from unauthorised access
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Knowledge evidence retained

Assessor signature: _____

Date: _____

Candidate name:		Assessor initials/date
Ref	Supplementary evidence	
A		
B		
C		
D		
E		
F		
G		
H		

Assessor Feedback