

Unit PPL1PC10 (HK9X 04) Prepare and Cook Vegetable Protein

I confirm that the evidence detailed in this unit is my own work.

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| **Candidate’s name** |  | **Candidate’s signature** |  | **Date** |
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I confirm that the candidate has achieved all the requirements of this unit.

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| **Assessor’s name** |  | **Assessor’s signature** |  | **Date** |
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| **Countersigning — Assessor’s name****(if applicable)** |  | **Countersigning — Assessor’s signature****(if applicable)** |  | **Date** |
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I confirm that the candidate’s sampled work meets the standards specified for this unit and may be presented for external verification.

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| **Internal verifier’s name** |  | **Internal verifier’s signature** |  | **Date** |
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| **Countersigning — Internal verifier’s name****(if applicable)** |  | **Countersigning — Internal verifier’s signature****(if applicable)** |  | **Date** |
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| **External Verifier’s initials and date (if sampled)** |  |

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| **Unit overview** |
| This unit is about preparing and cooking products for vegetable protein dishes, for example:* Quorn burger, sausages or mince
* tofu
* textured vegetable protein

The unit covers preparation and cooking methods associated with vegetable protein dishes and the different types including frozen, chilled and dried. |

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| **Sufficiency of evidence** |
| There must be sufficient evidence to ensure that the candidate can consistently achieve the required standard over a period of time in the workplace or approved realistic working environment. |

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| **Performance criteria** |
| **What you must do:** |
| There must be evidence for all Performance Criteria (PC). The assessor **must** assess PCs 1−7 by directly observing the candidate’s work.PC 8 may be assessed by alternative methods if observation is not possible. |
| 1 Check the vegetable protein to make sure it is fit for preparation and cooking.2 Choose the correct tools and equipment to prepare and cook the vegetable protein.3 Use the tools and equipment correctly when preparing and cooking the vegetable protein.4 Prepare and cook the vegetable protein to meet requirements.5 Cook the vegetable protein as required.6 Present the vegetable protein as required.7 Ensure the vegetable protein is at the right temperature for holding and serving.8 Store any prepared vegetable protein products not for immediate use in line with food safety regulations. |

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| **Scope/Range** |
| **What you must cover:** |
| **All** scope/range must be covered. There must be performance evidence, gathered through direct observation by the assessor of the candidate’s work for: |
| **one** from:a frozen vegetable proteinb chilled vegetable proteinc dried vegetable protein | **one** from:d defrostinge marinatingf frying (deep or shallow or stir)g grillingh griddlingi braising | Evidence for the remaining points under ‘what you must cover’ may be assessed through questioning or witness testimony. |

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| **Evidence reference** | **Evidence description** | **Date** | **Performance criteria** | **Scope/Range** |
| **What you must do** | **What you must cover** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **a** | **b** | **c** | **d** | **e** | **f** | **g** | **h** | **i** |
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| **Knowledge and understanding** | **Evidence reference****and date** |
| **What you must know and understand** |
| For those knowledge statements that relate to **how** the candidate should do something, the assessor may be able to infer that the candidate has the necessary knowledge from observing their performance or checking products of their work. In **all** other cases, evidence of the candidate’s knowledge and understanding must be gathered by alternative methods of assessment (eg oral or written questioning). |
| 1 | How to store uncooked vegetable protein before cooking. |  |
| 2 | What quality points to look for in vegetable protein. |  |
| 3 | Why and to whom should you report any problems with the vegetable protein or other ingredients? |  |
| 4 | Why it is important to avoid contamination with meat and fish products and how to do so. |  |
| 5 | The right tools and equipment for the preparation and cooking methods. |  |
| 6 | How to carry out the preparation and cooking methods. |  |
| 7 | Why it is important to use the correct tools and equipment. |  |
| 8 | How to make sure when vegetable protein is cooked correctly. |  |
| 9 | Correct temperatures for holding vegetable protein. |  |
| 10 | How to store cooked vegetable protein not for immediate consumption. |  |
| 11 | Healthy eating options when preparing vegetable protein. |  |

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# Supplementary evidence

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| **Evidence** | **Date** |
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| **Assessor feedback on completion of the unit** |
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