

**U14202: Prepare and cook vegetables for basic hot dishes and salads**

Unit Descriptor:

This unit describes the competence required to effectively prepare and cook vegetables for basic hot dishes and salads.

**The unit describes the essential abilities of:**

- Knowing what basic preparation methods are suitable for different types of vegetables.
- Knowing what safe working practices should be followed when preparing vegetables
- Problem solving
- Operating within organizational procedures

**ELEMENT****PERFORMANCE CRITERIA**

*To be competent you must achieve the following:*

- |   |   |
|---|---|
| 1. Prepare vegetables for basic hot dishes and salads | <p>1.1 Preparation areas and suitable equipment satisfy health and safety requirements and are ready for use.</p> <p>1.2 <b>Vegetables</b> are of the type, <b>quality</b> and quantity required.</p> <p>1.3 Any <b>problems</b> identified with the quality of ingredients are reported promptly to the appropriate person.</p> <p>1.4 Vegetables are prepared using appropriate basic <b>preparation methods</b>.</p> <p>1.5 Prepared vegetables for immediate consumption are finished using appropriate <b>finishing methods</b> to meet quality requirements.</p> <p>1.6 Prepared vegetables not for immediate consumption are stored correctly.</p> <p>1.7 Preparation areas and equipment are cleaned correctly after use.</p> |
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- 1.8 Waste is handled correctly ready for appropriate dispatch methods.
  - 1.9 Unexpected situations are dealt with effectively and the appropriate person(s) informed where necessary.
  - 1.10 All work is prioritized and carried out in an organized and efficient manner in accordance with safety and hygiene regulations and organizational procedures.
2. Cook vegetables for basic hot dishes and salads
- 2.1 Cooking areas and suitable equipment satisfy health, safety and hygiene requirements and are ready for use.
  - 2.2 **Vegetables** are of the type, quantity and **quality** required.
  - 2.3 Any **problems** identified with the quantity of vegetables are reported promptly to the appropriate person.
  - 2.4 Vegetables are correctly combined with other ingredients to meet quality requirements.
  - 2.5 Vegetables dishes are prepared using appropriate **cooking methods** and **finishing methods**.
  - 2.6 Cooking areas and equipment are correctly cleaned after use.
  - 2.7 Waste is handled correctly ready for appropriate dispatch methods.
  - 2.8 Unexpected situations are dealt with effectively and the appropriate people informed where necessary.
  - 2.9 All work is prioritized and carried out in an organized and efficient manner in accordance with safety and hygiene regulations and organizational procedures.

**RANGE STATEMENT**

*You must cover the items below:*

**Element 1: Prepare vegetables for basic hot dishes and salads****A. Vegetables: (Also applies to element 2)**

- (i) roots
- (ii) tubers
- (iii) bulbs
- (iv) aqueous (marrow, cucumber)
- (v) leaves
- (vi) flower heads
- (vii) stems
- (viii) vegetable fruits (tomato)
- (ix) legumes

**B. Quality:**

- (i) texture
- (ii) appearance

**C. Problems: (Also applies to element 2)**

- (i) in terms of freshness
- (ii) in terms of quantity

**D. Preparation method:**

- (i) peel/skin/shell
- (ii) chop/shred/cut
- (iii) trim
- (iv) slice
- (v) grate

**E. Finishing method:**

- (i) seasoning
- (ii) garnishing
- (iii) dressing
- (iv) tossing

**Element 2: Cook vegetables for basic hot dishes and salads****F. Quality:**

- (i) appearance
- (ii) texture
- (iii) flavor
- (iv) consistency
- (v) aroma

**G. Cooking methods:**

- (i) blanching
- (ii) roasting
- (iii) baking
- (iv) grilling
- (v) shallow frying
- (vi) boiling
- (vii) steaming
- (viii) deep frying
- (ix) combination cooking

**H. Finishing methods:**

- (i) reheating
- (ii) seasoning
- (iii) draining

**UNDERPINNING KNOWLEDGE AND SKILLS****Health and Safety**

1. What safe working practices should be followed when preparing vegetables.
2. Why it is important to lift heavy or bulk items using approved safe methods.
3. What safe working practices should be followed when cooking vegetables.

**Food Hygiene**

4. Why it is important to keep preparation areas and equipment hygienic when preparing vegetables.
5. What the main contamination threats are when preparing and storing vegetables.
6. Why is it important to thoroughly wash vegetables.
7. Why vegetables should be removed or loosened from packaging.
8. Why prepared vegetables should be stored correctly before cooking.
9. Why it is important to keep cooking areas and equipment hygienic when cooking vegetables.
10. What the main contamination threats are when cooking and storing vegetables.
11. Why time and temperature are important when cooking vegetables.
12. Why vegetables not for immediate consumption should be cooled rapidly or maintained at a safe hot temperature after cooking.

**Product Knowledge**

13. Which category the different types of vegetables belong to.
14. What basic preparation methods are suitable for different types of vegetables
15. What quality points to look for in cooked vegetables.
16. What basic cooking methods are suitable for different types of vegetables.
17. How to identify when vegetables are cooked to basic dish requirements.
18. Why vegetables should be boiled gently.
19. What the benefits are of sweating vegetables.

**Healthy Catering Practices**

20. Which basic preparation methods can increase the fibre content of vegetable dishes.
21. What basic cooking methods and equipment can contribute to reducing the fats/oil in vegetable dishes.

22. Why reducing the amount of salt added to vegetables can contribute to healthy catering practices.

## EVIDENCE GUIDE

### (1) Critical Aspects of Evidence

You must provide evidence that shows you have met the performance criteria over a sufficient period of time for your assessor to consider that you are competent.

It is essential that competence be demonstrated in the following aspects:

- Totally through performance evidence in the form of observation
- Performance evidence in the form of observation to cover **performance criteria 1.1, 1.2, 1.4, 1.5 and 1.7** and a minimum of:
  - **7 from the range of A**
  - **3 from the range of B**
  - **2 from the range of C**
  - **4 from the range of D**
  - **All from the range of E**
- Performance evidence in the form of observation to cover **performance criteria 1.1, 1.2, 1.4, 1.5 and 1.7** and a minimum of:
  - **7 from the range of A**
  - **3 from the range of B**
  - **2 from the range of C**
  - **4 from the range of G**
  - **All from the range of H**
- Supplementary evidence in the form of questioning and/or witness testimony to cover the rest of the performance criteria and all the range.
- Evidence to cover underpinning knowledge must be assessed using questioning which may be oral, written or using visual aids.
- Performance evidence should be demonstrated on at least two (2) occasions.

**(2) Methods of Assessment**

- Observation reports by your assessor of how you:
  - prepare vegetables for basic hot dishes and salads
  - cook vegetables for basic hot dishes and salads
  
- Answers to oral or written question from your assessor.
  
- Witness statement from colleagues, line managers that provide evidence of how you:
  - prepare vegetables for basic hot dishes and salads
  - cook vegetables for basic hot dishes and salads
  
- A personal statement describing how you :
  - prepare vegetables for basic hot dishes and salads
  - cook vegetables for basic hot dishes and salads

**(3) Context of Assessment**

Evidence for this unit may come from assessment on-the-job or in a realistic working environment.