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| Title | **Maintain professional kitchen standards for food preparation and cooking throughout the shift** | | |
| Level | **3** | **Credits** | **6** |

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| Purpose | The aim of this module is to develop basic knowledge, skills and understanding of professional kitchen standards need to be maintained throughout the shift |

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| Classification ISCED | 1013 Hotel, restaurants and catering |

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| Available grade | Competent / Not yet competent |

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| Modification history | N/A |

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| **Competency standards** | **Performance criteria** | **Knowledge of understanding** |
| **LU1: Ensure personal hygiene and chef’s uniform for kitchen operations meets organizational requirements**  **Overview**  This Competency Standard is about keeping yourself clean and hygienic when you are at work and explain to select and use protective clothing according to the task you are carrying out. | P1 Keep your hair, skin and nails clean and hygienic  Follow your organization’s procedures on Briefjewelry and accessories can be worn  P2 Follow the recommended procedures for washing your hands at all appropriate times  P3 Avoid unsafe behavior that could contaminate the food you are working with Report any cuts, boils, grazes, injuries, illness and infections promptly to the appropriate person  P4 Make sure any cuts, boils, skin infections and grazes are treated and covered with an appropriate dressing | K1 Define it is important to have clean hair, skin and nails K2 Define jewelry and other accessories may cause a risk  K3 Define it is important to follow your organization’s recommended procedures for washing your hands at all appropriate times  K4 Define it is important to report cuts, grazes and skin conditions to the appropriate person  K5 Define it is important to report illnesses and infections, particularly stomach illnesses, to the appropriate person  K6 Whom to report cuts, grazes, skin conditions or illnesses to, and the procedure for doing this  The types of protective clothing which are available to you and Explain to access them  K7 The types of protective clothing which are appropriate to the task you are carrying out  Explain protective clothing should be used and Define it |

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|  |  | should be worn  K8 Where and Explain to deal with used protective clothing |
| **LU2: Maintain the health, safety and security of the kitchen working environment**  **Overview**  This Competency Standard is about safety and security in your workplace – helping to spot and deal with hazards and following emergency procedures when necessary | P1 Keep a look out for hazards in your workplace  P2 Identify any hazards or potential hazards and deal with these correctly  P3 Report any accidents or near accidents quickly and accurately to the proper person  P4 Follow health, hygiene and safety procedures in all your work  P5 Practice emergency procedures correctly P6 Follow your organization’s security procedures | K1 Define it is important to work in a healthy, safe and hygienic way  K2 Where you can get information about health, hygiene and safety in your workplace  K3 The types of hazards that you may find in your workplace and Explain to deal with these correctly  K4 Hazards you can deal with yourself and hazards that you must report to someone else  K5 Explain to warn other people about hazards and Define this is important  K6 Types of emergencies that may happen in your workplace and Explain to deal with these  K7 Where to find first aid equipment and who the first-aider is in your workplace  K8 Other ways of working safely that are relevant to your job and Define these are important  K9 The possible causes of fire in your workplace K10 Brief you can do to minimize the risk of fire |

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|  |  | K11 Where to find fire alarms and Explain to set them off  K12 Define you should never approach a fire unless it is safe to do so  K13 Define it is important to follow fire safety laws  K14 Define it is important to report all usual/non-routine incidents to the appropriate person |
| **LU3: Check quality and quantity of food and maintain kitchen and food safety standards at every level of food handling**  **Overview**  This Competency Standard is about ensuring that the food you will be preparing and cooking is or the right quality and is available in sufficient quantity for the number of covers expected. | P1 Check your role and responsibilities to establish the quantity of food and ingredients required  P2 Check the delivery from stores to ensure that the quantity of food delivered is sufficient for the number of covers expected  P3 Check that the quality of food delivered is of the right type and meets the correct quality requirements  P4Check that food is delivered at the correct temperature  P5Ensure that any packaged food does not exceed its ‘sell-by’ or ‘use-by’ dates  P6Advise your team leader if there are any problems with the quantity or quality of food | K1 Explain to check that the food is of the required weight K2 Explain to check that the food looks the way it should  K3 Explain to check that food is being kept at an appropriate temperature  K4 Explain to check that bacteria are not at harmful levels  K5 Explain to check that flavor, texture and aroma is of acceptable quality  K6 Explain to check that food there is sufficient food and other ingredients to meet the requirements for the number of covers expected  K7Explain to check that food is delivered at the correct temperature  K8Explain to ensure that any packaged food does not exceed its ‘sell-by’ or ‘use-by’ dates |

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| **LU4: Ensure wastage from kitchen operations is minimized**  **Overview**  This Competency Standard is about finding ways to cut down on waste produced by the kitchen and ensuring that wasted is managed and disposed of in line with organizational procedures. | P1 Identify opportunities for reducing waste  P2 Follow organizational policies and procedures for managing and reducing waste  P3 Dispose of waste in line with organizational procedures | K1 Explain to recognize opportunities for waste reduction, reuse and recycling targets to comply with legal and/or organizational requirements  K2 Explain to establish current levels of waste for activities undertaken by the organization  K3 Explain to assess the effectiveness of waste management systems  K4 Opportunities for avoiding and reducing waste through design, reuse and recycling  K5 Potential barriers that may limit waste avoidance and reduction  K6 Explain to ensure measures for managing waste meet with legal requirements  K7 Roles and responsibilities to support waste minimization  K8 Training needs and training for those responsible for reducing waste  K9 Methods to evaluate the impact of waste reduction measures  K10 Benefits achieved through waste reduction measures |