

Unit ID: 310	
Domain	FOOD PREPARATION
Title:	Demonstrate knowledge of terminology used in food preparation and cookery
Level: 3	Credits: 3

Purpose

People credited with this unit standard are able to demonstrate knowledge of terminology used in food preparation and cookery.

Special Notes

1. Entry information:

Prerequisite:

- none.

2. 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.

3. Glossary

- *Common preparation methods of meat* include but are not limited to marinate, baste, carpaccio, slice, spice, freeze, larding, barding, trussing.
- *Common preparation methods of poultry* include but are not limited to marinate, baste, slice, spice, freeze.
- *Common cookery methods of meat, fish, and poultry* include but are not limited to searing, glazing, sautéing, roasting, poaching, smoking, grilling, frying, stewing, braising, simmering.
- *Terms used with baked goods and dessert preparation and cooking* include but are not limited to blind, knead, rub in, steam, fry, mould, flambé, baking, steaming, poaching, temper.
- *French terms* include but are not limited to roux, béchamel, au gratin, mise en place, jus, bouquet garni, demi glace, fricasse, chateaubriand, naturelle, mire poix.

4. Regulations and legislation relevant to this unit standard include the following:

- Labour Act No 11 2007 as amended
- The Social Security Act 1994
- The Employee Compensation Amendment Act 5 of 1995
- Public Health Amendment Act 45 of 1976
- 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 terminology used in food preparation and cookery

Performance Criteria

- 1.1 Terminology used in the preparation and cookery of meat dishes are identified and explained in line with standard industry practice.
- 1.2 Terminology used in the preparation and cookery of poultry are identified and explained in line with standard industry practice.
- 1.3 Terminology used in the preparation and cookery of seafood are identified and explained in line with standard industry practice.
- 1.4 Terminology used in the preparation and cookery of vegetables and fruit are identified and explained in line with standard industry practice.
- 1.5 Terminology used in the preparation and cookery of desserts are identified and explained in line with standard industry practice.
- 1.6 Terminology used in the preparation and cookery of breads and pastries are identified and explained in line with standard industry practice.
- 1.7 Common French terms used in commercial cookery are explained in line with standard industry practice.

Registration Data

Subfield:	Hospitality and Tourism
Date first registered:	29 March 2007
Date this version registered:	15 November 2012
Anticipated review:	2017
Body responsible for review:	Namibia Training Authority