



National Unit Specification

General information

Unit title: Professional Cookery: Practical (SCQF level 5)

Unit code: J1S5 45

Superclass: NF

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Version: 03

Unit purpose

This unit is designed to enable learners to develop a basic level of practical skills in:

- ◆ The handling and care of knives
- ◆ Preparation techniques and the use of kitchen equipment
- ◆ Cooking processes for a wide range of ingredients
- ◆ Preparation and cooking of dishes to meet specific dietary requirements

On completion of this unit learners could progress to other units in Professional Cookery at SCQF levels 5/6 and/or seek employment in a professional kitchen.

This unit is mandatory in both the National Progression Award (NPA) and the National Certificate (NC) in Professional Cookery at SCQF level 5, but is also suitable for delivery as a stand-alone unit. It is designed to be delivered in conjunction with the SCQF level 5 units *Professional Cookery: Knowledge* and *Professional Cookery: Kitchen Operations*.

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 a range of basic knife skills and techniques.
- 2 Demonstrate a range of basic food preparation techniques.
- 3 Demonstrate a range of basic cookery processes.
- 4 Demonstrate an understanding of a range of ingredients.

National Unit Specification: General information (cont)

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Credit points and level

2 National Unit credits at SCQF level 5: (12 SCQF credit points at SCQF level 5)

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 4
- ◆ 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 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.

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.

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

Demonstrate a range of basic knife skills and techniques.

Performance criteria

- (a) Maintain, handle and store knives appropriately
- (b) Produce a range of vegetables, fruit, meat, poultry and fish cuts
- (c) Demonstrate safe working practices

Outcome 2

Demonstrate a range of basic food preparation techniques.

Performance criteria

- (a) Select and use appropriate food preparation equipment
- (b) Carry out a range of basic food preparing techniques
- (c) Demonstrate safe and hygienic working practices

Outcome 3

Demonstrate a range of basic cookery processes.

Performance criteria

- (a) Select and use appropriate cookery equipment
- (b) Carry out a range of cookery process
- (c) Demonstrate safe and hygienic working practices

Outcome 4

Demonstrate an understanding of a range of ingredients.

Performance criteria

- (a) Produce a range of dishes to a commercially acceptable standard
- (b) Produce dishes to meet common dietary requirements
- (c) Demonstrate an understanding of ingredient function
- (d) Demonstrate effective portion and waste control

National Unit Specification: Statement of standards (cont)

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Evidence requirements for this unit

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

Outcome 1

Learners are required to:

- ◆ Sharpen knives as appropriate
- ◆ Clean, dry and store knives correctly
- ◆ Produce the vegetable cuts in the table below on a minimum of two occasions
- ◆ Segment citrus fruit on a minimum of one occasion
- ◆ Fillet flat fish on a minimum of one occasion
- ◆ Fillet round fish on a minimum of one occasion
- ◆ Trim and portion a cut of beef, lamb and pork on a minimum of one occasion each
- ◆ Joint a chicken, French trim a supreme and debone a leg on a minimum of one occasion
- ◆ Finish and present ingredients to a commercially acceptable standard as appropriate
- ◆ Store the prepared products appropriately prior to cooking
- ◆ Demonstrate safe and hygienic working practices

Vegetable cuts	
Macédoine	Paysanne
Brunoise	Mirepoix
Julienne	Concassé
Jardinière	

For Outcome 2

Learners are required to:

- ◆ Select and use appropriate equipment to carry out each of the preparation techniques in the table below
- ◆ Carry out each of the preparation techniques listed below on at least one occasion
- ◆ Finish and present ingredients to a commercially acceptable standard as appropriate
- ◆ Store prepared products appropriately prior to cooking
- ◆ Demonstrate safe and hygienic working practices

Preparation techniques		
Peel	Pipe	Blanch
Grate	Fold	Skin
Roll	Whisk	Tenderise
Shape	Pane	

National Unit Specification: Statement of standards (cont)

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For Outcome 3

Learners are required to:

- ◆ Select and use the appropriate equipment to carry out each of the cookery processes in the table below
- ◆ Carry out each of the cookery process in the table below on a minimum of two occasions
- ◆ Apply each of the cookery processes to a minimum of two ingredients
- ◆ Control the temperature, timings and energy use throughout the cookery process
- ◆ Finish and present ingredients to a commercially acceptable standard
- ◆ Demonstrate safe and hygienic working practices

Cookery processes		
Roasting	Baking	Grilling
Braising	Boiling	Sautèing
Shallow frying	Steaming	
Deep frying	Poaching	Microwaving

For Outcome 4

Learners are require to:

- ◆ Prepare and cook (where appropriate) a range of dishes, should include
 - The use of a minimum of two ingredients from each of the categories in the table below
 - One dish that meets a common dietary requirement
- ◆ Season to a commercially acceptable standard
- ◆ Demonstrate effective portion and waste control
- ◆ Finish and present dishes to a commercially acceptable standard
- ◆ Demonstrate safe and hygienic working practices

Ingredient categories		
Oils and fats	Poultry	Green vegetables
Alcohols/vinegars	Fish (flat/round/oily)	Other vegetables
Spices	Shellfish (molluscs/crustaceans)	Fruit
Dairy products	Potatoes	Salad
Eggs	Other starches	Pulses/grains/nuts
Meat (beef/pork/lamb)	Root vegetables	Processed products



National Unit Support Notes

Unit title: Professional Cookery: Practical (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 80 hours.

Guidance on the content and context for this unit

This unit is mandatory in both the NPA and the NC in Professional Cookery at SCQF level 5, but is also suitable for delivery as a stand-alone unit. It is designed to be delivered in conjunction with the SCQF level 5 units *Professional Cookery: Knowledge* and *Professional Cookery: Kitchen Operations*.

