

Unit PPL1PC3 (HL05 04) Prepare and Cook Fish

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 fish for simple dishes, for example:* fish cake
* battered fish (prepared)
* breaded fish (prepared)
* scampi (prepared)
* frozen fish fillet portion
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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 2−8 by directly observing the candidate’s work.PCs 1 and 9 may be assessed by alternative methods if observation is not possible. |
| 1 De-frost fish if necessary, correctly and according to food safety guidelines.2 Check that the fish is fit for cooking.3 Choose the right tools and equipment for preparing and cooking fish.4 Use the tools and equipment correctly when preparing and cooking fish.5 Prepare the fish to meet requirements.6 Cook the fish as required.7 Finish the fish as required.8 Make sure the fish is at the right temperature for holding and serving.9 Store any fish not for immediate use in line with food safety regulation. |

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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: |
| **two** from:a coated fishb uncoated fishc frozen fishd unfrozen fish | **one** from:e de-frostingf coating | **two** from:g frying (deep or shallow)h grillingi baking |
| 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** | **9** | **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 fish correctly before cooking. |  |
| 2 | How to check that fish are fit for preparation and cooking. |  |
| 3 | How to decide whether fish needs de-frosting before cooking and why this is important. |  |
| 4 | How to de-frost fish correctly and why this is important. |  |
| 5 | Why and to whom you should report any problems with the fish or other ingredients. |  |
| 6 | The right temperatures and cooking times for different types of fish. |  |
| 7 | The right tools and equipment for the preparation methods. |  |
| 8 | How to prepare fish correctly. |  |
| 9 | The right tools and equipment for the cooking methods. |  |
| 10 | Why it is important to use the right tools and equipment. |  |
| 11 | How to carry out the cooking methods correctly. |  |
| 12 | How to decide which cooking methods are appropriate for different types of fish and how to make sure they are properly cooked. |  |
| 13 | How to garnish and present cooked fish according to requirements. |  |
| 14 | The correct temperatures for holding and serving fish. |  |
| 15 | The correct storage requirements for fish products not for immediate consumption. |  |

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# Supplementary evidence

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| **Evidence/Question** | **Answer** | **Date** |
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| **Assessor feedback on completion of the unit** |
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