Occupational Standards of Competence

Food Preparation and Cookery

Level 2

#7 “Chelwood”, 8th Avenue Belleville, St. Michael, Barbados

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Yvonne Hall .............................................................. Barbados Tourism Authority
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Food Preparation and Cooking

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Regional and Extra-Regional Organisations

National Council for Technical and Vocational Education and Training (NCTVET), Jamaica

Hospitality Training Foundation (HTF) United Kingdom
Qualification Overview

NVQ
in
Food Preparation and Cookery Level 2
Qualification Overview

Who is the qualification for?

The NVQ in Food Preparation and Cookery Level 2 is for individuals whose Food Preparation and Cooking role require well developed behavioural competence, but whose scope for independent decision making and for bringing about change is limited. They are likely to be in roles where for example they:

- Prepare and cook a wide selection of dishes according to recipes
- Use a variety of utensils and equipment including ovens, broilers, grills and grinders
- Produce baked goods – breads, cookies, pastries, cakes and rolls
- Estimate food requirements, plan menus, ensure food quality and order food supplies

Relevant occupations include:

- 1st Commis Cook
- 1 Demi Chef
- Cook

This list is not exhaustive and only serves to illustrate the breadth of the qualification.

How the qualification is structured:

To achieve the full qualification, candidates must complete Twelve (12) units in total made up of five (5) Mandatory Units from Group A, plus Four (4) Optional Units from Group B and Three (3) Optional Units from Group C.
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<table>
<thead>
<tr>
<th>Mandatory Units</th>
<th>TVETC Number</th>
</tr>
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<tbody>
<tr>
<td><strong>1  Create and maintain effective working relationships</strong></td>
<td>U00106</td>
</tr>
<tr>
<td>1.1 Gain the trust and support of colleagues and team members</td>
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<tr>
<td>1.2 Gain the trust and support of one’s immediate manager</td>
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<tr>
<td><strong>2  Maintain a safe and secure working environment</strong></td>
<td>U00306</td>
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<tr>
<td>2.1 Maintain personal health and hygiene</td>
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<td>2.2 Carry out procedures in the event of fire</td>
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<tr>
<td>2.3 Deal with the discovery of suspicious items/packages</td>
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<tr>
<td>2.4 Carry out procedures in the event of an accident</td>
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<tr>
<td>2.5 Maintain a safe work environment for customers, staff and visitors</td>
<td></td>
</tr>
<tr>
<td>2.6 Maintain a secure environment for customers, staff and visitors</td>
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<tr>
<td><strong>3  Clean food production areas, equipment and utensils</strong></td>
<td>U09801</td>
</tr>
<tr>
<td>3.1 Clean food production areas</td>
<td></td>
</tr>
<tr>
<td>3.2 Clean food production equipment</td>
<td></td>
</tr>
<tr>
<td>3.3 Clean food production utensils</td>
<td></td>
</tr>
<tr>
<td><strong>4  Maintain and handle knives</strong></td>
<td>U09901</td>
</tr>
<tr>
<td>4.1 Maintain knives</td>
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<tr>
<td>4.2 Handle knives</td>
<td></td>
</tr>
<tr>
<td><strong>5  Maintain and promote hygiene in food storage, preparation and cooking</strong></td>
<td>U13602</td>
</tr>
<tr>
<td>5.1 Maintain and promote hygiene in food storage</td>
<td></td>
</tr>
<tr>
<td>5.2 Maintain and promote hygiene in food preparation and cooking</td>
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</tbody>
</table>
FOOD PREPARATION AND COOKERY – LEVEL 2

Optional Units – Group B (choose 4)

6 Clean and maintain cutting equipment U13702
   6.1 Clean cutting equipment
   6.2 Maintain cutting equipment

7 Prepare and cook basic fish dishes U13802
   7.1 Prepare basic fish dishes for cooking
   7.2 Cut and finish basic fish dishes

8 Prepare and cook basic hot and cold sauces U13902
   8.1 Prepare basic hot and cold sauces
   8.2 Cook basic hot and cold sauces

