



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **SITHCCC034A Apply cook-freeze production processes**

**Revision Number: 1**

## **SITHCCC034A Apply cook-freeze production processes**

### **Modification History**

Not applicable.

### **Unit Descriptor**

#### **Unit descriptor**

This unit describes the performance outcomes, skills and knowledge required to apply the process of cook-freeze food production, and covers receipt of goods, cooking, freezing, storing, thawing and reheating food to ensure microbiological safety and palatability.

This unit is equivalent to the unit HLTFS3A Apply cook-freeze production processes, contained within the Health Training Package.

The unit may be customised to suit enterprise-specific production processes or centralised operations and to cover specific needs. For example, a food production kitchen may not freeze cooked food and its scope of operation may involve receiving precooked and frozen food for storage, preparation, plating and distribution.

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

## Application of the Unit

**Application of the unit** This unit applies to all catering operations where a cook-freeze system is used, particularly to enterprise-based or centralised production, receiving and finishing kitchens in various institutions, including residential care facilities, hospitals, correctional centres, defence forces, restaurants, cafeterias, canteens, cafes, fast food shops, events or function catering enterprises, catering enterprises, meals-on-wheels services and in-flight and other transport catering. Those undertaking this role would usually be working as part of or supervising a team, or under limited supervision such as cooks and catering assistants.

## Licensing/Regulatory Information

Not applicable.

## Pre-Requisites

**Prerequisite units** This unit must be assessed after the following prerequisite units:  
SITXFSA001A Implement food safety procedures  
SITXOHS002A Follow workplace hygiene procedures.

## Employability Skills Information

**Employability skills** The required outcomes described in this unit of competency contain applicable facets of employability skills. The Employability Skills Summary of the qualification in which this unit is packaged will assist in identifying employability skills requirements.

## Elements and Performance Criteria Pre-Content

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the required performance needed to demonstrate achievement of the element. Where ***bold italicised*** text is used, further information is detailed in the required skills and knowledge and/or the range statement. Assessment of performance is to be consistent with the evidence guide.

## Elements and Performance Criteria

### ELEMENT

### PERFORMANCE CRITERIA

- |   |   |
|---|---|
| 1 Receive and store goods according to appropriate food hygiene and health standards. | 1.1 Check delivered goods to ensure correct quantities and acceptable use-by dates.<br>1.2 Conduct <b><i>temperature checks</i></b> on delivered goods by using temperature measuring devices correctly and ensuring that they are within specified tolerances.<br>1.3 Record temperature check results according to enterprise procedures.<br>1.4 Move stock quickly to freezer storage, ensuring that freezer doors are not left open for extended periods of time. |
| 2 Prepare and cook food to meet industry safety standards.                            | 2.1 Check to ensure raw food and ingredients are not spoilt or contaminated prior to preparation.<br>2.2 Prepare and cook <b><i>foods</i></b> according to quality control requirements and food standards for cook-freeze operations.<br>2.3 Portion and package food following required procedures, including correct time and temperature and using correct containers for freezing where necessary.   |
| 3 Freeze cooked food.   | 3.1 Freeze food according to appropriate food safety standards.<br>3.2 Freeze food in batches, according to enterprise procedures, allowing each freezing cycle to be completed.  |

ELEMENT	PERFORMANCE CRITERIA
4 Store frozen food.	<ul style="list-style-type: none"><li>4.1 Label frozen food items according to relevant food standards and codes of practice.</li><li>4.2 Place food items in <b><i>appropriate storage</i></b> once the freezing cycle and labelling is complete.</li><li>4.3 Monitor and record storage temperatures accurately.</li></ul>
5 Prepare frozen food for reheating.	<ul style="list-style-type: none"><li>5.1 Remove required food items from the freezer and allow to <b><i>thaw</i></b> according to enterprise procedures and food safety requirements.</li><li>5.2 Space trays to permit air circulation.</li><li>5.3 Thaw product to 0-4 degrees Celsius within 24 hours.</li><li>5.4 Transport food safely to the point of production and service, maintaining correct temperatures.</li></ul>
6 Reheat food product.	<ul style="list-style-type: none"><li>6.1 Preheat oven to required temperature according to enterprise procedures and food safety standards.</li><li>6.2 Prepare food product for reheating appropriately.</li><li>6.3 Space reheating containers to allow air flow.</li><li>6.4 Reheat using <b><i>appropriate methods</i></b> according to manufacturer recommendations, oven type, loading procedures and other established procedures of the enterprise and food safety standards.</li><li>6.5 Check and record product temperature according to enterprise procedures and food safety standards.</li><li>6.6 Clean thermometers between temperature checks of each food item.</li><li>6.7 Reheat fully frozen food where required in emergencies, according to enterprise procedures and food safety standards.</li></ul>
7 Maintain and serve reheated food.	<ul style="list-style-type: none"><li>7.1 Transfer reheated food safely to heated bain marie.</li><li>7.2 Maintain food temperature at 70 degrees Celsius.</li><li>7.3 Minimise warm holdings.</li><li>7.4 Follow portion control and serving procedures of the</li></ul>

