National Vocational Certificate Level 2 in Hospitality (Cook)







Competency Standards



National Vocational & Technical Training Commission

5th Floor, Evacuee Trust Complex Sector F-5/1. Islamabad

Tel: +92 51 904404 Fax: +92 51 904404 Email: info@navttc.org

Author:

Dr. Jeremy Curtis (International Short Term Expert), Mr. Babar Sheikh (Director Operations College of Tourism and Hotel Management Lahore), Mr. Abid Gill (Consultant A&F Group Islamabadi)

Reviewed by:

Dr. Raimund Sobetzko (Team Leader, Component 2 TVET Reform Support Programme), Mr. Muhammad Naeem Akhtar (Deputy Team Leader Component 2 TVET Reform Support Programme), Mr. Ralf Strier (Senior International Technical Advisor, TVET Reform Support Program)

Layout and Design by:

Ms. Maria Arif (Freelance Consultant)

Date of approval by NCRC:

2nd -4th May 2013

Date of Notification:

1st July 2013, vide notification no F.2-1/2013-DD(VT)

This curriculum has been produced by the National Vocational & Technical Training Commission (NAVTCC) with the technical assistance of TVET Reform Support Programme, which is funded by the European Union, the Embassay of the Kingdom of the Netherland, Federal Republic of Germany and the Royal Norwegian Embassy. The Programme has been commissioned by the German Federal Ministry for Economic Cooperation and Development and is being implemented by the Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH.

Table of contents

1	1.	Module 1: Maintain professional kitchen standards for food preparation and cooking throughout the shift	04
2	2.	Module 2: Prepare and cook vegetables	08
Mod	lule	e 3: Prepare, cook and finish meat, poultry and fish dishes10	
3	3.	Module 4: Prepare and finish simple salad and fruit dishes	14
5	5. I	Module 5: Prepare and cook pasta and rice dishes	16
6	6. ľ	Module 6: Prepare and cook eggs and egg dishes	19
7	7.	Module 7: Prepare and cook grain and pulse dishes	21
8	8.	Module 8: Prepare and cook stocks, soups and sauces	24
9	9.	Module 9: Prepare, bake and finish simple bread and dough products	27
1	10.	. Module 10: Prepare hot and cold sandwiches	. 30
1	11.	. Module 11: Prepare and finish simple sweet dishes	33
1	12.	. Module 12:Complete kitchen shift effectively	36
1	13.	· Tools and equipment	39

Competency Standards: Cook

Module 1: Maintain professional kitchen standards for food preparation and cooking throughout the shift

Aim: The aim of this module is to develop basic knowledge, skills and understanding of professional kitchen standards need to be maintained throughout the shift

Competency standards	Performance criteria	Knowledge of understanding
LU1: Ensure personal	P1 Keep your hair, skin and nails clean and	K1 Define it is important to have clean hair, skin and nails
hygiene and chef's	hygienic	
uniform for kitchen	Follow your organization's procedures on	K2 Define jewelry and other accessories may cause a risk
operations meets	Briefjewelry and accessories can be worn	
organizational		K3 Define it is important to follow your organization's
requirements	P2 Follow the recommended procedures for washing your hands at all appropriate times	recommended procedures for washing your hands at all appropriate times
Overview	P3 Avoid unsafe behavior that could	VA Define it is important to report cuts, grazes and skip
This Competency	contaminate the food you are working with	K4 Define it is important to report cuts, grazes and skin conditions to the appropriate person
Standard is about	Report any cuts, boils, grazes, injuries,	conditions to the appropriate person
keeping yourself clean	illness and infections promptly to the	K5 Define it is important to report illnesses and infections,
and hygienic when you	appropriate person	particularly stomach illnesses, to the appropriate person
are at work and explain		
to select and use	P4 Make sure any cuts, boils, skin infections	K6 Whom to report cuts, grazes, skin conditions or illnesses
protective clothing	and grazes are treated and covered with an	to, and the procedure for doing this
according to the task you are carrying out.	appropriate dressing	The types of protective clothing which are available to you
you are carrying out.		and Explain to access them
		K7 The types of protective clothing which are appropriate to
		the task you are carrying out
		Explain protective clothing should be used and Define it

	should be worn
	K8 Where and Explain to deal with used protective clothing
P1 Keep a look out for hazards in your workplace	K1 Define it is important to work in a healthy, safe and hygienic way
P2 Identify any hazards or potential hazards and deal with these correctly	K2 Where you can get information about health, hygiene and safety in your workplace
P3 Report any accidents or near accidents quickly and accurately to the proper person P4 Follow health, hygiene and safety procedures in all your work P5 Practice emergency procedures correctly P6 Follow your organization's security procedures	K3 The types of hazards that you may find in your workplace and Explain to deal with these correctly K4 Hazards you can deal with yourself and hazards that you must report to someone else K5 Explain to warn other people about hazards and Define this is important K6 Types of emergencies that may happen in your workplace and Explain to deal with these K7 Where to find first aid equipment and who the first-aider is in your workplace K8 Other ways of working safely that are relevant to your job and Define these are important K9 The possible causes of fire in your workplace K10 Brief you can do to minimize the risk of fire
	P2 Identify any hazards or potential hazards and deal with these correctly P3 Report any accidents or near accidents quickly and accurately to the proper person P4 Follow health, hygiene and safety procedures in all your work P5 Practice emergency procedures correctly P6 Follow your organization's security

