



Australian Government

Department of Education, Employment and Workplace Relations

FDFOP3005A Prepare food products using basic cooking methods

Revision Number: 1

FDFOP3005A Prepare food products using basic cooking methods

Modification History

Not applicable.

Unit Descriptor

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| Unit descriptor | This unit of competency covers the skills and knowledge required to prepare food products using basic cooking methods. |
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Application of the Unit

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| Application of the unit | This unit has application in a food production environment, including retail outlets for bread, cakes and other baked products, and enterprises where food production processes involve cooking of products. Operators requiring this competency would typically be required to follow specific recipes to value-add to food products. |
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Licensing/Regulatory Information

Not applicable.

Pre-Requisites

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| Prerequisite units | | |
| | FDFFS2001A | Implement the food safety program and procedures |
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Employability Skills Information

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| Employability skills | This unit contains employability skills. |
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Elements and Performance Criteria Pre-Content

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| Elements describe the essential outcomes of a unit of competency. | Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide. |
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Elements and Performance Criteria

| ELEMENT | PERFORMANCE CRITERIA |
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| 1. Select and handle cooking tools and equipment | 1.1. Work area is prepared for operations and hygiene standards confirmed 1.2. Cooking utensils required for work are identified, handled and stored safely and according to workplace procedures 1.3. Equipment and machinery required for cooking operation is identified and prepared 1.4. Maintenance requirements for knives and other utensils are identified and implemented 1.5. Food safety requirements are implemented at all times when handling and using cooking utensils and equipment |
| 2. Prepare ingredients | 2.1. Major food group classifications are identified 2.2. Range of ingredients typically used in the workplace are identified, and their characteristics and effect on food quality and taste described 2.3. Recipe is examined and required ingredients identified 2.4. Sequence for preparation is determined 2.5. Ingredients are selected and quantity and quality confirmed using measuring or weighing devices or sensory analysis techniques 2.6. Ingredients are prepared and assembled according to recipe requirements 2.7. Ingredients are stored according to workplace procedures |
| 3. Use basic cooking methods | 3.1. Range of basic cooking methods are identified and their effect on quality, taste and nutritional value described 3.2. Cooking methods required by recipe are identified and sequence determined 3.3. Cooking method is applied to achieve quality standards for food item 3.4. Typical problems are identified and addressed 3.5. Cooking utensils and equipment is used according to manufacturer's instructions 3.6. Waste minimisation and environmental considerations are applied during cooking process 3.7. Cooking area, utensils and equipment are cleaned and stored according to workplace standards |

| ELEMENT | PERFORMANCE CRITERIA |
|-------------------|---|
| 4. Finish product | 4.1. Cooked ingredients are transferred for further processing 4.2. Final product is assembled and presented or packed according to recipe or operating requirements |

Required Skills and Knowledge

REQUIRED SKILLS AND KNOWLEDGE

This section describes the skills and knowledge required for this unit.

Required skills

Ability to:

- identify and access ingredients
- identify the major food group classifications
- read and interpret recipe requirements
- safely and correctly use work utensils and equipment
- interpret numerical information on quantities and conduct measurements
- apply safe work and food safety standards
- select, fit and use personal protective clothing and/or equipment
- plan operations
- identify cooking problems and take corrective action, such as reporting abnormalities or problems, repeating processes and/or making required adjustments
- maintain work area to meet housekeeping standards

Required knowledge

Knowledge of:

- uses and characteristics of basic food ingredients
- major food groups and classifications
- principles of basic cookery
- food safety standards in the workplace
- common terminology used in cooking

Evidence Guide

| EVIDENCE GUIDE | |
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| <p>The Evidence Guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.</p> | |
| <p>Overview of assessment</p> | <p>Assessment must be carried out in a manner that recognises the cultural and literacy requirements of the assessee and is appropriate to the work performed. Competence in this unit must be achieved in accordance with food safety standards and regulations.</p> |
| <p>Critical aspects for assessment and evidence required to demonstrate competency in this unit</p> | <p>Evidence of ability to:</p> <ul style="list-style-type: none"> • prepare and use utensils and equipment safely and according to work procedures • identify major food groups and uses and effects of ingredients used in food products • prepare food products using basic cookery methods on more than one occasion • identify and address common cooking problems • apply safe work practices and food safety procedures • maintain cooking area according to workplace standards. |
| <p>Context of and specific resources for assessment</p> | <p>Assessment must occur in a real or simulated workplace where the assessee has access to:</p> <ul style="list-style-type: none"> • recipes and work instructions • ingredients, utensils and equipment • cooking area facility. |
| <p>Method of assessment</p> | <p>This unit should be assessed together with core units and other units of competency relevant to the function or work role.</p> |
| <p>Guidance information for assessment</p> | <p>To ensure consistency in one's performance, competency should be demonstrated on more than one occasion over a period of time in order to cover a variety of circumstances, cases and responsibilities, and where possible, over a number of assessment activities.</p> |

Range Statement

RANGE STATEMENT

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

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| Policies and procedures | Work is carried out according to company policies and procedures, regulatory and licensing requirements, legislative requirements and industrial awards and agreements |
| Workplace information | Workplace information may include: <ul style="list-style-type: none"> • standard operating procedures (SOPs) • specifications • production schedules and instructions • manufacturers' advice, • recipes |
| Food products | Food products may incorporate a range of ingredients, such as: <ul style="list-style-type: none"> • meat • dairy • grains • herbs and spices • flavourings |
| Utensils and equipment | Utensils and equipment may include: <ul style="list-style-type: none"> • ovens, microwaves and stoves • grills and griddles • deep-fryers and steamers • food processors • blenders, mixers and slicers • pans, pots and trays • knives • hand-held utensils |
| Basic cookery methods | Basic cookery methods must include: <ul style="list-style-type: none"> • boiling • poaching • steaming |

| RANGE STATEMENT | |
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| | <ul style="list-style-type: none"> • stewing • braising • roasting • baking • grilling • shallow frying • deep-frying • stir-frying • pan-frying |
| Common cooking problems | Common cooking problems may relate to: <ul style="list-style-type: none"> • temperature • ingredient accuracy, quality and quantity • proportions and measurements • sequence of operations • timing |

Unit Sector(s)

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| Unit sector | Operational |
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Competency field

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| Competency field | |
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Co-requisite units

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| Co-requisite units | | |
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