



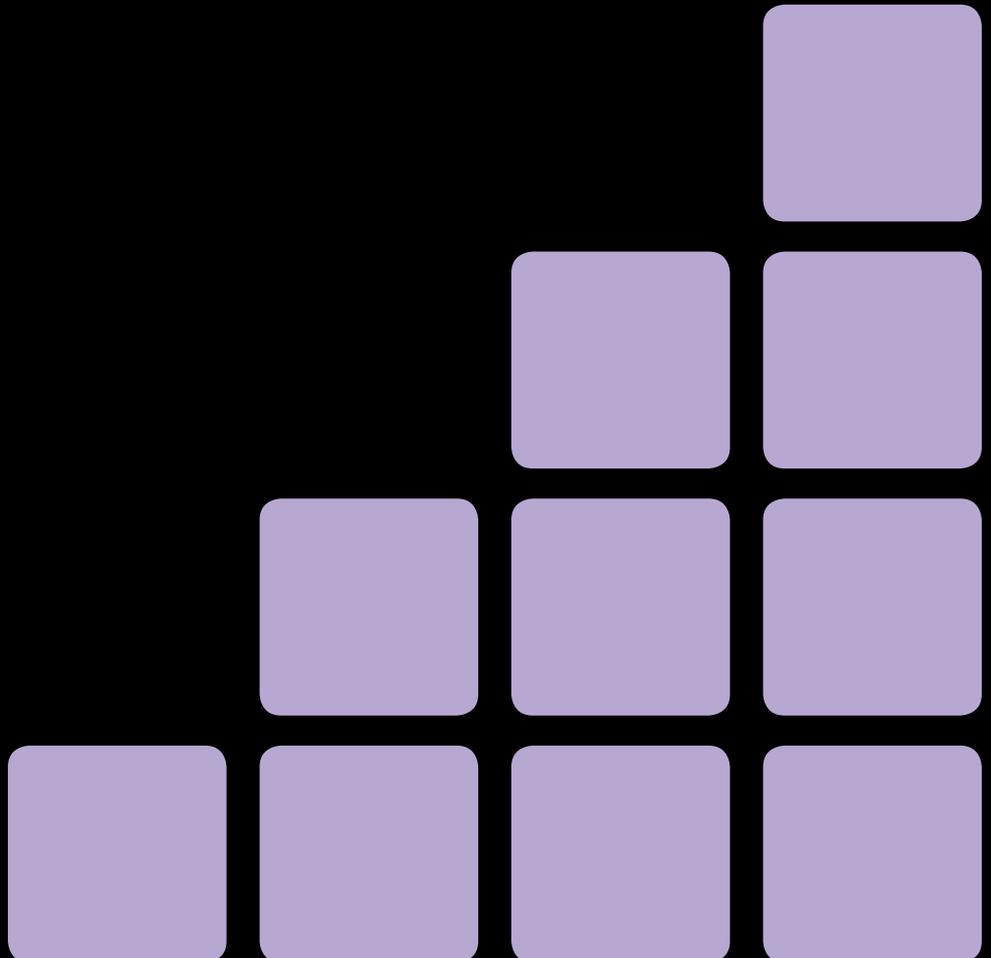
Cook-freeze food

UT20863

D/601/4758

Learner name:

Learner number:



UT20863

Cook-freeze food

The aim of this unit is to develop your knowledge and skills in portioning and packing food, sealing and labelling cook-freeze food correctly. You will learn stock rotation procedures, how to store cook-freeze food correctly, and be able to maintain accurate records.

NOS

2PR6

Level

2

Credit value

3

GLH

27

Observation(s)

2

External paper(s)

0



Cook-freeze food

Learning outcomes

On completion of this unit you will:

1. Be able to portion, pack and blast freeze food
2. Be able to store cook-freeze food
3. Understand how to portion, pack and blast freeze food
4. Understand how to store cook-freeze food

Evidence requirements

1. *Environment*
Evidence for this unit should be gathered within the workplace, however, you may be assessed within an approved realistic working environment (RWE) that meets People 1st's criteria.
2. *Simulation*
Simulation is not allowed in this unit.
3. *Observation outcomes*
Competent performance of Observation outcomes must be demonstrated on **at least two occasions**. Assessor observations, witness testimonies and products of work are likely to be the most appropriate sources of performance evidence. Professional discussion may be used as supplementary evidence for those criteria that do not naturally occur.

Assessed observations should not be carried out on the same day for the same learning outcome. There should be sufficient time between assessments for reflection and personal development.

You need to meet the same standard on a regular and consistent basis. Separating the assessments by a period of at least two weeks is recommended as competence must be demonstrated on a consistent and regular basis.

