



Higher National Unit Specification

General information

Unit title: Professional Cookery: Knowledge (SCQF level 7)

Unit code: J2LF 34

Superclass: NF

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Source: Scottish Qualifications Authority

Version: 02 (June 2023)

Unit purpose

This unit is designed to enable learners with professional cookery experience to develop an advanced level of knowledge and understanding of the following:

- ◆ Preparation techniques
- ◆ A wide range of cookery processes
- ◆ A wide range of ingredients and their uses
- ◆ Culinary terminology
- ◆ Dietary requirements

Learners will also develop an in-depth knowledge and understanding of:

- ◆ Preservation methods
- ◆ Seasonality
- ◆ Sustainability
- ◆ Ethnic and cultural cuisine
- ◆ Functionality of ingredients

This unit is suitable for learners who have achieved qualifications at SCQF level 6 in Professional Cookery and/or those with experience of working in a professional kitchen, for example in a chef de partie role.

On completion of this unit, learners could progress to other units in Professional Cookery at SCQF levels 7/8 and/or seek employment in a professional kitchen.

Higher National Unit Specification: General information (cont)

Unit title: Professional Cookery: Knowledge (SCQF level 7)

This unit is mandatory in the Higher National Certificate (HNC) in Professional Cookery at SCQF level 7 and the Higher National Diploma (HND) in Professional Cookery with Management at SCQF level 8. It has been designed to be delivered in conjunction with the SCQF level 7 units *Professional Cookery: Practical* and *Professional Cookery: Kitchen Operations*, but is also suitable for delivery as a stand-alone unit.

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 Demonstrate an in-depth knowledge of a wide range of ingredients.
- 2 Investigate the factors that affect the availability and use of ingredients.
- 3 Explain the function of a range of ingredients.

Credit points and level

2 Higher National Unit credits at SCQF level 7: (16 SCQF credit points at SCQF level 7)

Recommended entry to the unit

Whilst entry is at the discretion of the centre, learners would normally be expected to have attained qualifications in cookery at SCQF level 5/6 and/or relevant industrial experience.

Core Skills

Opportunities to develop aspects of Core Skills are highlighted in the support notes for this unit specification.

There is no automatic certification of Core Skills or Core Skill components in this unit.

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.

Higher National Unit Specification: Statement of standards

Unit title: Professional Cookery: Knowledge (SCQF level 7)

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.

Where evidence for outcomes is assessed on a sample basis, the whole of the content listed in the knowledge and/or skills section must be taught and available for assessment. Learners should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

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

Knowledge and/or skills

- ◆ Seasonality
- ◆ Quality points
- ◆ Sources and suppliers
- ◆ Purchasing criteria
- ◆ Modern and traditional dishes
- ◆ Alternative ingredients for dietary requirements
- ◆ Preparation techniques and cookery processes
- ◆ Preservation methods
- ◆ Financial implications of ingredient use

Outcome 2

Investigate the factors that affect the availability and use of ingredients.

Knowledge and/or skills

- ◆ History of a range of ingredients
- ◆ Seasonal and climatic factors
- ◆ Political and economic factors
- ◆ Sources and suppliers
- ◆ Storage conditions
- ◆ Causes of wastage
- ◆ Classification and grading
- ◆ Purchase specifications

Outcome 3

Explain the function of a range of ingredients.

Knowledge and/or skills

- ◆ The effects and functions of a range of ingredients
- ◆ Preservation methods

Higher National Unit Specification: Statement of standards (cont)

Unit title: Professional Cookery: Knowledge (SCQF level 7)

Evidence requirements for this unit

Learners will need to provide evidence to demonstrate their knowledge and/or skills across all outcomes. Learners are required to carry out research and present their findings using written and/or oral evidence for all outcomes in this unit.