**ELEMENT****PERFORMANCE CRITERIA**

enterprise.

- 7.5 Serve or deliver food items at temperatures that comply with food safety standards, enterprise policy and client preferences.

## Required Skills and Knowledge

### REQUIRED SKILLS AND KNOWLEDGE

This section describes the essential skills and knowledge and their level, required for this unit.

The following skills must be assessed as part of this unit:

- conducting temperature checks and recording data
- using cook-freeze production equipment
- problem-solving skills to deal with problems such as equipment failure or malfunction
- literacy skills to read menus, recipes, task sheets and equipment manuals
- numeracy skills to calculate portions and ingredients required, and to monitor temperatures.

The following knowledge must be assessed as part of this unit:

- temperature specifications for the maintenance of food safety and quality
- freezing and storage requirements, including preparation and packaging
- principles and methods of food production
- cook-freeze systems
- OHS, food safety and hygiene regulations, including safe food-handling practices
- hazard analysis and critical control points (HACCP) or other food safety program requirements for the entire cook-freeze production and delivery process.

## Evidence Guide

### EVIDENCE GUIDE

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, the range statement and the Assessment Guidelines for this Training Package.

#### **Critical aspects for assessment and evidence required to demonstrate competency**

Evidence of the following is essential:

- a variety of food items must be produced
- production of multiple cook-freeze food items to meet differing needs
- observance of HACCP or other food safety program requirements during the entire cook-freeze cycle
- ability to operate a cook-freeze system and equipment
- ability to produce, package, store, re-thermalise and

## EVIDENCE GUIDE

serve food items prepared within a cook-freeze system

- OHS and food hygiene regulations
- preparation of cook-freeze food items within typical work time constraints.

### Context of and specific resources for assessment

Assessment must ensure demonstration of skills using industry-current cook-freeze equipment and authentic food items, including:

- pasteurising equipment
- packaging material
- suitable refrigerated storage area
- chilling equipment, such as blast chiller or ice slurry tumbler
- vacuum sealing equipment
- pH tester
- thermocouple chilling equipment
- commercial re-thermalisation equipment, such as combi-steamer
- fixed and hand-held cooking equipment.



## EVIDENCE GUIDE

### Methods 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 candidate preparing and cooking cook-freeze food items
- sampling of food items prepared, processed, packaged, frozen and re-thermalised by the candidate
- written or oral questions to test knowledge of suitable items for cook-freeze systems and hygiene issues related to cook-freeze systems
- review of portfolios of evidence and third-party workplace reports of on-the-job performance by the candidate.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

SITXFSA003A Transport and store food in a safe and hygienic manner.

### Assessing employability skills

Employability skills are integral to effective performance in the workplace and are broadly consistent across industry sectors. How these skills are applied varies between occupations and qualifications due to the different work functions and contexts.

Employability skills embedded in this unit should be assessed holistically with other relevant units that make up the skill set or qualification and in the context of the job role.

## 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 in the performance criteria is detailed below.

## RANGE STATEMENT

**Temperature checks** must be conducted on a range of foods, including:

- raw foods
- ingredients
- cold, frozen or reheated foods or ingredients.

**Foods** to be produced by cook-freeze methods may consist of entire meals or individual items according to enterprise requirements, including:

- bulk foods
- plated meals
- sous-vide products
- meals-on-wheels
- takeaway meals.

**Appropriate storage** may include:

- temperature
- stock rotation
- shelf life
- food safety
- impact on product quality
- protection from contamination and spoilage.

Appropriate methods for **thawing** frozen food items may include use of:

- chillers
- coolrooms
- refrigerators.

**Appropriate methods** for reheating may include:

- low-heat convection
- infra-red radiation
- microwave
- water bath
- kettle
- combi ovens.

## Unit Sector(s)

**Sector**

Hospitality

## **Competency field**

**Competency field**

Commercial Cookery and Catering