

Domain	COMMERCIAL COOKERY AND CATERING	Unit ID: 61
Title:	Identify food items and basic ingredients in a hospitality establishment	
Level: 2		Credits: 5

Purpose

This unit standard specifies the competencies required to identify food items and basic ingredients used in preparing different dishes commonly prepared in hospitality establishments in Namibia. People credited with this unit standard are able to identify: different types of meat, offal, game and poultry; common meat cuts and poultry pieces; local fish and seafood; fruit, vegetables, fungi and legumes; local dairy and egg products; and common spices, herbs, dry foods, fats and oils.

Special Notes

1. Entry information:
 - Prerequisite:
 - none.
2. Glossary

For the purposes of this unit standard, *food items* refers to those commonly used or found in Namibia.
3. Where ever possible, real food items should be used in any activity where identification abilities are being developed and/or assessed.
4. 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.
5. Regulations and legislation relevant to this unit standard include the following:
 - Labour Act No 11 2007 as amended.

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 on www.nta.com.na

Elements and Performance Criteria

Element 1: Identify different types of meat, offal, game and poultry

Range

Meat means beef, lamb, pork and goat.

Offal may be related to beef, lamb and pork. Common types of offal include kidneys, brains, stomach, tongue, feet, liver, and lungs. Evidence of selecting three types of offal from across the meat types is required for assessment purposes.

Game meat means springbuck, oryx, kudu, eland, zebra.

Different types of *poultry* means chicken, turkey, and guinea fowl.

Performance Criteria

- 1.1 Different types of meat are identified and selected.
- 1.2 Different types of offal are identified and common types of offal matched to the relevant meat type are selected.
- 1.3 Different types of game meat are identified and selected.
- 1.4 Different types of poultry are identified and selected.

Element 2: Identify common meat cuts and poultry pieces

Range

Common meat cuts means sirloin, fillet, rump, T- bone, back, rib rack, oxtail, neck, chops, brisket, shank, knuckle. Evidence of identifying and selecting four types is required for assessment purposes.

Common poultry pieces means breast, fillet, drumstick, wings, thighs, liver, quarter (leg) chicken, giblets, gizzards, whole bird. Evidence of identifying four pieces is required for assessment purposes.

Performance Criteria

- 2.1 Common meat cuts are identified and selected.
- 2.2 Common cuts for meat types are located on the carcass (or outline) of the animal.
- 2.3 Poultry pieces are identified and selected.

Element 3: Identify local fish and seafood

Range

Local fish means hake, tilapia, kingklip, snoek, tuna, pilchards, bream, angel, kabeljou, sole. Evidence of identifying two types is required for assessment purposes.

Local seafood means mussels, oysters, shrimps, prawns, calamari, and crayfish. Evidence of identifying two types is required for assessment purposes.

Performance Criteria

- 3.1 Local fish identified from whole fish, fillets and/or steaks are selected.
- 3.2 Local seafood are identified and selected.

Element 4: Identify fruit, vegetables, fungi, and legumes

Range

Fruit means lemons, oranges, mandarins (naartjes), grapefruit, apples, pears, peaches, apricots, nectarine, strawberries, Cape gooseberry, pineapple, banana, mango, paw paw, granadilla, guava, avocado, dates, almonds, pecan nuts, ground nuts. Evidence of identifying eight types of local fruit is required for assessment purposes.

Vegetables means onions, garlic, cabbage, carrots, tomatoes, cauliflower, broccoli, spinach, cucumber, lettuce, pumpkins, gem squash. Evidence of identifying eight types of local vegetables is required for assessment purposes.

Fungi means white button mushrooms, portebello (brown mushrooms), Kalahari truffle, Omajova.

Legumes may include but is not limited to lentils, beans, peas.

Performance Criteria

- 4.1 Local fruits are identified and selected.
- 4.2 Local vegetables are identified and selected.
- 4.3 Local fungi are identified and selected.
- 4.4 Locally available legumes are identified and selected.

Element 5: Identify local dairy and egg products

Range

Milk products include but are not limited to fresh milk, long life milk, low fat milk, skim milk.

Other dairy products means cream, butter, cheeses, yoghurts, condensed milk, evaporated milk, butter milk, Omaere, soya milk. Evidence of identifying four types of dairy product is required for assessment purposes.

Performance Criteria

- 5.1 Different types of milk are identified and selected.
- 5.2 Other types of local dairy products are identified and selected.
- 5.3 Different local egg products are identified and selected.

Element 6: Identify common spices, herbs, dry foods, fats and oils

Range

Spices may include but are not limited to curry powder, cinnamon, peri peri, chicken spice, barbecue spice, pepper corns, paprika, and coriander. Evidence of identifying five types of spices is required for assessment purposes.

Herbs may include but are not limited to parsley, rosemary, thyme, basil, dill, oregano, chives, coriander leaves, sage, and mint. Evidence of identifying five types of fresh and/or dried herbs is required for assessment purposes.

Dry foods may include but are not limited to:

- cereals and cereal products such as mieles, mahangu, sorghum, rice, cornflakes, dried pasta.
- Seeds such as sunflower, poppy.

Evidence of identifying two types of dry foods is required for each category for assessment purposes.

Fats and oils may include but are not limited to cooking oil, olive oil, marula oil, deep frying fat, animal fat, and palm fat. Evidence of identifying three types of fats or oils is required for assessment purposes.

Performance Criteria

- 6.1 Different common spices are identified and selected.
- 6.2 Available local fresh and dried herbs are identified and selected.
- 6.3 Local dry foods are identified and selected.
- 6.4 Local fat and oils are identified and selected.

Registration Data

Subfield:	Hospitality and Tourism
Date first registered:	28 September 2006
Date this version registered:	15 November 2012
Anticipated review:	2017
Body responsible for review:	Namibia Training Authority