LU3: Check quality and quantity of food and maintain kitchen and food safety standards at every level of food handling	P1 Check your role and responsibilities to establish the quantity of food and ingredients required P2 Check the delivery from stores to ensure that the quantity of food delivered is sufficient for the number of covers expected	K11 Where to find fire alarms and Explain to set them off K12 Define you should never approach a fire unless it is safe to do so K13 Define it is important to follow fire safety laws K14 Define it is important to report all usual/non-routine incidents to the appropriate person K1 Explain to check that the food is of the required weight K2 Explain to check that the food looks the way it should K3 Explain to check that food is being kept at an appropriate temperature K4 Explain to check that bacteria are not at harmful levels
This Competency Standard is about ensuring that the food you will be preparing and cooking is or the right quality and is available in sufficient quantity for the number of covers expected.	P3 Check that the quality of food delivered is of the right type and meets the correct quality requirements P4Check that food is delivered at the correct temperature P5Ensure that any packaged food does not exceed its 'sell-by' or 'use-by' dates P6Advise your team leader if there are any problems with the quantity or quality of food	K5 Explain to check that flavor, texture and aroma is of acceptable quality K6 Explain to check that food there is sufficient food and other ingredients to meet the requirements for the number of covers expected K7Explain to check that food is delivered at the correct temperature K8Explain to ensure that any packaged food does not exceed its 'sell-by' or 'use-by' dates

		T.
LU4: Ensure wastage	P1 Identify opportunities for reducing waste	K1 Explain to recognize opportunities for waste reduction,
from kitchen operations		reuse and recycling targets to comply with legal and/or
is minimized	P2 Follow organizational policies and	organizational requirements
	procedures for managing and reducing	
Overview	waste	K2 Explain to establish current levels of waste for activities
Overview		undertaken by the organization
This Competency	P3 Dispose of waste in line with	, 0
Standard is about	organizational procedures	K3 Explain to assess the effectiveness of waste management
finding ways to cut	. О	systems
down on waste		
produced by the kitchen		K4 Opportunities for avoiding and reducing waste through
and ensuring that		design, reuse and recycling
wasted is managed and		acos,g.i, reade and recycling
disposed of in line with		K5 Potential barriers that may limit waste avoidance and
organizational		reduction
procedures.		
		K6 Explain to ensure measures for managing waste meet with
		legal requirements
		legar requirements
		K7 Roles and responsibilities to support waste minimization
		K8 Training needs and training for those responsible for
		reducing waste
		KO Methods to evaluate the impact of waste reduction
		K9 Methods to evaluate the impact of waste reduction
		measures
		K10 Benefits achieved through waste reduction measures

Module 2: Prepare and cook vegetables

Aim: The aim of this module is to develop basic knowledge, skills and understanding to prepare, cook and finish vegetables

Competency standards	Performance criteria	Knowledge of understanding
Explain to assemble food and equipment to prepare, and cook simple dishes, with guidance from Chef de Partie and other associates This Competency Standard is about preparing and cooking vegetables.	P1 Assemble food and ingredients required to prepare and cook vegetables P2 Where necessary, defrost vegetables P3 Select appropriate equipment needed to prepare and cook vegetables P4 Check that vegetables and other ingredients meet type, quality and quantity requirements P5 Correct temperatures for holding vegetables	K1 Explain to store fresh and frozen vegetables correctly before cooking K2 Explain to check that vegetables are fit for preparation and cooking K3 Brief you should do if there are problems with the vegetables or other ingredients K4 Explain to decide when vegetables needs defrosting before cooking and Define this is important K5 Explain to prepare vegetables including defrosting, seasoning and storing K6 Define it is important to use the correct tools and equipment to prepare and cook vegetables K7 Explain to carry out the appropriate cooking methods correctly K8 Explain to finish and season vegetables according to requirements
LU2:Understand Explain to prepare simple dishes for	P1 Identify requirements for preparing vegetables for cooking	K1 Explain to store fresh and frozen vegetables correctly before cooking

