

Domain

**COMMERCIAL COOKERY AND
CATERING**

Title:

**Freeze food for use in a hospitality
establishment**

Level: 3

Credits: 5

Purpose

This unit standard specifies the competency required to prepare and freeze food items for use in a hospitality establishment. People credited with this unit standard are able to: demonstrate knowledge of freezing food; prepare for freezing; and freeze food.

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.

While the end user in the assessment activity need not be a guest or client, 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 or client.

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, *freezing of food* refers to the process of retaining the quality of food items by preparing them and putting them into an environment with a prolonged temperature that keeps items 'food-safe' (minus 18C+). 'Dry-freezing' is excluded from this unit standard.

- For the purposes of this unit standard, *food* able to be frozen includes: red meats and game; chicken; fish and seafood; vegetables; fungi; breads; and fruit.

For credit, an item from any three of the above categories are required to be frozen for use in or as fare offered by a hospitality establishment.

- The *freezer* may be a room or device intended for either domestic or commercial use.
 - *Mise en place* means the setting out of ingredients and utensils required for the preparation of food items.
 - *Preparation* of the food includes activities such as cleaning, peeling, trimming, cutting or slicing, bone removal, blanching, the addition of syrup packs or sugar packs, etc, as required by the food items being frozen.
 - The term *establishment requirements* or *procedures* refers to any policy, procedure, recipe, or agreed requirement, either written or oral, that is made known to the worker in the kitchen for use in their work.
 - *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 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: Demonstrate knowledge of freezing

Performance Criteria

- 1.1 Freshness and quality of the foods to be frozen is described in terms of their significance to the retention of quality of the food.
- 1.2 The optimal time and optimum temperatures taken to achieve freezing of the foods is described in terms of the effects on the quality of the frozen food when thawed.
- 1.3 Suggested minimum times and optimum temperatures for the retention of the frozen food to optimise the retention of quality are described.
- 1.4 Packaging types and methods that optimise the retention of quality of the foods being frozen are explained.
- 1.5 Common changes in the appearance of the food items being frozen are described.
- 1.6 Food items that are unsuitable for or less suitable for freezing are identified.

Element 2: Prepare for freezing

Performance Criteria

- 2.1 Work area and utensils are cleaned and prepared for use in line with establishment procedures.
- 2.2 *Mise en place* is prepared and ingredients assembled for preparation of the food items in line with establishment procedures.
- 2.3 Food items are cleaned and prepared in a manner that will optimise the freezing process.

- 2.4 Food items are packaged in containers suitable to achieve optimum freezing and retention of quality.
- 2.5 Air removal is achieved or optimised where necessary to prevent or minimize 'burning' of the food items.
- 2.6 Labelling of packages indicates the food type and date of freezing.
- 2.7 Any waste generated during preparation is disposed of in line with safety and establishment requirements.
- 2.8 Food safety and safe food handling practices are applied in preparation activities in line with standard industry practice and legislative requirements.

Element 3: Freeze food

Performance Criteria

- 3.1 Freezer temperature is monitored using a thermometer and adjusted where necessary to achieve the optimal freezing of the food items in accordance with manufacturer's specifications and establishment procedures.
- 3.2 Quantities of food placed in the freezer are consistent with the need to achieve desirable freezing times.
- 3.3 The food items are verified as being frozen in accordance with establishment procedures.
- 3.4 Any waste generated during freezing is disposed of in line with safety and establishment requirements.
- 3.5 Food safety and safe food handling practices are applied in freezing activities in line with standard industry practice and legislative requirements.

Registration Data

Subfield:	Tourism and Hospitality
Date first registered:	15 November 2012
Date this version registered:	15 November 2012
Anticipated review:	2017
Body responsible for review:	Namibia Training Authority