



**Australian Government**

**Assessment Requirements for  
SITHCCC010 Re-thermalise chilled and  
frozen foods**

**Release: 1**

# Assessment Requirements for SITHCCC010 Re-thermalise chilled and frozen foods

## Modification History

Not applicable.

## Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- prepare and re-thermalise the following food items, including at least one chilled and one frozen item, to meet the following food service requirements:
  - entire meals
  - individual meals
  - bulk meals for external transportation
  - sous vide products
- conduct temperature checks on the following food and ingredients:
  - cold
  - frozen
  - raw
  - reheated
- produce meals containing re-thermalised food items for at least six different customers:
  - within commercial time constraints and deadlines
  - reflecting required quantities to be produced
  - following food safety procedures for thawing, re-thermalising and maintaining reheated food items
  - according to required methods and temperature specifications for thawing, re-thermalising and maintaining reheated food items
  - following procedures for portion control and food safety practices when re-thermalising chilled and frozen foods
  - responding to special customer requests and dietary requirements.

## Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- culinary terms and trade names for pre-cooked food types commonly subject to chilling and freezing
- contents of stock date codes and rotation labels
- characteristics and uses of different pre-cooked food types subject to chilling and freezing:

- bulk foods
- plated meals
- sous-vide products
- meals-on-wheels
- takeaway meals
- quality indicators for re-thermalised food items
- indicators of spoilage and contamination of chilled and frozen food items in storage
- food safety procedures for preparing and serving bulk amounts of pre-cooked food:
  - thawing
  - transferring
  - re-thermalising
  - maintaining reheated food items
- mise en place requirements for re-thermalising chilled and frozen foods
- methods and temperature specifications for chilled and frozen food items:
  - thawing
  - re-thermalising
  - maintaining reheated food items to a safe core temperature
- safe operational practices and essential functions and features of equipment used to re-thermalise chilled and frozen foods:
  - oven
  - steamer
  - microwave
  - bratt pan
  - grill
  - salamander
  - water bath.

## Assessment Conditions

Skills must be demonstrated in an operational commercial kitchen. This can be:

- an industry workplace
- a simulated industry environment, such as a training kitchen servicing customers.

Assessment must ensure access to:

- fixtures and large equipment:
  - bain marie or hotbox
  - commercial grade work benches (1.5m/person)
  - commercial refrigeration facilities to ensure appropriate thawing of frozen food items:
    - cool room
    - refrigerator

- double sink
- storage facilities:
  - shelving
  - trays
- small equipment:
  - containers for hot and cold food
  - food handler gloves
  - service-ware:
    - platters, dishes, and bowls
    - cutlery and serving utensils
  - spoons:
    - large plain and slotted metal spoons
    - ladles in a variety of sizes
    - serving spoons
    - wooden spoons
  - temperature probes
  - thermometers
  - tongs
- commercial equipment to ensure appropriate reheating of pre-cooked food items:
  - combi ovens
  - grill or salamander
  - induction stove
  - kettle
  - microwave
  - steamer
  - water bath
- cleaning materials and equipment:
  - antibacterial wipes
  - cleaning cloths
  - commercial cleaning and sanitising agents and chemicals for cleaning commercial kitchens, equipment and food storage areas
  - dustpan and brooms
  - garbage bins and bags
  - hand towel dispenser and hand towels
  - mop and bucket
  - separate hand basin and antiseptic liquid soap dispenser for hand washing
  - sponges, brushes and scourers
  - tea towels and oven mitts
- organisational specifications:

- current commercial stock control procedures and documentation for ordering, monitoring and maintaining stock
- equipment manufacturer instructions
- mise en place lists, menus, standard recipes, and recipes for special dietary requirements
- ordering and docketing paperwork
- food safety plan
- safety data sheets (SDS) for cleaning agents and chemicals
- diverse and comprehensive range of perishable food supplies for commercial cookery or catering
- industry-realistic ratios of kitchen staff to customers; these can be:
  - staff and customers in an industry workplace during the assessment process; or
  - individuals who participate in role plays or simulated activities, set up for the purpose of assessment, in a simulated industry environment operated within a training organisation.

Assessors must satisfy the Standards for Registered Training Organisations' requirements for assessors; and:

- have achieved the Certificate III in Commercial Cookery or Certificate IV in Commercial Cookery to assess this unit as part of a Certificate III in Commercial Cookery or Certificate IV in Commercial Cookery qualification; and
- have worked in industry for at least three years where they have applied the skills and knowledge of this unit of competency.

## Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=68c40a93-e51d-4e0f-bc06-899dff092694>