cooking with avidorses	D2 Chaosa and use tools and assimment for	K2 Explain to check that yearstables are fit for
cooking, with guidance	P2 Choose and use tools and equipment for	K2 Explain to check that vegetables are fit for
from Chef de Partie	preparing vegetables correctly	preparation and cooking
and other associates		1000
	P3 Use appropriate methods to prepare	K3 Brief you should do if there are problems with the
	vegetables for cooking	vegetables or other ingredients
	P4 Check that preparation of vegetables meets	K4 Explain to decide when vegetables needs defrosting
	quality requirements	before cooking and Define this is important
		K5 Explain to prepare vegetables including defrosting,
		seasoning and storing
		W6 7 6 11 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
		K6 Define it is important to use the correct tools and
		equipment to prepare and cook vegetables
		W- 5 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
		K7 Explain to carry out the appropriate cooking
		methods correctly
		VO Francis to finish and according to
		K8 Explain to finish and season vegetables according to
		requirements
		VO Coment to see a set use for bolding contables
		K9 Correct temperatures for holding vegetables
LU3: Understand	P1 Identify requirements for cooking vegetables	K1 Explain to store fresh and frozen vegetables correctly
Explain to cook simple	Truchtry requirements for cooking vegetables	before cooking
dishes, with guidance	P2 Choose and use tools and equipment to cook	before cooking
from Chef de Partie	vegetables correctly	K2 Explain to check that vegetables are fit for
	- repetubles correctly	preparation and cooking
and other associates	P3 Use appropriate methods to cook vegetables	preparation and cooking
		K3 Brief you should do if there are problems with the
	P4 Combine vegetables with other ingredients	vegetables or other ingredients
	The second of th	vegetables of other ingredients
	P5 Check that the dish has the correct flavor,	K4 Explain to decide when vegetables needs defrosting
		N- Explain to accide which vegetables needs deliosting

	T	
	consistency and quantity	before cooking and Define this is important
	P6Check that cooking of vegetables meets quality requirements	K5 Explain to prepare vegetables including defrosting, seasoning and storing
	P7 Correct temperatures for holding vegetables	K6 Define it is important to use the correct tools and equipment to prepare and cook vegetables
		K7 Explain to carry out the appropriate cooking methods correctly
		K8 Explain to finish and season vegetables according to requirements
LU4: Understand Explain to present	P1 Garnish and present the dish to meet organizational specifications	K1 Explain to store fresh and frozen vegetables correctly before cooking
simple dishes for service, with guidance from Chef de Partie	P2 Make sure dishes are at correct temperature for holding and serving	K2 Explain to check that vegetables are fit for preparation and cooking
and other associates	P3 Safely store cooked vegetables not for immediate use	K3 Brief you should do if there are problems with the vegetables or other ingredients
	P4Label prepared dishes according to organizational requirements	K4 Explain to decide when vegetables needs defrosting before cooking and Define this is important
		K5 Explain to prepare vegetables including defrosting, seasoning and storing
		K6 Define it is important to use the correct tools and equipment to prepare and cook vegetables
		K7 Explain to carry out the appropriate cooking method

Module 3: Prepare, cook and finish meat, poultry and fish dishes

Aim: The aim of this module is to develop basic knowledge, skills and understanding to prepare, cook and finish meat, poultry and fish dishes

Competency standards	Performance criteria	Knowledge of understanding
LU1: Assemble food and equipment to prepare cookand finish meat, poultry	P1 Assemble food and ingredients required to prepare and cook meat, poultry and fish dishes P2 Where necessary, defrost meat, poultry and fish ready for preparation P3 Select appropriate equipment needed to prepare and cook meat, poultry and fish dishes P4 Check that meat, poultry, fish and other ingredients meet type, quality and quantity requirements	K1 Explain to store fresh and frozen meat, poultry and fish dishes correctly before cooking K2 Explain to check that meat, poultry and fish are fit for preparation and cooking K3 Brief you should do if there are problems with the meat, poultry and fish or other ingredients K4 Explain to decide when meat, poultry and fish needs defrosting before cooking and Define this is important K5 Explain to prepare meat, poultry and fish including defrosting, seasoning and storing K6 Define it is important to use the correct tools and equipment to prepare and cook meat, poultry and fish dishes K7 Explain to carry out the appropriate cooking methods correctly K8 Explain to finish and season meat, poultry and fish dishes according to requirements

