

Domain

**COMMERCIAL COOKERY AND
CATERING**

Title:

**Prepare, cook and assemble food for
quick service**

Level: 3

Credits: 5

Purpose

This unit standard specifies the competency required to prepare cook and assemble food for quick service in a fast food retail outlet or restaurant. People credited with this unit standard are able to: prepare for cooking and assembly of fast foods; prepare fast foods for service; and serve fast foods to customers.

Special Notes

1. Entry information

Prerequisites:

- Unit 42 *Follow workplace health, safety and hygiene procedures in a hospitality establishment* or demonstrated equivalent knowledge and skills
- Unit 292 *Practice food safety methods in a hospitality establishment* or demonstrated equivalent knowledge and skills.

2. Assessment evidence may be collected from a real workplace or simulated workplace in which there is a high degree of realism that replicates a commercial workplace setting. Where a simulated workplace is used, candidates must:

- be placed under realistic time pressures
- use commercial equipment for both training and assessment
- encounter realistic customer/staff ratios.

While the end user in the assessment activity need not be a guest, there must be documented evidence of multiple occasions where the candidate has produced product or similar for guests who have the expectations of a paying guest.

3. The conduct of training and assessment activities related to this unit standard is recommended to take place in conjunction with other relevant, technical unit standards in this Domain.

4. All establishment orders and production cost control systems must be used in accordance with systems requirements and establishment procedures.

5. Glossary of terms

For the purposes of this unit standard, *food for quick service* refers to the preparation, cooking and assembly of food items such as pizza, coated chicken, burgers, French fries, etc, that may have significant elements of pre-preparation, using a grill, deep fryer or oven (other than microwave).

For credit, a minimum of three food items consistent with the fare offered by the fast food retail outlet or restaurant establishment must be prepared, cooked and assembled.

Establishment procedures are those set by the establishment management and/or any franchising specifications and obligations.

Safe working practices include day to day observation of safety policies and procedures, legislative requirements and professional requirements. All safe working practices must be complied with.

Specifications refers to any, or all of the following: manufacturer's specifications and recommendations, establishment and/or franchise specific requirements.

6. All food items must be stored and handled in a manner that accords with health regulations and product and establishment requirements.
7. All inspection, operation and maintenance procedures associated with the use of tools and equipment shall comply with establishment procedures and manufacturer's instructions.
8. Regulations and legislation having relevance to this unit standard include the following:
 - Labour Act No 11 2007 as amended
 - Public Health Amendment Act 45 of 1976
 - Tobacco Products Control Act No 1 of 2010
 - The International Health Regulation Act 28 of 1974
 - Regulations relating to the Health and Safety of employees at work, 1997 and all subsequent amendments to any of the above.

Quality Assurance Requirements

This unit standard and others within this subfield may be awarded by institutions which meet the accreditation requirements set by the Namibia Qualifications Authority and the Namibia Training Authority and which comply with the national assessment and moderation requirements. Details of specific accreditation requirements and the national assessment arrangements are available from the Namibia Qualifications Authority and the Namibia Training Authority. All approved unit standards, qualifications and national assessment arrangements are available on the Namibia Training Authority website www.nta.com.na

Elements and Performance Criteria

Element 1: Prepare for cooking and assembly of fast foods

Performance Criteria

- 1.1 Preparation, cooking and assembly areas and equipment are cleaned and readied for use in accordance with establishment procedures.
- 1.2 Food items and any pre-prepared items or ingredients are checked to ensure that they are in the right quantities and at the correct temperature for use in accordance with establishment procedures.
- 1.3 Checks are made in accordance with organisational procedures that any cooking equipment and materials (such as oils and fats) are at the operating temperatures required for the type of fast food.
- 1.4 Correct safety and hygiene-related clothing is worn in accordance with establishment procedures.
- 1.5 Any waste generated during the preparation process is disposed of in line with safety and establishment requirements.
- 1.6 Food safety and safe food handling practices are applied in the preparation activities in line with standard industry practice and legislative requirements.

Element 2: Prepare fast foods for service

Performance Criteria

- 2.1 Orders are processed in a logical sequence in accordance with customer requests and/or establishment procedures.
- 2.2 The cooking method and cooking time are consistent with the type of food intended for service and are in accordance with establishment procedures.
- 2.3 Monitoring and adjustments ensure that cooking equipment and materials remain at the temperatures required for the food item being cooked.
- 2.4 Where necessary, cooked food items are assembled in a sequence and portions that accord with establishment procedures.
- 2.5 Any waste generated during the cooking process is disposed of in line with safety and establishment requirements.
- 2.6 Food safety and safe food handling practices are applied in the cooking activities in line with standard industry practice and legislative requirements.

- 2.7 Correct safety and hygiene-related clothing is worn in accordance with establishment procedures.
- 2.8 Cooked food that may not be served immediately (i.e., to order) are cooled rapidly or kept at a safe temperature in accordance with establishment procedures.
- 2.9 Cooked food for immediate service is placed in suitable containers in accordance with establishment procedures.

Element 3: Serve fast foods to customers

Performance Criteria

- 3.1 Condiments, garnishes and sauces are added to the food or food containers in accordance with establishment procedures.
- 3.2 Food served aligns with portion requirements and customer orders or corrective actions are implemented in accordance with establishment procedures.
- 3.3 Food safety and safe food handling practices are applied in the service activities in line with standard industry practice and legislative requirements.
- 3.4 Correct safety and hygiene-related clothing is worn in accordance with establishment procedures.
- 3.5 Any waste generated during the cooking process is disposed of in line with safety and establishment requirements.
- 3.6 Service area is kept cleaned in accordance with food safety requirements and/or establishment procedures.
- 3.7 Items not served within times specified in establishment procedures are disposed of in accordance with set procedures.

Registration Data

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