



**Australian Government**

# **FBPOPR3002 Prepare food products using basic cooking methods**

**Release: 1**

# FBPOPR3002 Prepare food products using basic cooking methods

## Modification History

| Release   | Comments                                                                                      |
|-----------|-----------------------------------------------------------------------------------------------|
| Release 1 | This version released with FBP Food, Beverage and Pharmaceutical Training Package Version 1.0 |

## Application

This unit of competency describes the skills and knowledge required to prepare food products using basic cooking methods.

This unit applies to individuals who work under broad direction and take responsibility for their own work in a food processing environment.

All work must be carried out to comply with workplace procedures, in accordance with State/Territory work health and safety, and food safety regulations, legislation and standards that apply to the workplace.

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

## Pre-requisite Unit

FDFFS2001A Implement the food safety program and procedures

## Unit Sector

Operational (OPR)

## Elements and Performance Criteria

| Elements                                         | Performance Criteria                                                                                                                                                                                                                                  |
|--------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <i>Elements describe the essential outcomes.</i> | <i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>                                                                                                                                                |
| 1. Select and handle cooking tools and equipment | 1.1 Prepare work area for operations and confirm hygiene standards<br>1.2 Wear appropriate personal protective clothing and ensure correct fit<br>1.3 Identify, handle and store cooking utensils required for work according to workplace procedures |

| Elements                                         | Performance Criteria                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|--------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <i>Elements describe the essential outcomes.</i> | <i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|                                                  | <p>1.4 Identify and prepare equipment and machinery required for cooking operation according to workplace procedures</p> <p>1.5 Identify and implement maintenance requirements for knives and other utensils</p> <p>1.6 Implement food safety requirements at all times when handling and using cooking utensils and equipment</p>                                                                                                                                                                                                                                                                                        |
| 2. Prepare ingredients                           | <p>2.1 Examine recipe and identify required ingredients</p> <p>2.2 Determine sequence for preparation</p> <p>2.3 Select ingredients and confirm quantity and quality using measuring or weighing devices or sensory analysis techniques</p> <p>2.4 Prepare and assemble ingredients according to recipe requirements</p> <p>2.5 Store ingredients according to workplace procedures</p>                                                                                                                                                                                                                                    |
| 3. Use basic cooking methods                     | <p>3.1 Identify the range of basic cooking methods and their effect on quality, taste and nutritional value</p> <p>3.2 Identify cooking methods required by recipe and determine sequence</p> <p>3.3 Apply cooking method to achieve quality standards for food item</p> <p>3.4 Identify and address typical problems as they arise</p> <p>3.5 Use cooking utensils and equipment according to manufacturer instructions</p> <p>3.6 Apply waste minimisation and environmental considerations during cooking process</p> <p>3.7 Clean cooking area, utensils and equipment, and store according to workplace standards</p> |
| 4. Finish product                                | <p>4.1 Transfer cooked ingredients for further processing</p> <p>4.2 Assemble final product and present or pack according to recipe or operating requirements</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                          |

## Foundation Skills

*This section describes those language, literacy, numeracy and employment skills that are essential for performance in this unit of competency but are not explicit in the performance criteria.*

| Skill                      | Description                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Numeracy                   | <ul style="list-style-type: none"> <li>Estimate and calculate ingredient amounts</li> <li>Determine preparation and cooking times from packaging and recipes</li> <li>Measure quantities of ingredients</li> </ul>                                                                                                                                                                                                                            |
| Reading                    | <ul style="list-style-type: none"> <li>Read cooking instructions from recipe books</li> <li>Read and interpret hygiene and food safety requirements from food safety program information</li> </ul>                                                                                                                                                                                                                                           |
| Navigate the world of work | <ul style="list-style-type: none"> <li>Apply workplace procedures relevant to own responsibilities</li> <li>Understand main tasks, responsibilities and boundaries of own role, including use of personal protective clothing and equipment, housekeeping standards and procedures, quality requirements and operating procedures</li> </ul>                                                                                                  |
| Interact with others       | <ul style="list-style-type: none"> <li>Communicate and report operational and safety information to relevant persons</li> <li>Select and use appropriate terminology when communicating with others</li> <li>Cooperate with others to rectify work health and safety hazards and operational maintenance requirements</li> <li>Participate in conversations relevant to role by responding, explaining, negotiating and persuading</li> </ul> |
| Get the work done          | <ul style="list-style-type: none"> <li>Safely use/operate cooking tools and equipment</li> <li>Make routine decisions to correct familiar and routine problems</li> <li>Identify and follow quality and hygiene requirements</li> </ul>                                                                                                                                                                                                       |

## Unit Mapping Information

| Code and title<br>current version                               | Code and title<br>previous version                              | Comments                                        | Equivalence status |
|-----------------------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------|--------------------|
| FBPOPR3002<br>Prepare food products using basic cooking methods | FDFOP3005A<br>Prepare food products using basic cooking methods | Updated to meet Standards for Training Packages | Equivalent unit    |

## Links

Companion Volumes, including Implementation Guides, are available at VETNet -  
<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=78b15323-cd38-483e-aad7-1159b570a5c4>

## Assessment Requirements for FBPOPR3002 Prepare food products using basic cooking methods

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### Performance Evidence

An individual demonstrating competency in this unit must satisfy all of the elements and performance criteria of this unit.

There must be evidence that the individual has prepared two different food products using basic cooking methods on one or two occasions, including:

- identifying and accessing ingredients
- reading and interpreting recipe requirements
- safely and correctly using work utensils and equipment
- interpreting numerical information on quantities and conducting measurements
- applying safe work and food safety standards
- selecting, fitting and using personal protective clothing and equipment
- planning operations
- applying cooking method to achieve quality standards for food item
- identifying cooking problems and taking corrective action, including reporting abnormalities or problems, repeating processes and/or making required adjustments
- maintaining work area to meet housekeeping standards
- following relevant work health and safety procedures.

### Knowledge Evidence

An individual must be able to demonstrate the knowledge required to perform the tasks outlined in the elements and performance criteria of this unit. This includes knowledge of:

- uses and characteristics of basic food ingredients
- major food groups and classifications
- range of ingredients typically used in the workplace and their characteristics and effect on food quality and taste
- principles of basic cookery
- food safety standards in the workplace
- common terminology used in cooking

- maintenance requirements for knives and other utensils
- basic cooking methods and their effect on quality, taste and nutritional value
- waste minimisation and environmental considerations related to preparing food products using basic cooking methods.

## Assessment Conditions

Assessment of skills must take place under the following conditions:

- physical conditions:
  - a workplace or an environment that accurately represents workplace conditions
- resources, equipment and materials:
  - personal protective clothing and equipment
  - ingredients, utensils and equipment to be used for preparation of food products
  - recipes
  - cleaning procedures, materials and equipment
- specifications:
  - work procedures, including advice on safe work practices, food safety, quality and environmental requirements.

Assessors of this unit must satisfy the requirements for assessors in applicable vocational education and training legislation, frameworks and/or standards.

## Links

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