		_
LU2: Use basic	P1 Choose and use tools and equipment for	K1 Explain to store fresh and frozen meat, poultry and fish
methods and	preparing and cooking meat dishes correctly	dishes correctly before cooking
equipment (under		
indirect supervision	P2 Use appropriate methods to prepare meat	K2 Explain to check that meat, poultry and fish are fit for
from Chef de Partie	for cooking	preparation and cooking
and other associates)	22.61	140 D : 6
to prepare meat,	P3 Check that the dish has the correct flavor,	K3 Brief you should do if there are problems with the meat,
poultry and fish for	consistency and quantity	poultry and fish or other ingredients
cooking	P4Check that cooking of meat dishes meets quality requirements	K4 Explain to decide when meat, poultry and fish needs defrosting before cooking and Define this is important
	P5 Correct temperatures for holding meat, poultry and fish dishes	K5 Explain to prepare meat, poultry and fish including defrosting, seasoning and storing
		K6 Define it is important to use the correct tools and equipment to prepare and cook meat, poultry and fish dishes
		K7 Explain to carry out the appropriate cooking methods correctly
		K8 Explain to finish and season meat, poultry and fish dishes according to requirements
LU3: Use basic	P1 Identify requirements for preparing and	K1 Explain to store fresh and frozen meat, poultry and fish
methods and	cooking poultry dishes	dishes correctly before cooking
equipment (under		
indirect supervision	P2 Choose and use tools and equipment for	K2 Explain to check that meat, poultry and fish are fit for
from Chef de Partie	preparing and cooking poultry dishes	preparation and cooking
and other associates)	correctly	
to cook meat, Poultry		K3 Brief you should do if there are problems with the meat,
	P3 Use appropriate methods to prepare	

and fish	poultry for cooking	poultry and fish or other ingredients
	P4 Check that preparation of poultry meets quality requirements	K4 Explain to decide when meat, poultry and fish needs defrosting before cooking and Define this is important
	P5 Use appropriate methods to cook poultry dishes	K5 Explain to prepare meat, poultry and fish including defrosting, seasoning and storing
	P6 Combine poultry with other ingredients P7 Check that the dish has the correct flavor, consistency and quantity P8Check that cooking of poultry dishes meets quality requirements	K6 Define it is important to use the correct tools and equipment to prepare and cook meat, poultry and fish dishes K7 Explain to carry out the appropriate cooking methods correctly K8 Explain to finish and season meat, poultry and fish dishes according to requirements
LU4: Present meat, Poultry and fish for service following senior guidance	P1 Identify requirements for preparing and cooking fish dishes P2 Choose and use tools and equipment for preparing and cooking fish dishes correctly P3 Use appropriate methods to prepare fish for cooking P4 Check that preparation of fish meets quality requirements P5 Use appropriate methods to cook fish dishes	K1 Explain to store fresh and frozen meat, poultry and fish dishes correctly before cooking K2 Explain to check that meat, poultry and fish are fit for preparation and cooking K3 Brief you should do if there are problems with the meat, poultry and fish or other ingredients K4 Explain to decide when meat, poultry and fish needs defrosting before cooking and Define this is important K5 Explain to prepare meat, poultry and fish including defrosting, seasoning and storing

Module 4: Prepare and finish simple salad and fruit dishes

Aim: The aim of this module is to develop basic knowledge, skills and understanding to prepare, simple salad and fruit dishes

Competency standards	Performance criteria	Knowledge of understanding
LU1: Assemble food and equipment to prepare and finish simple salad	P1 Assemble food and ingredients required to prepare and finish simple salad and fruit dishes	K1 Explain to store fresh and chilled simple salad and fruit dishes correctly
and fruit dishes	P2 Where necessary, defrost ingredients for simple salad and fruit dishes	K2 Explain to check that simple salad and fruit ingredients are fit for preparation and finishing
	P3 Select appropriate equipment needed to prepare and finish simple salad and fruit dishes	K3 Brief you should do if there are problems with the salad and fruit or other ingredients
	P4 Check that simple salad and fruit dishes and other ingredients meet type, quality and quantity requirements	K4 Explain to decide when simple salad and fruit ingredients need defrosting before preparation and finishing, and Define this is important
		K5 Explain to prepare simple salad and fruit dishes including defrosting, seasoning and storing
		K6 Define it is important to use the correct tools and equipment to prepare and finish simple salad and fruit dishes
		K7 Explain to carry out the appropriate finishing methods correctly
		K8 Explain to season and finish simple salad and fruit dishes according to requirements

LU2: Use basic methods and equipment (under indirect supervision from Chef de Partie and other associates) to prepare simple salad and fruit dishes	P1 Identify requirements for preparing simple salad and fruit dishes P2 Choose and use tools and equipment for preparing simple salad and fruit dishes correctly P3 Use appropriate methods to prepare simple salad and fruit dishes P4 Check that preparation of simple salad and fruit dishes meets quality requirements P5 Correct temperatures for holding simple salad and fruit dishes	K1 Explain to store fresh and chilled simple salad and fruit dishes correctly K2 Explain to check that simple salad and fruit ingredients are fit for preparation and finishing K3 Brief you should do if there are problems with the salad and fruit or other ingredients K4 Explain to decide when simple salad and fruit ingredients need defrosting before preparation and finishing, and Define this is important K5 Explain to prepare simple salad and fruit dishes including defrosting, seasoning and storing K6 Define it is important to use the correct tools and equipment to prepare and finish simple salad and fruit dishes K7Explain to season and finish simple salad and fruit dishes according to requirements
LU3: Finish and present simple salad and fruit dishes for service following senior's guidance	P1 Garnish and present the dish to meet organizational specifications P2 Make sure dishes are at correct temperature for holding and serving P3 Safely store cooked meat, poultry and fish dishes not for immediate use	K1 Explain advantages and importance to present simple salad and fruit dishes according to customers requirements

