

	Unit ID: 317
Domain	COMMERCIAL COOKERY AND CATERING
Title:	Prepare, cook, and present fruit and vegetable dishes in a hospitality establishment
Level: 3	Credits: 5

Purpose

This unit standard specifies the competency required to prepare, cook and present fruit and vegetable dishes in a hospitality establishment. People credited with this unit standard are able to: prepare and cook fruit dishes; prepare and cook vegetable dishes; and present fruit and vegetable dishes.

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
- *'Mise en place'* means the setting out of ingredients and utensils required for the preparation of food items.
 - *'hard fruit'* refers to fruit with pips or a stone at the core.
 - *'soft fruit'* refers to fruit with pips spread throughout the fruit.

 - *'root vegetables'* refers to vegetables grown below the ground.

 - *'green vegetables'* refers to vegetables grown above the ground.

 - 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.

 - *'Specifications'* refers to any, or all of the following: manufacturer's specifications and recommendations, establishment specific requirements.
6. All inspection, operation and maintenance procedures associated with the use of tools and equipment shall comply with establishment procedures and manufacturer's instructions.
7. Regulations and legislation relevant to this unit standard include the following:
- Labour Act No 11 2007 as amended
 - Tobacco Products Control Act No 1 of 2010
 - 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: Prepare and cook fruit dishes

Range

Fruit dishes include but are not limited to cooked and uncooked dishes, including hard and soft fruit.

Fruit selection includes but is not limited to appearance, taste, level of ripeness, cleanliness, size, shape and smell.

Fruit preparation includes but is not limited to cleaning, peeling, slicing, chopping.

Fruit cooking methods include but are not limited to baking, steaming, boiling, roasting, stewing, frying (including deep and shallow), stirring, sautéing, grilling, char grilling, braising, poaching, blanching, refreshing.

Fruit cooking processes include but are not limited to time or degree of cooking, temperature, identification and correction of faults.

Quality points for cooked fruit include but are not limited to flavour, aroma, degree of cooking, appearance.

Storage requirements for fruit include but are not limited to location (dry, cool), stock rotation, container suitable size for fruit and vegetable quantity, correct placement in temperature controlled storage, hygiene.

Identification includes but is not limited to the classification of fruit.

Performance Criteria

- 1.1 Fruits are identified in terms of their classifications.
- 1.2 Work area, utensils and ingredients are cleaned and prepared for use in line with establishment procedures.
- 1.3 Common recipes for fruit dishes are identified in line with guest and establishment requirements.
- 1.4 Fruit suitable for a range of fruit dishes is selected in line with recipes and guest and establishment requirements.
- 1.5 Food safety and safe food handling practices for fruit preparation, cooking and storage, are identified and applied in line with standard industry practice, legislative and establishment procedures.
- 1.6 *Mise en place* is prepared and ingredients assembled for preparation of a range of fruit dishes in line with establishment procedures.
- 1.7 Waste generated during preparation and cooking is minimized and any waste is disposed of or recycled in accordance with establishment procedures.

- 1.8 Fruit is cooked to required standard in line with recipe requirements and establishment quality where applicable.
- 1.9 Fruit preparation and cooking methods are demonstrated in line with recipes and standard industry practice.
- 1.10 Fruit dishes are identified, labelled and stored in line with food safety and establishment requirements.

Element 2: Prepare and cook vegetable dishes

Range

Selection of root vegetables includes but is not limited to cleanness, firmness, freshness, appearance, free from blemishes, free from disease and pests, size and shape.

Selection of green vegetables includes but is not limited to appearance, freshness, free from free from disease and pests, size and shape.

Preparation methods include but are not limited to cleaning, trimming, peeling, slicing, dicing, shredding, chopping, grating, blanching.

Vegetable cuts include but are not limited to brunoise, julienne, parisienne, paysanne, macédoine, jardinière.

Vegetable cooking methods include but are not limited to steaming, boiling, roasting, baking, grilling, frying (shallow and deep, sauté and stir fry), blanching, braising.

Cooking processes include but are not limited to time or degree of cooking, temperature, identification and correction of faults.

Vegetable dish quality requirements include but are not limited to flavour, aroma, degree of cooking, appearance.

Identification includes but is not limited to the classification of vegetables.

For assessment purposes, preparation and presentation of one uncooked vegetable dish, one cooked root vegetable dish and one cooked green vegetable dish is required.

Performance Criteria

- 2.1 Vegetables are identified according to their classifications.
- 2.2 Work area, utensils and ingredients are cleaned and prepared for use in line with establishment procedures.
- 2.3 Common recipes for vegetable dishes are identified in line with guest and establishment requirements.

- 2.4 Vegetables suitable for a range of vegetable dishes, including root and green vegetables, are selected in line with recipes and guest and establishment requirements.
- 2.5 Food safety and safe food handling practices for vegetable preparation, cooking and storage, are identified and applied in line with standard industry practice, food safety requirements and establishment procedures.
- 2.6 *Mise en place* is prepared and ingredients assembled for preparation of a range of vegetable dishes in line with establishment procedures.
- 2.7 Vegetables are cooked to required standard in line with recipe requirements and establishment quality, and guest requests where applicable.
- 2.8 Portion amounts and yields for raw and cooked vegetables are explained in line with recipe and establishment requirements.
- 2.9 Vegetable preparation methods are demonstrated, including vegetable cuts, in line with recipes and standard industry practice.
- 2.10 Vegetable dish is cooked to the quality requirements of the recipe and establishment.
- 2.11 Any waste generated during preparation and cooking is disposed of or recycled in line with safety and establishment requirements.
- 2.12 Vegetables and vegetable dishes are labelled, dated and stored in line with food safety and establishment requirements.

Element 3: Present fruit and vegetable dishes

Range

Portion refers to the allocation of an amount of food or beverage to each person.

Plate refers to the placement and arrangement of food for a person on their plate or in their bowl.

Serve refers to the offering or display of food to guests in accordance with their requests where relevant, or putting of food before guests.

Portioning, plating and serving must be undertaken with the dishes prepared in the other Elements of this unit standard.

Performance Criteria

- 3.1 Any sauces and garnishes are arranged in line with establishment procedures.
- 3.2 Sufficient supplies of clean, undamaged crockery are made available at temperatures appropriate for food service in line with establishment procedures.

- 3.3 Food items are portioned in line with establishment procedures.
- 3.4 Food items are plated without drips or spills and are presented in line with requirements for specified dishes and establishment procedures.
- 3.5 Effective teamwork is implemented with kitchen and food service staff to ensure timely and quality service of food in line with establishment procedures.
- 3.6 Food is served to guests or displayed in public areas as required, at the correct temperature in line with requirements for specified dish and establishment procedures.
- 3.7 Personal hygiene practices are maintained in line with food safety and establishment procedures.
- 3.8 Food items are kept covered until service and are served within acceptable timeframes or kept at acceptable temperatures for service in line with guest and establishment requirements.
- 3.9 Re-heating of stored food is undertaken in accordance with food safety requirements and establishment procedures.

Registration Data

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