

UV21137

Prepare and cook fruit and vegetables

The aim of this unit is to develop your knowledge, understanding and practical skills in preparing and cooking fruit and vegetables to produce dishes at a professional level.

Level

2

Credit value

6

GLH

40

Observation(s)

2

External paper(s)

0



Prepare and cook fruit and vegetables

Learning outcomes

On completion of this unit you will:

1. Be able to prepare fruit and vegetables
2. Be able to cook fruit and vegetables

Evidence requirements

1. *Environment*
Evidence for this unit may be gathered within the workplace or realistic working environment (RWE).
2. *Simulation*
Simulation may be used in this unit, where no naturally occurring evidence is available.
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 practically demonstrated or other forms of evidence produced to show they have been covered.
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 requirement 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. Ranges should be practically demonstrated as part of an observation. Where this is not possible other forms of evidence may be produced. All ranges must be covered.

Your assessor will document the portfolio reference once a range has been competently achieved.



Observations

Learning outcome 1

Be able to prepare fruit and vegetables

You can:

- a. Check that fruit, vegetables and accompanying ingredients are of the correct type, quantity and quality
- b. Demonstrate the correct use of tools and equipment to prepare fruit and vegetables
- c. Peel, wash or trim fruit and vegetables and prepare according to dish specifications
- d. Store prepared fruit and vegetables appropriately prior to cooking if required*
- e. Assemble vegetables prior to cooking
- f. Demonstrate safe and hygienic practices*

*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 cook fruit and vegetables

You can:

- a. Demonstrate the correct use of tools and prepare equipment to cook fruit and vegetables
- b. Cook and assemble fruit and vegetables to dish specifications, using appropriate skills
- c. Hold and serve cooked fruit and vegetables
- d. Store vegetables safely after cooking, if appropriate*
- e. Demonstrate safe and hygienic practices*

*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:

Prepared a minimum of 7 types of vegetable	Portfolio reference
Root	
Tuber	
Bulb	
Leaf/brassica	
Pod/seed	
Nuts	
Vegetable fruit	
Stem and shoot/sprouting	
Fungi and mushrooms	
Flower	
Squash	
Vegetable protein	
Seaweed/sea vegetables	
Used a minimum of 2 preparation methods for vegetables	Portfolio reference
Peel	
Wash	
Trim	

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.



You must practically demonstrate that you have:

Used a minimum of 3 tools and equipment when preparing vegetables	Portfolio reference
Knives	
Boards	
Trays	
Bowls	
Graters	
Mandolin	
Moulds	
Assembled vegetables prior to cooking using a minimum of 3 methods	Portfolio reference
Segment	
Coat	
Stuff	
Layer and mix	
Blanch	
Concassé	
Marinade	
Tie and portion	

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.



You must practically demonstrate that you have:

Prepared a minimum of 3 types of fruit		Portfolio reference
Soft		
Hard		
Stoned		
Citrus		
Tropical		
Used a minimum of 2 preparation methods for fruit		Portfolio reference
Peel		
Wash		
Trim		
Used a minimum of 3 tools and equipment when preparing fruit		Portfolio reference
Knives		
Boards		
Trays		
Bowls		
Mandolin		
Moulds		

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.



You must practically demonstrate that you have:

Assembled fruit prior to cooking using a minimum of 2 methods		Portfolio reference
Segment		
Stuff		
Layer and mix		
Marinade		
Used a minimum of 3 types of cooking equipment		Portfolio reference
Fryers		
Braising pots		
Saucepans		
Oven		
Grill		
Trays		

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.



You must practically demonstrate that you have:

Used a minimum of 4 cooking methods	Portfolio reference
Boiling	
Poaching	
Steaming	
Braising	
Stewing	
Roasting	
Grilling	
Shallow and deep-fried	
Baking	
Used a minimum of 2 finishing methods	Portfolio reference
Correcting seasoning	
Garnishing	
Gratinate	
Glaze	

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.

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 1

Be able to prepare fruit and vegetables

You can:	Portfolio reference
g. Identify commonly used fruit and vegetables	
h. Identify the seasons for commonly used fruit and vegetables	
i. Group fruit and vegetables into classifications	
j. Identify the quality points for fruit and vegetables	
k. Identify correct storage procedures for fruit and vegetables to maintain quality, nutrients and the reduction of waste	
l. State the most commonly used preparation methods for fruit and vegetables	
m. Identify additions and coatings used when preparing vegetables for cooking	
n. State the preservation methods for fruit and vegetables	



Learning outcome 2

Be able to cook fruit and vegetables

You can:	Portfolio reference
f. Identify suitable tools and equipment to cook fruit and vegetables	
g. Identify cooking methods for fruit and vegetables	
h. Identify cooking liquids and sauces	
i. Explain the cooking principles for fruit and vegetables	
j. Explain the actions to be carried out to check the quality of fruit and vegetable dishes	
k. Describe finishing and garnishing requirements for fruit and vegetable dishes	
l. Explain how cooked fruit and vegetables should be held correctly for service	
m. Explain how cooked fruit and vegetables should be stored correctly after cooking	

Unit content



This section provides guidance on the recommended knowledge and skills required to enable you to achieve each of the learning outcomes in this unit. Your tutor/assessor will ensure you have the opportunity to cover all of the unit content.