Module 5: Prepare and cook pasta and rice dishes

Aim: The aim of this module is to develop basic knowledge, skills and understanding to prepare, pasta and rice dishes

Competency standards	Performance criteria	Knowledge of understanding
LU1: Assemble food and equipment to prepare and cook	P1 Identify requirements for preparing and cooking pasta dishes	K1 Explain to store fresh pasta and rice dishes correctly before cooking
pasta and rice dishes	P2 Choose and use tools and equipment for preparing and cooking pasta dishes correctly	K2 Explain to check that pasta and rice are fit for preparation and cooking
	P3 Use appropriate methods to prepare pasta for cooking	K3 Brief you should do if there are problems with the pasta and rice or other ingredients
	P4 Check that preparation of pasta meets quality requirements	K4Define it is important to use the correct tools and equipment to prepare and cook pasta and rice dishes
	P5 Use appropriate methods to cook pasta dishes P6 Combine pasta with other ingredients	K5Explain to carry out the appropriate cooking methods correctly
	P7 Check that the dish has the correct flavor, consistency and quantity	K6 Explain to finish and season pasta and rice dishes according to requirements
	P8Check that cooking of pasta dishes meets quality requirements	
LU2: Use basic methods and	P1 Identify requirements for preparing and cooking rice dishes	K1 Explain to store fresh pasta and rice dishes correctly before cooking
equipment (under indirect supervision	P2 Choose and use tools and equipment for	K2 Explain to check that pasta and rice are fit for

from Chef de Partie	preparing and cooking rice dishes correctly	preparation and cooking
and other associates)		
to prepare and cook	P3 Use appropriate methods to prepare rice for	K3 Brief you should do if there are problems with the
pasta dishes	cooking	pasta and rice or other ingredients
	P4 Check that preparation of rice meets quality requirements P5 Combine rice with other ingredients	K4Define it is important to use the correct tools and equipment to prepare and cook pasta and rice dishes K5Explain to carry out the appropriate cooking methods correctly
	P6 Check that the dish has the correct flavor, consistency and quantity	K6 Explain to finish and season pasta and rice dishes according to requirements
	P7Check that cooking of rice dishes meets quality requirements	
	P8Correct temperatures for holding pasta and rice dishes	
LU3: Present pasta and rice dishes for service	P1 Garnish and present the dish to meet organizational specifications	K1 Explain to store fresh pasta and rice dishes correctly before cooking
following senior's guidance	P2 Make sure dishes are at correct temperature for holding and serving	K2 Explain to check that pasta and rice are fit for preparation and cooking
	P3 Safely store cooked pasta and rice dishes not for immediate use	K3 Brief you should do if there are problems with the pasta and rice or other ingredients
		K4Define it is important to use the correct tools and equipment to prepare and cook pasta and rice dishes
		K5Explain to carry out the appropriate cooking methods correctly

	K6 Explain to finish and season pasta and rice dishes according to requirements
	K7 Correct temperatures for holding pasta and rice dishes

Module 6: Prepare and cook eggs and egg dishes

Aim: The aim of this module is to develop basic knowledge, skills and understanding to prepare and cook eggs and egg dishes

Competency standards	Performance criteria	Knowledge of understanding
LU1: Assemble food and equipment to prepare and cook eggs and egg	P1 Assemble food and ingredients required to prepare and cook eggs and egg dishes	K1 Explain to store fresh eggs and egg dishes correctly before cooking
dishes	P2 Select appropriate equipment needed to prepare and cook eggs and egg dishes	K2 Explain to check that eggs and egg dishes are fit for preparation and cooking
	P3 Check that eggs and other ingredients meet type, quality and quantity requirements	K3 Brief you should do if there are problems with the eggs and egg dishes or other ingredients
		K4 Define it is important to use the correct tools and equipment to prepare and cook eggs and egg dishes
		K5 Explain to carry out the appropriate cooking methods correctly
		K6 Explain to finish and season eggs and egg dishes according to requirements
LU2: Use basic methods and equipment (under	P1 Identify requirements for preparing and cooking eggs	K1 Explain to store fresh eggs and egg dishes correctly before cooking
indirect supervision from Chef de Partie and other associates) to	P2 Choose and use tools and equipment for preparing and cooking eggs correctly	K2 Explain to check that eggs and egg dishes are fit for preparation and cooking
prepare and cook eggs	P3 Use appropriate methods to prepare eggs for	K3 Brief you should do if there are problems with

