



Australian Government

SITHCCC043 Work effectively as a cook

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to work as a cook. It incorporates all aspects of organising, preparing and cooking a variety of food items across different service periods and menu types; using a range of cooking methods and team coordination skills. The unit integrates key technical and organisational skills required by a qualified commercial cook. It brings together the skills and knowledge covered in individual units and focuses on the way they must be applied in a commercial kitchen.

The unit applies to cooks working in hospitality and catering organisations. This could include restaurants, educational institutions, health establishments, defence forces, cafeterias, kiosks, cafes, residential caterers, in flight and other transport caterers, and event and function caterers. Menu types may be classical, contemporary or ethnic and service may be formal or informal.

It applies to individuals who work under the guidance of more senior chefs. They demonstrate autonomy and judgement to complete routine activities and take limited responsibility in known and stable contexts within established parameters.

The skills in this qualification must be applied in accordance with Commonwealth and State or Territory legislation, Australian standards and industry codes of practice.

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

Pre-requisite Unit

Unit Code	Unit Title
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SITHCCC027	Prepare dishes using basic methods of cookery
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SITXFSA005	Use hygienic practices for food safety
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Competency Field

Commercial Cookery and Catering

Unit Sector

Hospitality

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Organise and prepare for food service or production.

2. Cook and present menu items for food service or production.

3. Complete end of shift requirements.

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

- 1.1. Determine and calculate ingredient quantities to meet organisational requirements for quality and style according to recipes and specifications.
- 1.2. Complete mise en place lists that are clear, complete and appropriate to the situation.
- 1.3. Liaise with other team members about menu requirements, workgroup and job roles.
- 1.4. Follow a work flow to maximise efficiency, taking into consideration time, resources and the roles and responsibilities of other team members.
- 1.5. Complete food organisation and preparation according to different workgroup, food production and service requirements.

- 2.1. Select and use appropriate commercial equipment to produce menu items in line with manufacturer specifications.
- 2.2. Cook menu items according to menu type and service style, using appropriate cookery methods, adjusting where required.
- 2.3. Adjust menu items and ingredients to meet special requests or dietary requirements of customers.
- 2.4. Produce menu items to meet customer expectations of quality, appeal of presentation and timeliness of delivery.
- 2.5. Work supportively as part of a kitchen team and delegate tasks appropriately, in a manner that promotes cooperation and good relationships.
- 2.6. Follow workplace safety and hygiene procedures according to organisational and legislative requirements.
- 2.7. Maintain cleanliness and tidiness of the work environment.

- 3.1. Complete end of shift pack down according to organisational procedures.
- 3.2. Store food items appropriately to minimise food spoilage, contamination and waste.
- 3.3. Participate in post-shift debrief or handover, encouraging, acknowledging and acting on constructive feedback.

4. Deal effectively with issues, problems and conflict in the kitchen.
 - 4.1. Respect differences in personal values and beliefs, linguistic and cultural differences and their importance in the development of relationships.
 - 4.2. Identify issues, problems and conflict encountered in the workplace.
 - 4.3. Seek assistance from workgroup members when issues, problems and conflict arise and suggest possible ways of dealing with them as appropriate or refer them to the appropriate person.

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS	DESCRIPTION
Reading skills to:	• select and apply the organisational procedures and strategies needed to perform work effectively • review customer special requests and dietary requirements and interpret required changes to food preparation lists and recipes.
Writing skills to:	• record clear sequenced instructions for work schedules.
Oral communication skills to:	• listen to colleague and customer comments, complaints and questions • respond to colleagues' feedback, providing information and asking questions to clarify when further information is necessary.
Numeracy skills to:	• measure quantities of ingredients using simple measuring instruments.
Problem-solving skills to:	• evaluate dishes and make adjustments to ensure a quality product • anticipate and respond to kitchen operation challenges.
Teamwork skills to:	• brief and debrief members of the kitchen team on new products and recipes • discuss process improvements and changes to food production and service requirements.

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| Planning and organising skills to: | • prioritise, sequence, delegate and monitor tasks and processes. |
| Self-management skills to: | • deal with pressure of work and kitchen conditions
• coordinate own safe work across multiple tasks. |

Unit Mapping Information

Supersedes and is not equivalent to SITHCCC020 Work effectively as a cook.

Links

Companion Volume implementation guides are found in VETNet -

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

Assessment Requirements for SITHCCC043 Work effectively as a cook

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:

- safely and hygienically prepare, cook and serve menu items for a minimum of 48 complete service periods in a commercial kitchen, that cover a combination of:
 - breakfast
 - dinner
 - lunch
- during the above service periods, prepare, cook and present items for at least two of the following different menu styles:
 - à la carte
 - set menu
 - buffet
 - cyclical
- during the above service periods, prepare, cook and serve items from the following food types that meet industry and organisational quality requirements:
 - appetisers and salads
 - fish and shellfish
 - hot and cold desserts
 - meat, poultry and game
 - stocks, sauces and soups
 - vegetables, fruit, eggs and farinaceous products
- during the above service periods:
 - multi-task and integrate technical and other skills to respond to multiple demands simultaneously
 - work professionally as part of a team and coordinate team activities in line with kitchen roles and responsibilities, and organisational requirements
 - respond to special customer requests and dietary requirements
 - prepare, plate and present dishes within the typical time constraints of a commercial kitchen.

Knowledge Evidence

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

- basic principles and methods of cookery
- culinary terms commonly used in the industry
- characteristics of food from all main food categories
- features of standard recipes
- organisational procedures for:
 - planning, preparing and storing food
 - workplace safety and hygiene
 - end of shift
 - cleaning procedures
 - post-shift debrief or handover
 - preparations for the next food service period
 - re-stocking
 - storing food items
- strategies for conflict management
- essential principles and practices related to:
 - planning and organising work
 - food safety and hygiene
 - kitchen safety and cleanliness
- varying requirements of different food service periods and menu types
- safe and hygienic operational practices using essential functions and features of commercial kitchen equipment in use.

Assessment Conditions

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

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

Assessment must ensure access to:

- fixtures and equipment used to facilitate preparation of dishes as specified in the performance evidence
- food safe gloves
- cleaning materials and equipment:
 - cleaning cloths
 - commercial cleaning and sanitising agents and chemicals for cleaning commercial kitchens, equipment and food storage areas
 - dustpans and brooms

- garbage bins and bags
- hand towel dispenser and hand towels
- mops and buckets
- separate hand basin and soap for hand washing
- sponges, brushes and scourers
- tea towels
- organisational specifications:
 - equipment manufacturer instructions
 - current commercial stock control procedures and documentation for ordering, monitoring and maintaining stock
 - mise en place lists and standard recipes
 - food safety plans
 - guidelines relating to food disposal, storage and presentation requirements
 - safety data sheets (SDS) for cleaning agents and chemicals
- diverse and comprehensive range of perishable and non-perishable food supplies for commercial cookery or catering operations.

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

- have achieved the Certificate III or Certificate IV in Commercial Cookery, or Certificate III or IV in Catering Operations, or their successors; or

hold a trade certificate as a cook or chef or equivalent; and

- have worked in industry for at least three years where they have applied the skills and knowledge of this unit of competency.

Links

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