

U14502: Cook-freeze food

Unit Descriptor:

This unit describes the competence required to effectively portion, pack and blast freeze food and store cook – freeze food.

The unit describes the essential abilities of:

- Knowing what safe work practices should be followed when handling cook-freeze food.
- Knowing how to correctly portion, pack and cover cook-freeze food
- Knowing how to identify problems associated with the type, quality and quantity of cook freeze food
- Operating within organizational procedures.

ELEMENT**PERFORMANCE CRITERIA**

To be competent you must achieve the following:

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| 1. Portion, pack and blast-freeze food | 1.1 Preparation areas and suitable equipment satisfy health and safety requirements and are ready for use.

1.2 Food is of the correct type, quality and quantity required.

1.3 Any problems identified are reported promptly to the appropriate person.

1.4 Food is portioned correctly, packed and covered

1.5 Food is blast-frozen, correctly sealed and labeled.

1.6 Food containers are transported to the appropriate storage area. |
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- 1.7 Food containers are handled correctly during transportation and remain undamaged.
 - 1.8 Food temperatures are accurately monitored and recorded.
 - 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. Store cook freeze-food
- 2.1 Cook-freeze items are stored under correct hygienic conditions.
 - 2.2 Stock rotation procedures are correctly followed and stocks are used in date order.
 - 2.3 Accurate records of received, stored and issued food items are maintained.
 - 2.4 Food items are handled with appropriate care and remain undamaged.
 - 2.5 Food temperature are accurately monitored and recorded.
 - 2.6 Storage areas are kept clean, tidy and free from rubbish.
 - 2.7 Storage areas are secured from unauthorized access.

- 2.8 Any **problems** identified with the storage of cook-chill items are reported promptly to the appropriate person.
- 2.9 Unexpected situations are dealt with effectively and the appropriate person(s) informed where necessary.
- 2.10 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: Portion, pack and blast-freeze food

A. Food:

- (i) meat/poultry dishes
- (ii) joints/whole chickens
- (iii) vegetables/fruits
- (iv) fish dishes
- (v) sauces/soups
- (vi) egg dishes
- (vii) desserts

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

- (i) equipment
- (ii) problems with food (in terms of freshness and quantity)

UNDERPINNING KNOWLEDGE AND SKILLS**Health and Safety**

1. What safe working practices should be followed when portioning, packing and blast freezing food.
2. Why correct and hygienic clothing should be worn at all times.
3. What safe working practices should be followed when storing cook-freeze food.

Food Hygiene

4. Why time and temperature are important when preparing cook – freeze food.
5. Why food containers must be sealed and labeled correctly before storage.
6. What the main contamination threats are when portioning, packing and blast freezing food.
7. Why it is important to keep preparation areas and equipment hygienic when portioning, packing and blast – freezing food.
8. Why it is important to monitor and record food temperature regularly.
9. What the main contamination threats are when storing cook-freeze food.
10. Why it is important to keep storage areas and equipment hygienic when storing cook-freeze food.

Product Knowledge

11. Why portions must be controlled when filling packages.
12. What quality points to look for when portioning, packing and blast - freezing food.
13. Why stock rotation procedures must be followed.
14. Why it is important to secure storage areas from unauthorized access.

EVIDENCE GUIDE

(1) Critical Aspects of Evidence

You must provide evidence that shows you have met the performance criteria over a sufficient period 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, 1.6, 1.7 and 1.8** and a minimum of:
 - **4 from the range of A**
- Performance evidence in the form of observation to cover **performance criteria 2.1 – 2.7** and:
 - **All from the range of B**
- 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:
 - portion, pack and blast-freeze food
 - store cook-freeze food
- Answers to oral or written question from your assessor.
- Witness statement from colleagues, line managers that provide evidence of how:
 - portion, pack and blast-freeze food
 - store cook-freeze food
- A personal statement describing how you:
 - portion, pack and blast-freeze food
 - store cook-freeze food

(3) Context of Assessment

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