

CORE COMPETENCIES

PREPARE FOOD ACCOMPANIMENTS

UNIT CODE: HOS/OS/FP/CR/01/6/A

UNIT DESCRIPTION

This unit specifies the competencies required plan, prepare and present food accompaniments. It involves organizing entremetier section, identifying, cleaning, preparing, cooking, presenting, and dispensing food accompaniments

ELEMENTS AND PERFORMANCE CRITERIA

ELEMENT These describe the key outcomes which make up workplace function.	PERFORMANCE CRITERIA These are assessable statements which specify the required level of performance for each of the elements. <i>Bold and italicized terms are elaborated in the Range</i>
1. Organise entremétier section	1.1. Kitchen is aerated 1.2. Lights are turned on and stoves are checked for defects 1.3. Tools and equipment are assembled 1.4. Temperatures of the cold rooms/fridges are checked 1.5. Cleaning and sanitization is performed 1.6. Stock levels of perishables and dry ingredients are checked 1.7. Additional ingredients are requisitioned 1.8. The menu of the day is interpreted
2. Identify ingredients for food accompaniments	2.1. Recipes are interpreted according to organizations SOP's 2.2. Ingredients are collected as per the recipes 2.3. Organization standards and FIFO procedures are adhered to. 2.4. Ingredients are weighed/measured as per specifications

ELEMENT	PERFORMANCE CRITERIA
These describe the key outcomes which make up workplace function.	These are assessable statements which specify the required level of performance for each of the elements. <i>Bold and italicized terms are elaborated in the Range</i>
3. Clean ingredients for food accompaniments	3.1 Hygienic standards and procedures are observed while cleaning. 3.2 Quality of ingredients is checked during cleaning. 3.3 Cereals and legumes are selected before washing. 3.4 Ingredients are placed in specified containers after washing.
4. Prepare ingredients for food accompaniments	4.1 <i>Vegetable</i> ingredients are <i>prepared as per specifications</i> 4.2 <i>Starch</i> ingredients are <i>prepared as per specifications</i>
5. Cook food accompaniments	5.1 Cooking method applied as per the recipe 5.2 Recommended equipment for cooking each food item used. 5.3 Temperatures are observed as per the recipe. 5.4 Timings are adhered to as per the recipe. 5.5 Recipe is adhered to. 5.6 Food accompaniments are either presented or preserved.
6. Present food accompaniments	6.1 Equipment for presentation selected as per SOPs 6.2 Aesthetics and hygiene standards are observed 6.3 Food accompaniment temperatures are observed and maintained as per the recipe specification 6.4 Portion sizes are maintained as per the recipe
7. Dispense food accompaniments	7.1 Hygiene standards are observed as per SOPs 7.2 Temperatures are maintained as recipe 7.3 Timings are adhered to

RANGE

This section provides work environments and conditions to which the performance criteria apply. It allows for different work environments and situations that will affect performance.

Variable	Range
1. <i>Accompaniments</i> may include but not limited to:	<ul style="list-style-type: none"> • Starches • Vegetables
1. <i>Vegetable</i> may include but not limited to:	<ul style="list-style-type: none"> • Leafy • Tubers • Root vegetables • Bulbs • Flower • Fruit vegetables • Fungi • Stems • Seeds
2. <i>Vegetables prepared as per specifications</i> may include but not limited to:	<ul style="list-style-type: none"> • Peeling • Cutting • Trimming • De-stocking • Chopping • Turning • Shredding • Slicing • Mashing • Grating • Piping
3. <i>Starch</i> may include but not limited to:	<ul style="list-style-type: none"> • Rice • Potatoes • Pasta • Wheat • Maize • Sorghum • Millet
4. <i>Cooking method may include but not limited to:</i>	<ul style="list-style-type: none"> • Boiling • Grilling • Roasting • Braising • Deep frying • Pan frying • Basting

Variable	Range
	<ul style="list-style-type: none"> • Poaching • Baking • Shallow frying (Sauté, Stir Fry, Sweating)
5. <i>Menu</i> may include but not limited to:	<ul style="list-style-type: none"> • A La Carte • Table D' Hote • Buffet • Cocktail • Fork buffet • Beverage • Wine list

REQUIRED SKILLS AND KNOWLEDGE

This section describes the skills and knowledge required for this unit of competency.

Required Skills

The individual needs to demonstrate the following skills:

- Kitchen equipment selection and placement
- Knife skills
- Cooking methods (blanching, steaming, grilling, baking)
- Food presentation techniques
- Vegetable cuts (battones, paysane, chiffonade, julienne)
- Cleaning methods (scrubbing, wiping, dusting)
- Use of other working tools and equipment (chopping board)
- Kneading, whisking, shaping, rolling
- Garnishing
- Personal grooming
- Creativity/innovations
- Communication
- Interpersonal relations

Required Knowledge

The individual needs to demonstrate knowledge and understanding of:

- Hazard Analysis of Critical Control Points (HACCP)
- Standard Operating Procedure (SOP)
- Occupational Safety and Health (OSH)
- Work place procedures

- Time management
- Efficient workflow
- Nutrition and dietetics
- Culture and religion (kosher, halal, vegan)
- Special needs
- Garbage management
- Food trends (organic products, molecular gastronomy)
- Hospitality law
- Political, Economic, Social, Technological Environmental and Legal (PESTEL)
- Allergens (gluten free and nut allergy, milk intolerance)
- Professional ethics
- Costing and cost control
- Menu planning
- Menu costing and pricing
- Culinary terms
- Communication
- Accounting (basic)
- Inter-personal relations
- Management (supplies, human resource)
- ICT
- First Aid

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EVIDENCE GUIDE

This provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge and range.

1. Critical aspects of Competency	Assessment requires evidences that the candidate: <ul style="list-style-type: none"> 1.1 Demonstrated the ability to assemble all the ingredients for preparing food accompaniments 1.2 Demonstrated ability to portion food and maintain ratios 1.3 Demonstrated expertise in using various cooking methods in preparing food accompaniments 1.4 Demonstrated ability to combine texture, colour and taste 1.5 Demonstrated complete understanding of the different nutritional values of various food items 1.6 Demonstrated ability to present food 1.7 Demonstrate ability to plan and cost menu.
2. Resource Implications	The following resources MUST be provided:

	<p>2.1 Fully equipped operational commercial/institutional kitchen including industry-current tools, utensils and equipment</p> <p>2.2 A variety of ingredients</p>
3. Method of Assessment	<p>Competency may be assessed through:</p> <p>3.1 Direct observation using a checklist of the learners carrying out various activities in the kitchen</p> <p>3.2 Written or oral questions to test knowledge</p> <p>3.3 Review of portfolios of evidence and third party workplace reports of on-the-job performance by the candidate.</p>
4. Context of Assessment	<p>Competency may be assessed:</p> <p>4.1 On-the-job</p> <p>4.2 Off-the –job</p> <p>4.3 During Industrial attachment</p>
5. Guidance information for assessment	<p>Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.</p>

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