	cooking	the eggs and egg dishes or other ingredients
	P4 Check that preparation of eggs meets quality requirements P5 Use appropriate methods to cook eggs dishes P6 Combine eggs with other ingredients P7 Check that the dish has the correct flavor, consistency and quantity P8 Check that cooking of eggs meets quality requirements	K4 Define it is important to use the correct tools and equipment to prepare and cook eggs and egg dishes K5 Explain to carry out the appropriate cooking methods correctly K6 Explain to finish and season eggs and egg dishes according to requirements
LU3: Present eggs and egg dishes for service following senior's guidance	P1 Garnish and present the dish to meet organizational specifications P2 Make sure dishes are at correct temperature for holding and serving P3 Safely store cooked eggs and egg dishes not for immediate use P4 Correct temperatures for holding eggs and egg dishes	K1 Explain to store fresh eggs and egg dishes correctly before cooking K2 Explain to check that eggs and egg dishes are fit for preparation and cooking K3 Brief you should do if there are problems with the eggs and egg dishes or other ingredients K4 Define it is important to use the correct tools and equipment to prepare and cook eggs and egg dishes K5 Explain to carry out the appropriate cooking methods correctly K6 Explain to finish and season eggs and egg dishes according to requirements

Module 7: Prepare and cook grain and pulse dishes

Aim: The aim of this module is to develop basic knowledge, skills and understanding to prepare and cook grain and pulse dishes

Competency standards	Performance criteria	Knowledge of understanding
LU1: Assemble food and equipment to prepare and cook grains and pulses	P1 Assemble food and ingredients required to prepare and cook grains and pulses P2 Select appropriate equipment needed to prepare and cook grains and pulses	K1 Explain to store fresh grains and pulses correctly before cooking K2 Explain to check that grains and pulses are fit for preparation and cooking
	P3 Check that grains, pulses and other ingredients meet type, quality and quantity requirements	K3 Brief you should do if there are problems with the grains and pulses or other ingredients K4Define it is important to use the correct tools and equipment to prepare and cook grains and pulses K5Explain to carry out the appropriate cooking methods correctly K6 Explain to finish and season grains and pulses according to requirements
LU2: Use basic methods and equipment (under indirect supervision from Chef de Partie and other associates) to prepare grains and pulses for cooking	P1 Identify requirements for preparing and cooking grains P2 Choose and use tools and equipment for preparing and cooking grains correctly P3 Use appropriate methods to prepare grains for cooking	K1 Explain to store fresh grains and pulses correctly before cooking K2 Explain to check that grains and pulses are fit for preparation and cooking K3 Brief you should do if there are problems with the grains and pulses or other ingredients

	P4 Cl	WAD COUNTY OF THE COUNTY OF TH
	P4 Check that preparation of grains meets	K4Define it is important to use the correct tools and
	quality requirements	equipment to prepare and cook grains and pulses
	P5 Use appropriate methods to cook grains	K5Explain to carry out the appropriate cooking methods correctly
	P6 Combine grains with other ingredients	,
	P7 Check that the dish has the correct flavor, consistency and quantity	K6 Explain to finish and season grains and pulses according to requirements
	P8Check that cooking of grains meets quality requirements	
	P9 Correct temperatures for holding grains and Pulses dishes	
LU3: Use basic methods and equipment (under	P1 Identify requirements for preparing and cooking pulses	K1 Explain to store fresh grains and pulses correctly before cooking
indirect supervision from Chef de Partie	P2 Choose and use tools and equipment for preparing and cooking pulses correctly	K2 Explain to check that grains and pulses are fit for preparation and cooking
and other associates) to cook grains and pulses	P3 Use appropriate methods to prepare pulses for cooking	K3 Brief you should do if there are problems with the grains and pulses or other ingredients
	P4 Check that preparation of pulses meets quality requirements	K4Define it is important to use the correct tools and equipment to prepare and cook grains and pulses
	P5 Use appropriate methods to cook pulses	K5Explain to carry out the appropriate cooking methods correctly
	P6 Combine pulses with other ingredients	
	P7 Check that the dish has the correct flavor,	K6 Explain to finish and season grains and pulses according to requirements

	consistency and quantity P8Check that cooking of pulses meets quality requirements	
LU4: Present grains and pulses for service following senior guidance	P1 Garnish and present the dish to meet organizational specifications P2 Make sure dishes are at correct temperature for holding and serving P3 Safely store cooked grains and pulses not for immediate use	K1 Explain to store fresh grains and pulses correctly before cooking K2 Explain to check that grains and pulses are fit for preparation and cooking K3 Brief you should do if there are problems with the grains and pulses or other ingredients K4Define it is important to use the correct tools and equipment to prepare and cook grains and pulses K5Explain to carry out the appropriate cooking methods correctly K6 Explain to finish and season grains and pulses according to requirements