Outcome 1

For **two** ingredients from each of the categories in Table A and **one** from each sub-category for meat, fish and shellfish, learners are required to:

- ◆ Indicate the season in which each ingredient is at its best (where appropriate)
- ◆ Identify the main quality points of each ingredient
- ◆ Identify the source of each ingredient and a minimum of one supplier
- ◆ Identify purchasing criteria for each ingredient
- ◆ Identify modern and traditional dishes that each ingredient is used in, should include ethnic/cultural dishes
- ◆ Highlight alternative ingredients that can be used to meet specific dietary requirements
- ◆ Identify the preparation techniques associated with each ingredient
- ◆ Identify the optimal cookery processes associated with each ingredient (where appropriate)
- ◆ Describe a preservation method for each ingredient (where appropriate)
- ◆ Explain the financial implications of ingredient use — should include wastage and portion control

| Table A: Ingredient categories | | |
|--|---|--|
| Spices | Other starches | Salad |
| Dairy products | Root vegetables | Pulses/grains |
| Eggs | Green vegetables | Nuts |
| Poultry | Other vegetables | Stocks and sauces |
| Potatoes | Fruit | Processed products |
| Meat: ◆ Beef ◆ Lamb ◆ Pork ◆ Game | Fish: ◆ Flat/round ◆ White/round ◆ Oily | Shellfish: ◆ Molluscs ◆ Crustaceans |

Outcome 2

For **one** perishable and **one** non-perishable ingredient, learners are required to:

- ◆ Provide a brief history of each ingredient
- ◆ Identify seasonal and climatic factors that affect the availability of each ingredient
- ◆ Identify political and economic factors that affect availability of each ingredient
- ◆ Identify sources and suppliers for each ingredient
- ◆ Identify the optimal storage conditions for each ingredient
- ◆ Identify possible causes of wastage for each ingredient
- ◆ State how each ingredient is classified and graded
- ◆ Complete a purchase specification for each ingredient

Higher National Unit Specification: Statement of standards (cont)

Unit title: Professional Cookery: Knowledge (SCQF level 7)

Outcome 3

Learners are required to explain in detail:

- ◆ The function of salt in the context of seasoning and preservation and its effect on the moisture content of food
- ◆ The function of sugar in the context of seasoning and preservation and its effect on the moisture content of food
- ◆ The function and optimal uses for a minimum of two types of oil
- ◆ The function and optimal uses for a minimum of two types of fat
- ◆ The function of a minimum of one type of vinegar
- ◆ The function of a minimum of one type of alcohol

In addition, learners are required to describe the following preservation methods and explain the effect of each on food:

- ◆ Fermentation
- ◆ Pickling
- ◆ Curing and brining
- ◆ Smoking
- ◆ Drying

Learners must produce evidence of the correct use of culinary terms



Higher National Unit Support Notes

Unit title: Professional Cookery: Knowledge (SCQF level 7)

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 HNC/HND in Professional Cookery at SCQF levels 7/8. It is designed to be delivered in conjunction with the SCQF level 7 units *Professional Cookery: Practical* and *Professional Cookery: Kitchen Operations*. However, it is also suitable for delivery as a stand-alone unit.

This unit is designed to enable learners to develop advanced knowledge of professional cookery and will help to prepare them for employment as a sous chef or for progression to other units/qualifications in Professional Cookery at SCQF levels 7/8.

Guidance on approaches to delivery of this unit

Learning for this unit should be carried out in a classroom environment. Access should be provided to relevant textbooks, notes and ICT to facilitate research and aid learners in the completion of portfolios and assessments.

Delivery 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

The requirements for the unit should be discussed with learners as part of the introduction to the unit. The unit could be delivered in a blended style to provide learners with a wide breadth of advanced knowledge. For example, learners could carry out extensive research and participate in discussions on ingredients, focusing on political, economic, seasonal and climatic factors, modern trends, provenance and optimal uses and cookery conditions commonly associated with them. Guidance should be provided to clarify avenues of study and facilitate recording of information.

It is recommended that this unit be delivered in conjunction with SCQF level 7 units *Professional Cookery: Practical* and *Professional Cookery: Kitchen Operations*. Underpinning knowledge gained during practical activities should be reinforced by learners' research.

Higher National Unit Support Notes (cont)

Unit title: Professional Cookery: Knowledge (SCQF level 7)

For Outcome 1 learners could demonstrate their knowledge of a wide range of ingredients by compiling the findings of their research into a portfolio of evidence. Ingredients prepared and dishes produced for the unit *Professional Cookery: Practical* at SCQF level 7 could be used to populate learners' portfolios. The lecturer should indicate the relevant information for each category or ingredient that learners should include in their portfolios based on the dishes being produced for the *Professional Cookery: Practical* unit.