4. *Range*
All ranges must be competently demonstrated as part of an assessed observation.
5. *Knowledge outcomes*
There must be evidence that you possess all the knowledge and understanding listed in the Knowledge section of this unit. In most cases this can be done by professional discussion and/or oral questioning. Other methods, such as projects, assignments and/or reflective accounts may also be used.
6. *Tutor/Assessor guidance*
You will be guided by your tutor/assessor on how to achieve learning outcomes and cover ranges in this unit. All outcomes and ranges must be achieved.
7. *External paper*
There is no external paper for this unit.

Achieving observations and range

Achieving observation outcomes

Your assessor will observe your performance of practical tasks. The minimum number of competent observations required is indicated in the Evidence requirements section of this unit.

Criteria may not always naturally occur during a practical observation. In such instances you will be asked questions to demonstrate your competence in this area. Your assessor will document the criteria that have been achieved through professional discussion and/or oral questioning. This evidence will be recorded by your assessor in written form or by other appropriate means.

Your assessor will sign off a learning outcome when all criteria have been competently achieved.

Achieving range

The range section indicates what must be covered. The specified number of ranges must be practically demonstrated as part of an assessed observation. Evidence for the remaining points under the range must be assessed through questioning or witness testimony.

Every range item must be evidenced.

You may be required to undertake additional observations to ensure all range items have been covered. VTCT recommends that where possible all ranges are covered practically. Your assessor will document the portfolio reference once a range has been covered.

Guidance for tutors and assessors

Tutors and assessors must refer to the document(s) listed below, prior to delivering this unit. Document(s) can be downloaded from <http://www.people1st.co.uk>:

- Sector Assessment Strategy for competence based units of assessment and qualifications



Observations

Learning outcome 1

Be able to portion, pack and blast freeze food

You can:

- a. Make sure food is of the correct type, quality and quantity required
- b. Deal with any problems identified with the quality of the food correctly*
- c. Portion, pack and cover food correctly
- d. Blast-freeze, seal and label food correctly
- e. Transport containers to the appropriate storage area
- f. Handle containers correctly ensuring they remain undamaged
- g. Monitor and record food temperatures accurately

* May be assessed by supplementary evidence.

Observation	1	2	Optional	Optional
Criteria questioned orally				
Date achieved				
Portfolio reference				
Learner signature				
Assessor initials				



Learning outcome 2

Be able to store cook-freeze food

You can:

- a. Follow stock rotation procedures and use stock accordingly
- b. Maintain accurate records of food items that are received, stored and issued
- c. Handle food items with care so they remain undamaged
- d. Monitor and record food temperatures accurately
- e. Secure storage areas against unauthorised access
- f. Identify any problems with the storage of cook-freeze items and report them to the appropriate person*

*May be assessed by supplementary evidence.

Observation	1	2	Optional	Optional
Criteria questioned orally				
Date achieved				
Portfolio reference				
Learner signature				
Assessor initials				



Range

You must practically demonstrate that you have:

Dealt with a minimum of 4 types of food	Portfolio reference
Meat dishes	
Poultry dishes	
Joints/whole birds	
Vegetables/fruits	
Vegetable dishes	
Fish dishes	
Sauces/soups	
Egg dishes	
Desserts	

Where applicable, the specified number of ranges must be practically demonstrated as part of an observation. Those remaining must be evidenced by practical observation or other assessment methods. All ranges must be evidenced in your portfolio.

Developing knowledge

Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below*:

- Projects
- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies
- Professional discussion

Where applicable your assessor will integrate knowledge outcomes into practical observations through professional discussion and/or oral questioning.

When a criterion has been orally questioned and achieved, your assessor will record this evidence in written form or by other appropriate means. There is no need for you to produce additional evidence as this criterion has already been achieved.

Some knowledge and understanding outcomes may require you to show that you know and understand how to do something. If you have practical evidence from your own work that meets knowledge criteria, then there is no requirement for you to be questioned again on the same topic.

**This is not an exhaustive list.*

Knowledge



Learning outcome 3

Understand how to portion, pack and blast freeze food

You can:	Portfolio reference
a. State why time and temperature are important when preparing cook-freeze food	
b. State why food containers must be sealed and labelled correctly before storage	
c. State why portions must be controlled when filling packages	



Learning outcome 4

Understand how to store cook-freeze food

You can:	Portfolio reference
a. State why it is important to monitor and record food temperatures regularly	
b. State why stock rotation procedures must be followed	
c. State why time and temperature are important when storing cook-freeze food	
d. State why storage areas should be secure from unauthorised access	