Module 8: Prepare and cook stocks, soups and sauces

Aim: The aim of this module is to develop basic knowledge, skills and understanding to prepare and cook stocks, soups, and sauces

Competency standards	Performance criteria	Knowledge of understanding
LU1: Assemble food and equipment to prepare and cook soups, stocks and sauces	P1 Identify requirements for preparing and cooking soups P2 Choose and use tools and equipment for preparing and cooking soups correctly P3 Use appropriate methods to prepare soups for cooking P4 Check that preparation of soups meets quality requirements P5 Use appropriate methods to cook soups	K1 Explain to store fresh soups, stocks and sauces correctly K2 Explain to check that soups and stocks are fit for preparation and cooking K3 Brief you should do if there are problems with the soups and stocks or other ingredients K4Define it is important to use the correct tools and equipment to prepare and cook soups, stocks and sauces K5Explain to carry out the appropriate cooking methods correctly
	P6 Check that the soup has the correct flavor, consistency and quantity P7Check that cooking of soups meets quality requirements	K6 Explain to finish and season soups, stocks and sauces according to requirements
LU2: Use basic methods and equipment (under indirect supervision from Chef de Partie and other associates)	P1 Identify requirements for preparing and cooking stocks P2 Choose and use tools and equipment for preparing and cooking stocks correctly	K1 Explain to store fresh soups, stocks and sauces correctly K2 Explain to check that soups and stocks are fit for preparation and cooking K3 Brief you should do if there are problems with the soups

to prepare soups, stocks and sauces for cooking	P3 Use appropriate methods to prepare stocks for cooking P4 Check that preparation of stocks meets quality requirements P5 Use appropriate methods to cook stocks P6 Check that the stock has the correct flavor, consistency and quantity P7Check that cooking of stocks meets quality requirements P8 Correct temperatures for holding soups, stocks and sauces	and stocks or other ingredients K4Define it is important to use the correct tools and equipment to prepare and cook soups, stocks and sauces K5Explain to carry out the appropriate cooking methods correctly K6 Explain to finish and season soups, stocks and sauces according to requirements
LU3: Use basic methods and equipment (under indirect supervision from Chef de Partie and other associates) to cook and finish soup, stock and sauce ingredients dishes	P1 Identify requirements for preparing and cooking sauces P2 Choose and use tools and equipment for preparing and cooking sauces correctly P3 Use appropriate methods to prepare sauces for cooking P4 Check that preparation of sauces meets quality requirements P5 Use appropriate methods to cook sauces P6Check that the sauce has the correct flavor, consistency and quantity	K1 Explain to store fresh soups, stocks and sauces correctly K2 Explain to check that soups and stocks are fit for preparation and cooking K3 Brief you should do if there are problems with the soups and stocks or other ingredients K4Define it is important to use the correct tools and equipment to prepare and cook soups, stocks and sauces K5Explain to carry out the appropriate cooking methods correctly K6 Explain to finish and season soups, stocks and sauces according to requirements

	P7Check that cooking of sauce meets quality requirements	
LU4: Present soups, stocks and sauces for service following senior guidance	P1 Garnish and present the dish to meet organizational specifications P2 Make sure dishes are at correct temperature for holding and serving P3 Safely store cooked sauces and soups not for immediate use	K1 Describe how to present soups, stocks and sauces for service according to customers requirements

Module 9: Prepare, bake and finish simple bread and dough products

Aim: The aim of this module to develop basic knowledge, skills and understanding to prepare, bake and finish simple bread and dough products

Competency standards	Performance criteria	Knowledge of understanding
LU1: Assemble food and equipment to prepare and cook	P1 Identify requirements for preparing and cooking bread products	K1 Explain to store fresh simple bread and dough products correctly before cooking
simple bread and dough products	P2 Choose and use tools and equipment for preparing and cooking bread products correctly	K2 Explain to check that bread and dough ingredients are fit for preparation and cooking
	P3 Use appropriate methods to prepare bread products for cooking	K3 Brief you should do if there are problems with the bread and dough ingredients or other ingredients
	P4 Check that preparation for bread products meets quality requirements	K4Define it is important to use the correct tools and equipment to prepare and cook simple bread and dough products
	P5 Use appropriate methods to cook bread products	K5Explain to carry out the appropriate cooking methods correctly
	P6 Check that the dish has the correct flavor, consistency and quantity	K6 Explain to finish and season simple bread and dough products according to requirements
	P7Check that cooking of bread products meets quality requirements	
LU2: Use basic	P1 Identify requirements for preparing and	K1 Explain to store fresh simple bread and dough
methods and	cooking dough products	products correctly before cooking
equipment (under indirect supervision	P2 Choose and use tools and equipment for	K2 Explain to check that bread and dough ingredients are

