

Domain	COMMERCIAL COOKERY AND CATERING	Unit ID: 62
Title:	Undertake pre-preparation of food items in a hospitality establishment	
Level: 2		Credits: 4

Purpose

This unit standard specifies the competencies required to undertake the pre-preparation of selected food items for food production. People credited with this unit standard are able to: wash, peel and trim and cut vegetable and/or fruit; clean, scale and fillet fish in pre-preparation for food production; and maintain knives used in food pre-preparation.

Special Notes

1. Entry information:

Prerequisite:

- Unit 42 *Follow workplace health, safety and hygiene procedures 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.
- may use domestic equipment but preferably use commercial equipment and utensils.

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, particularly Unit 311 *Handle, clean and maintain knives in a hospitality establishment*.

4. Glossary

- 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.
- *Specifications* refers to any, or all of the following: manufacturer's specifications and recommendations, workplace specific requirements.

5. All inspection, operation and maintenance procedures associated with the use of tools and equipment shall comply with manufacturers' and/or company guidelines and instructions.
6. 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
 - Tobacco Products Control Act No 1 of 2010
 - International Health Regulation Act 28 of 1974
 - Regulations relating to the Health and Safety of employees at work, 1997 and all subsequent amendments.

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: Wash, peel and trim and cut vegetables and/or fruit

Range

Cuts may include but are not limited to chips, juliennes, cubes and dices, slices or flakes, segments and wedges.

Preparations for working with vegetables and/or fruit include but are not limited to preparing a cutting board, filling a basin with water, preparing a chef's knife and gathering required utensils such as bowls and colander.

Performance Criteria

- 1.1 Workplace is prepared for working with vegetables and/or fruit.
- 1.2 Tools for washing, peeling and trimming vegetables and/or fruit are identified and selected.
- 1.3 Vegetables and/or fruit are washed and cleaned in line with establishment procedure.
- 1.4 Vegetables and/or fruit are peeled and trimmed, using appropriate utensils in line with establishment procedures.
- 1.5 Vegetables and/or fruit are cut in consistent shapes and sizes according to industry standards and establishment procedures.

- 1.6 Vegetable and/or fruit waste is disposed of hygienically in line with established industry and establishment procedures.
- 1.7 Pre-prepared vegetables and fruit are stored in line with established industry and establishment procedures.
- 1.8 Work area is cleaned and sanitized in line with establishment procedures.

Element 2: Clean, scale and fillet fish in pre-preparation for food production

Range

Preparation of the workplace for working with fish includes but is not limited to preparing a clean cutting board, preparing the fish scaler, knives, pliers and scissors.

Safety requirements for working with fish includes but are not limited to wearing gloves, avoiding bacterial contamination and using safe work procedures.

Procedures to clean fish include opening the belly and washing under cold, running water.

Performance Criteria

- 2.1 Workplace is prepared for working with fish.
- 2.2 Safety requirements are identified and followed for working with fish.
- 2.3 Fish is cleaned according to establishment procedures.
- 2.4 Fins are cut off and discarded in a safe manner in line with establishment procedures.
- 2.5 Fish is scaled using fish scaler or knife in line with establishment procedures.
- 2.6 Fish is rinsed to remove excess scales in line with establishment procedures.
- 2.7 Fish is filleted to a consistent finish with minimal loss of flesh.
- 2.8 Fish fillets are examined for bones and any excess bones are removed.
- 2.9 Fish is stored on ice in line with establishment procedures.
- 2.10 Fish scales, fin parts, and excess bones are discarded hygienically and in line with establishment procedures.
- 2.11 Work area is cleaned and sanitized in line with establishment procedures.

Element 3: Maintain knives used in food pre-preparation

Range

Sharpening may be undertaken with a steel and/or stone.

Performance Criteria

- 3.1 Knives are checked for cleanliness and sharpness in line with establishment procedures.
- 3.2 Knives are safely washed and dried in line with establishment procedures.
- 3.3 Knives are sharpened in a safe manner in line with establishment procedures.
- 3.4 Knives are safely placed and stored during and after food preparation in line with establishment procedures.

Registration Data

Subfield:	Hospitality and Tourism
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