For example, delivery of dairy products may be covered using the following knowledge and skills points:

- ◆ Quality points
- ◆ Sources and suppliers
- ◆ Purchasing criteria
- ◆ Modern and traditional dishes
- ◆ Alternative ingredients for dietary requirements
- ◆ Preparation techniques and cookery processes
- ◆ Preservation methods

For Outcome 2 learners are required to conduct extensive research and it is intended to develop in-depth knowledge of ingredients. In order to facilitate informed and varied group discussions, it is recommended that the learners select different ingredients from other class members. Information on seasonal and climatic factors and political and economic factors influencing supply should be current, so the use of recent journals and/or reliable internet sources is recommended.

For Outcome 3 preservation methods should be explained in terms of their purpose and overall effect on food in terms of flavour characteristics, texture and shelf life. It may be useful for learners to identify ingredients commonly used for each preservation method to give more depth and context to the information included in their portfolios.

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.

Assessment of all outcomes in this unit could be based on evidence generated by learners and compiled in a portfolio clearly covering the knowledge/skills and evidence requirements.

Learners could be provided with proformas or templates to help them organise their evidence. Photographs, illustrations and/or diagrams may be used to provide detail and context to learners' portfolios.

Higher National Unit Support Notes (cont)

Unit title: Professional Cookery: Knowledge (SCQF level 7)

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 an in-depth knowledge of a wide range of ingredients, factors that affect the availability of ingredients and the function of ingredients. This will include:

- ◆ Identifying seasonal, climatic, political and economic factors
- ◆ Identifying quality points for a wide range of ingredients
- ◆ Identifying sources and suppliers
- ◆ Identifying classification, grading and purchasing criteria
- ◆ Identifying modern, traditional dishes and alternatives to meet specific dietary requirements
- ◆ Identifying preparation techniques, cookery processes and preservation methods
- ◆ Identifying the storage requirements for different ingredients
- ◆ Identifying the financial implications of ingredient use
- ◆ Describing the function and effect of a range of ingredients

Information and Communication Technology: Accessing Information at SCQF level 5

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 affect availability. Therefore, they will be demonstrating the Core Skill component of Accessing Information at level 5.

Information and Communication Technology: Providing/Creating Information at SCQF level 5

Learners will also use ICT to record information and build portfolios of evidence. Therefore, they will be demonstrating the Core Skill component of Producing/Creating Information level 5.

History of changes to unit

| Version | Description of change | Date |
|---------|-----------------------------------|-----------|
| 02 | Errors on pages 8 and 9 corrected | June 2023 |
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General information for learners

Unit title: Professional Cookery: Knowledge (SCQF level 7)

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 builds on the knowledge and skills gained in SCQF level 6 unit *Professional Cookery: Knowledge*. It is designed to enable you to develop an advanced level of knowledge and understanding of the following:

- ◆ Preparation techniques
- ◆ A wide range of cookery processes
- ◆ A wide range of ingredients and their uses
- ◆ Culinary terminology
- ◆ Dietary requirements

You will also develop an in-depth knowledge and understanding of:

- ◆ Preservation methods
- ◆ Seasonality
- ◆ Ethnic and cultural cuisine
- ◆ Functionality of ingredients

It is recommended that you have achieved qualifications at SCQF level 5/6 in cookery and/or have experience of working in a professional kitchen, for example in a chef de partie role before undertaking this unit.

You will carry out research into a wide range of ingredients, their categorisation, use and functionality and compile the findings of your research into a portfolio. You will also use the knowledge you have gained from preparing ingredients and producing dishes for the unit *Professional Cookery: Practical* at SCQF level 7 to supplement your portfolio. Assessment of the unit will be based on the content of your portfolio.

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

- ◆ *Problem Solving: Critical Thinking* at SCQF level 6
- ◆ *Information and Communication Technology: Accessing Information* at SCQF level 5
- ◆ *Information and Communication Technology: Providing/Creating Information* at SCQF level 5

On completion of this unit, you could progress to other units in Professional Cookery at SCQF levels 7/8 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.