9 Prepare and cook basic meat, poultry and offal dishes U14002
   9.1 Prepare basic meat, poultry and offal dishes
   9.2 Cook basic meat, poultry and offal dishes

10 Prepare and cook basic soups U14102
   10.1 Prepare basic soups
   10.2 Cook basic soups

11 Prepare and cook vegetables for basic hot dishes and salads U14202
   11.1 Prepare vegetables for basic hot dishes and salads
   11.2 Cook vegetables for basic hot dishes and salads

Optional Units – Group C (choose 3)

12 Prepare and cook basic pulse dishes U14302
   12.1 Prepare basic pulse dishes
   12.2 Cook basic pulse dishes

13 Cook-chill Food U14402
   13.1 Portion, pack and blast-chill food
   13.2 Store cook-chill food
FOOD PREPARATION AND COOKERY – LEVEL 2

Optional Units – Group C (choose 3) .../Continued

14    Cook-freeze food  U14502
   14.1 Portion, pack and blast-freeze food
   14.2 Store cook-freeze food

15    Prepare, bake and decorate basic cakes, cookies and biscuits  U14602
   15.1 Prepare basic cakes, cookies and biscuits
   15.2 Bake basic cakes, cookies and biscuits
   15.3 Decorate basic cakes, cookies and biscuits

16    Prepare and cook basic cold desserts  U14702
   16.1 Prepare basic cold desserts
   16.2 Cook and finish basic cold desserts

17    Prepare and cook basic hot desserts  U14802
   17.1 Prepare basic hot desserts
   17.2 Cook and finish basic hot desserts

18    Prepare and cook basic dough products and quick breads  U14902
   18.1 Prepare basic dough products and quick breads
   18.2 Cook basic dough products and quick breads

19    Prepare and cook basic egg dishes  U15002
   19.1 Prepare basic egg dishes
   19.2 Cook basic egg dishes

20    Prepare and cook basic pasta dishes  U15102
   20.1 Prepare basic pasta dishes
   20.2 Cook basic pasta dishes

21    Prepare and cook basic pastry dishes  U15202
   21.1 Prepare basic pastry dishes
   21.2 Cook basic pastry dishes
Optional Units – Group C (choose 3) .../Continued

22 Prepare and cook basic rice dishes U15302
   22.1 Prepare basic rice dishes
   22.2 Cook basic rice dishes

23 Prepare and cook basic shell-fish dishes U15402
   23.1 Prepare basic shell-fish dishes
   23.2 Cook and finish basic shell-fish dishes

24 Prepare and cook basic vegetable protein dishes U15502
   24.1 Prepare basic vegetable protein dishes
   24.2 Cook basic vegetable protein dishes

25 Prepare and present food for cold presentation U15602
   25.1 Prepare and present sandwiches and canapés
   25.2 Prepare and present cooked, cured and prepared foods
Qualification Overview

Evidence Requirements

For a candidate to be judged competent in a unit, the evidence presented must satisfy:

- All the performance criteria in each element
- All the range in each element
- All the evidence requirements
- All the relevant knowledge and understanding listed

Competence must be demonstrated consistently in the workplace over a period of time.

The candidate must produce varied performance evidence and knowledge evidence derived from different situations over a period of time in the workplace.

Unless otherwise stated within the evidence requirements, all performance evidence must come from real work within the workplace. Work being defined as real if the provision of a service or product by the candidate that if not carried out, would require the organization to employ someone else to execute the task.

Simulation

Unless otherwise stated in the evidence requirements, simulation is acceptable only as a supplementary form of evidence for certain range statements and performance criteria. These situations may include generic health and safety, fire and contingency activities for which the opportunity for assessment is often minimal in the workplace. It should not include routine activities which should be covered by performance evidence.

Where assessment is to be carried out through activities performed under simulation, the internal verifier must agree to the use of simulated activities with the assessor(s) and external verifier before they take place and must sample all performance evidence produced through simulated activities.