This unit is designed to enable learners to develop the basic practical skills required for an entry-level role in a professional kitchen, for example in the role of a commis chef, or as a foundation for progression to other units/qualifications in Professional Cookery at SCQF levels 5/6.

The focus of this unit should be on the development of practical Professional Cookery skills. Practical activities should be carried out in a real workplace, training kitchen or realistic working environment.

All outcomes in this unit can be carried out and assessed in a blended style. For example a lesson can be laid out in such a way to successfully achieve multiple criteria across several outcomes, as long as the minimum evidence requirements are met by the learner.

A lesson such as making fish cakes and salad with dressing could cover a number of criteria:

- ◆ Outcome 1 — Knife skills and care, selected veg cuts, fish filleting
- ◆ Outcome 2 — Peel, shape, pane
- ◆ Outcome 3 — Boiling, shallow/deep frying, poaching
- ◆ Outcome 4 — Oils and fats, vinegars, dairy products, eggs, fish, potatoes, salad, veg

Guidance on approaches to delivery of this unit

This unit has been designed to be delivered in conjunction with the SCQF level 5 units *Professional Cookery: Knowledge* and *Professional Cookery: Kitchen Operations*.

Delivery of this unit 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

National Unit Support Notes (cont)

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The requirements for the unit should be discussed with learners as part of the introduction to the unit. The main approach to delivery should be lecturer led demonstrations, followed by completion of tasks by learners. The teacher/lecturer should demonstrate all new techniques and equipment prior to learners carrying out tasks. Learners should have an understanding of the importance of following specifications when carrying out tasks.

Delivery of this unit should be underpinned with background information relevant to each task, therefore is suited to integrate with the units *Professional Cookery: Knowledge* and *Professional Cookery: Kitchen Operations*.

The practice of working safely and hygienically should be promoted and observed by the lecturer. Learners should also be made aware of any hazards/risks involved within the lesson.

Following the completion of tasks/production of dishes learners should analyse the dishes produced in relation to:

- ◆ Colour
- ◆ Taste
- ◆ Consistency
- ◆ Flavour
- ◆ Appearance

This will help learners to develop their understanding of commercially acceptable standards.

It is strongly recommended that learners evidence work from each lesson using evaluation and photographs of dishes.

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.

The evidence requirements are fully expressed in the mandatory section of this unit specification. However, learners work could be recorded and evidenced using assessor observation checklists completed by the teacher/lecturer and supported by learners' evaluations and photographs of each task. These should be kept up to date to keep track of learners' progress and will be used to provide evidence for internal and external purposes.

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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 apply their knowledge and skills to prepare and cook a range of ingredients. This will include:

- ◆ Selecting and using the appropriate knives and other kitchen equipment
- ◆ Producing a range of classic vegetable, beef, lamb, pork, poultry and fish cuts
- ◆ Preparing a wide range of ingredients using the correct preparation technique
- ◆ Storing prepared ingredients appropriately
- ◆ Cooking a wide range of ingredients using the appropriate cooking process
- ◆ Controlling timings, temperatures and energy usage
- ◆ Producing a range of dishes for different requirements
- ◆ Finishing and presenting food to a commercially acceptable standard
- ◆ Demonstrating safe and hygienic working practices

Problem Solving: Planning and Organising at SCQF level 5

For all outcomes, learners will be demonstrating the Core Skill component of Planning and Organising at SCQF level 5, when they prepare and cook a range of ingredients to produce dishes to meet different requirements. This will include:

- ◆ Identifying and using the correct knives and other kitchen equipment
- ◆ Identifying appropriate preparation techniques and cooking methods for a range of ingredients
- ◆ Preparing and cooking a range of ingredients appropriately
- ◆ Controlling timings, temperatures and energy use
- ◆ Demonstrating safe and hygienic working practices

Numeracy: Using Number at SCQF level 4

For all outcomes, learners will be demonstrating the Core Skill component of Using Number at SCQF level 5 when they prepare and cook a range of ingredients. This will include:

- ◆ Weighing and measuring
- ◆ Controlling timings and temperatures

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Information and Communication Technology: Providing/Creating Information at SCQF level 4

Learners are likely to use the internet to compile information/build a portfolio of evidence to support their practical activities, for example recipes, photographs, etc. In doing so they will be demonstrating the Core Skill component of Providing/Creating Information at SCQF level 4.

The Critical Thinking component of Problem Solving at SCQF level 4 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
03	Pressure Cooking removed from list of cooking processes	27/6/19
02	Core Skills Component Critical Thinking at SCQF level 4 embedded.	17/5/19

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General information for learners

Unit title: Professional Cookery: Practical (SCQF level 5)

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 develop the practical skills required for an entry-level role in a professional kitchen. In particular, you will develop a basic knowledge and understanding of:

- ◆ Knife care and knife skills
- ◆ Preparation techniques and the use of equipment
- ◆ Cooking processes for a wide range of ingredients
- ◆ Preparation and cooking of dishes to meet specific dietary requirements

You do not have to have any previous experience to be able to undertake this unit, however, it is recommended that you have attained other qualifications in Professional Cookery or Home Economics.

The assessments for this unit will test your practical skills when preparing and cooking a wide range of ingredients.

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

- ◆ *Problem Solving: Critical Thinking* at SCQF level 5
- ◆ *Problem Solving: Planning and Organisation* at SCQF level 5
- ◆ *Numeracy: Using Number* at SCQF level 4
- ◆ *Information and Communication Technology: Providing/Creating Information* at SCQF level 4

On completion of this unit you could progress to other units in Professional Cookery at SCQF levels 5/6 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 4 is embedded in this unit. When a learner achieves the unit, their Core Skills profile will also be updated to include this component.