Outcome 1: Be able to prepare fruit and vegetables

Fruit: Soft (strawberry, raspberry, blackberry, red/blackcurrants, gooseberry), hard (apple, pear), stoned (plum, damson, peach, apricot), citrus (orange, lemon, grapefruit), tropical and other (banana, pineapple, mango, melon, pawpaw).

Vegetables: Root (carrot, turnip, parsnip, swede, celeriac), tuber (potato, sweet potato), bulb (onion, garlic, leek), leaf and brassica (lettuce, cabbage, sprout), pod and seed (pea, bean, sweetcorn), nuts (almond, walnut, hazel, brazil, coconut), vegetable fruit (tomato, cucumber, pepper), stem and shoot/sprouting (asparagus, celery, bean sprouts), fungi and mushrooms (wild and cultivated), flower (cauliflower, broccoli), squash (courgette, pumpkin), vegetable protein (soya, tofu, tempeh), mycoprotein (quorn), seaweed/sea vegetables (kelp, laver, wakame, arame, nori, dulse).

Tools and equipment: Knives, boards, trays, bowls, graters, mandolin, moulds.

Safe and hygienic practices: Clean as you go, organisational standards, legislation, uniform, personal protective equipment (PPE), use correct equipment, use equipment correctly.

Seasons: Spring, summer, autumn, winter, all year round.

Classifications: Vegetables (roots, tubers, bulbs, leaves and brassicas, pods and seeds, nuts, vegetable fruits, fruits, stems and shoots, fungi, flower, squash, vegetable protein, mycoprotein, seaweed/sea vegetables), fruits (soft, hard, stoned,

citrus, tropical and other).

Quality points: Clean, mould and blemish free, firm or crisp, correct colour, even size and shape, age and tenderness, undamaged packaging.

Storage procedures: Temperature, date, labelling, covering, position, stock rotation.

Preparation methods: Wash and sort, peel skin (raw and cooked), trim, scrape, shape, dice, slice, cut, chop, grate, crush, score, shred, deseed, core, segment, coat, stuff, layer and mix, blanch, soak, concassé, season, marinade, tie and portion.

Additions and coatings: Additions (stuffing/duxelles, rice, nuts, fruit, herbs, spices, oils), coatings (milk and flour/flour, egg and breadcrumbs, batters).

Preservation methods: Chilling, vacuum packing, blanching, freezing, drying, pickling, canning, bottling.



Outcome 2: Be able to cook fruit and vegetables

Fruit: Soft (strawberry, raspberry, blackberry, red/blackcurrants, gooseberry), hard (apple, pear), stoned (plumb, damson, peach, apricot), citrus (orange, lemon, grapefruit), tropical and other (banana, pineapple, mango, melon, pawpaw).

Vegetables: Root (carrot, turnip, parsnip, swede, celeriac), tuber (potato, sweet potato), bulb (onion, garlic, leek), leaf and brassica (lettuce, cabbage, sprout), pod and seed (pea, bean, sweetcorn), nuts (almond, walnut, hazel, brazil, coconut), vegetable fruit (tomato, cucumber, pepper), stem and shoot/sprouting (asparagus, celery, bean sprouts), fungi and mushrooms (wild and cultivated), flower (cauliflower, broccoli), squash (courgette, pumpkin), vegetable protein (soya, tofu, tempeh), mycoprotein (quorn), seaweed/sea vegetables (kelp, laver, wakame, arame, nori, dulse).

Safe and hygienic practices: Clean as you go, organisational standards, legislation, uniform, PPE, use correct equipment, use equipment correctly.

Tools and equipment: Fryers, braising pots, trays, saucepans, oven, grill, trays.

Cooking methods:

Wet – boiling (whole, portioned, cut), poaching (whole, portioned), steaming (whole, portioned, cut), braising (whole, trimmed, white-celery, brown onion), stewing (whole, halved, cut).

Dry – roasting (whole, portioned, cut), grilling (sliced, halved, stuffed), shallow and deep-frying (whole, portioned, cut), baking (whole, portioned, stuffed, cut).

Liquids and sauces: Fruit (syrup, wine, water), vegetables (béchamel derivatives, oils, vinegars, lemon juice, tomato, jus lié).

Cooking principles: Methods of cookery, temperature control, cooking times, holding times and temperature, visual checks (colour of cooked vegetables), testing to see if vegetables are cooked (flavour, texture), portioning.

Actions: Tests to see if cooked (touch, temperature and visual).

Finishing and garnishing: Correcting seasoning, checking the consistency of an accompanying sauce, garnishing appropriately, gratinate, glaze, meeting recipe requirements.

Held correctly for service: Hot, cold, reheat.

Stored correctly after cooking: Temperature, date, labelling, covering, position, stock rotation.