



Australian Government

SITHCCC102 Prepare simple dishes

Release 1

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Modification History

The version details of this endorsed unit of competency set are in the table below. The latest information is at the top.

Version	Comments
1.0	New unit. Covers content included in SITHCCC001B Organise and prepare food, SITHCCC002A Present food and SITHCCC031A Operate a fast food outlet.

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to prepare and present a limited range of simple menu items following standard recipes. While some cooking may be involved, there is no requirement to use the full range of basic cookery methods.

Application of the Unit

This unit applies to individuals who require some cooking and food preparation skills, but who are not qualified cooks. It may apply to catering outlets such as kiosks, canteens and cafeterias or to organisations where catering forms only a small part of the business operation. Dishes prepared are simple in nature, and may include fast food, take away food and items that have been prepared off-site and need re-thermalising.

Licensing/Regulatory Information

No licensing, legislative, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

This unit must be assessed after the following prerequisite unit:	
SITXFSA101	Use hygienic practices for food safety

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements and Performance Criteria

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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|----------------------------|--|
| 1. Prepare for service. | 1.1 Review menu or product list to determine preparation requirements for <i>simple dishes</i> . |
| | 1.2 Check quantities and quality of food items and restock where necessary. |
| | 1.3 Complete <i>food preparation</i> prior to service. |
| 2. Prepare food. | 2.1 Select and use <i>equipment</i> safely and hygienically according to manufacturer instructions. |
| | 2.2 Use appropriate cookery methods for dishes. |
| | 2.3 Re-heat pre-prepared foods at correct temperature for required length of time. |
| | 2.4 Prepare dishes with appropriate speed and timing. |
| | 2.5 Use portion control to maximise profitability and minimise waste. |
| 3. Present and store food. | 3.1 Present food according to organisational guidelines. |
| | 3.2 Display and store food in appropriate <i>environmental conditions</i> . |

Required Skills and Knowledge

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

Required skills

- communication skills to:
 - interact with customers in a polite and friendly manner
 - provide clear and accurate information
- literacy skills to:
 - interpret instructions, menus and recipes
 - write orders
- numeracy skills to:
 - weigh and measure ingredients
 - determine cooking times and temperatures
- planning and organising skills to efficiently sequence the stages of food preparation
- problem-solving skills to adjust preparation and cooking to meet work requirements
- self-management skills to manage own speed and timing
- technology skills to use food preparation and cooking equipment.

Required knowledge

- characteristics of a range of simple dishes
- basic cookery methods for simple dishes, including:
 - boiling
 - barbecuing
 - frying:
 - deep
 - shallow
 - grilling
 - microwaving
 - reheating
 - roasting
- presentation methods for different types of food
- equipment used to produce simple dishes:
 - essential features and functions
 - safe operational practices
- storage of ingredients and simple dishes:
 - correct environmental conditions to ensure food safety
 - appropriate methods to optimise shelf life.

Evidence Guide

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.

Overview of assessment

Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the ability to:

- prepare a variety of simple dishes within commercial time constraints to meet multiple and diverse customer requests
- integrate knowledge of:
preparation methods for simple dishes
 - essential features and functions of food preparation equipment
 - food safety practices.

Context of and specific resources for assessment

Assessment must ensure use of:

an operational food preparation area with the fixtures, large and small equipment defined in the Assessment Guidelines; this can be a:

- real industry workplace
- simulated industry environment such as a training kitchen servicing customers
- industry-realistic ratios of staff to customers
- food preparation lists and standard recipes
- a variety of commercial ingredients.

Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- direct observation of the individual preparing and serving simple dishes
- evaluation of the taste of food produced by the individual
- written or oral questioning to assess knowledge of the product characteristics of a range of simple dishes, equipment, cookery methods and
- appropriate environmental storage conditions
- review of portfolios of evidence and third-party workplace reports of on-the-job performance by the individual.

Guidance information for

The assessor should design integrated assessment

assessment

activities to holistically assess this unit with other units relevant to the industry sector, workplace and job role, for example:

- SITHCCC101 Use food preparation equipment
- SITHCCC206 Rethermalise chilled and frozen foods.

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.

Simple dishes may include:

- dishes prepared off-site and re-thermalised
- dishes containing a small number of ingredients
- dishes that require singular or limited cooking and preparation techniques:
 - finger food
 - fish and chips
 - fried chicken
 - hamburgers
 - hot dogs
 - kebabs
 - noodles
 - pasta
 - pies
 - pizza
 - pre-prepared soups
 - salads
 - sandwiches.

Food preparation may include:

- displaying food items
- handling pre-prepared items:
 - reconstituting
 - thawing
 - rethermalising
- making:
 - batters
 - coatings
 - garnishes
 - salads
 - sandwiches
- preparing raw food:
 - cleaning
 - peeling
 - slicing.

Equipment may include:

- bains marie
- blenders

- cooking ranges:
 - electric
 - gas
 - induction
- crockery
- cutlery
- food processors and mixers
- knives and knife sharpening equipment
- fryers
- grills and griddles
- microwaves
- ovens
- pans
- salamanders
- scales
- slicers
- steamers
- thermometers
- utensils.
- atmosphere
- humidity
- light
- packaging
- temperature
- use of containers
- ventilation.

Environmental conditions relates to appropriate:

Unit Sector(s)

Hospitality

Competency Field

Commercial Cookery and Catering