from Chef de Partie and other associates) to prepare simple bread and dough products for cooking	preparing and cooking dough products correctly P3 Use appropriate methods to prepare dough products for cooking P4 Check that preparation for dough products meets quality requirements P5 Use appropriate methods to cook dough products P6 Check that the dish has the correct flavor, consistency and quantity P7Check that cooking of dough products meets quality requirements P8 Correct temperatures for holding simple	fit for preparation and cooking K3 Brief you should do if there are problems with the bread and dough ingredients or other ingredients K4Define it is important to use the correct tools and equipment to prepare and cook simple bread and dough products K5Explain to carry out the appropriate cooking methods correctly K6 Explain to finish and season simple bread and dough products according to requirements
LU3: Use basic methods and equipment (under indirect supervision from Chef de Partie and other associates) to cook and finish ingredients for simple bread and dough products dishes	P1 Identify requirements for preparing and cooking dough products correctly P2 Choose and use tools and equipment for preparing and cooking dough products correctly P3 Use appropriate methods to prepare dough products correctly for cooking P4 Check that preparation of dough products	K1 Explain to store fresh simple bread and dough products correctly before cooking K2 Explain to check that bread and dough ingredients are fit for preparation and cooking K3 Brief you should do if there are problems with the bread and dough ingredients or other ingredients K4Define it is important to use the correct tools and equipment to prepare and cook simple bread and dough

	correctly meets quality requirements	products
	correctly meets quanty requirements	products
	P5 Use appropriate methods to cook dough	K5Explain to carry out the appropriate cooking methods
	products correctly	correctly
	P6Check that the dough products has the	K6 Explain to finish and season simple bread and dough
	correct flavor, consistency and quantity	products according to requirements
	derived naver, estimated and quantity	products asserting to requirements
	P7Check that cooking of dough products	
	meets quality requirements	
LU4: Present simple	P1 Garnish and present the product to meet	K1 Explain to store fresh simple bread and dough
bread and dough	organizational specifications	products correctly before cooking
products for service		
following senior	P2 Make sure products are at correct	K2 Explain to check that bread and dough ingredients are
guidance	temperature for holding and serving	fit for preparation and cooking
	P3 Safely store cooked simple bread and dough	K3 Brief you should do if there are problems with the
	products not for immediate use	bread and dough ingredients or other ingredients
		KADafina it is important to use the correct tools and
		K4Define it is important to use the correct tools and equipment to prepare and cook simple bread and dough
		products
		K5Explain to carry out the appropriate cooking methods
		correctly
		K6 Explain to finish and season simple bread and dough
		products according to requirements

Module 10: Prepare hot and cold sandwiches

Aim: The aim of this module is to develop basic knowledge, skills and understanding to prepare, hot and cold sandwiches

Competency standards	Performance criteria	Knowledge of understanding
LU1: Assemble food and equipment to	P1 Identify requirements for preparing hot sandwiches	K1 Explain to store fresh hot and cold sandwiches correctly
prepare hot and cold sandwiches	P2 Choose and use tools and equipment for	K2 Explain to check that hot and cold sandwich ingredients are fit for preparation
	preparing hot sandwiches correctly P3 Use appropriate methods to prepare hot	K3 Brief you should do if there are problems with the hot and cold sandwich ingredients
	sandwiches	K4Define it is important to use the correct tools and
	P4Check that the sandwich has the correct flavor, consistency and quantity	equipment to prepare hot and cold sandwiches K5 Explain to garnish hot and cold sandwiches according to
	P5Check that preparation of hot sandwiches meets quality requirements	requirements
LU2: Use basic methods and	P1 Identify requirements for preparing cold sandwiches	K1 Explain to store fresh hot and cold sandwiches correctly
equipment (under indirect supervision	P2 Choose and use tools and equipment for	K2 Explain to check that hot and cold sandwich ingredients are fit for preparation
from Chef de Partie and other associates)	preparing cold sandwiches correctly	K3 Brief you should do if there are problems with the hot
to prepare hot sandwiches	P3 Use appropriate methods to prepare cold sandwiches	and cold sandwich ingredients K4Define it is important to use the correct tools and
	P4Check that the sandwich has the correct flavor, consistency and quantity	equipment to prepare hot and cold sandwiches
		K5 Explain to garnish hot and cold sandwiches according to

	P5Check that preparation of cold sandwiches meets quality requirements P6 Correct temperatures for holding hot and cold sandwiches	requirements
LU3: Use basic methods and equipment (under indirect supervision from Chef de Partie and other associates) to prepare cold sandwiches	P1 Identify requirements for preparing and cooking hot and cold sandwiches P2 Choose and use tools and equipment for preparing and cooking hot and cold sandwiches correctly P3 Use appropriate methods to prepare hot and cold sandwiches for cooking P4 Check that preparation of hot and cold sandwiches meets quality requirements P5 Use appropriate methods to hot and cold sandwiches sauces P6Check that the hot and cold sandwiches has the correct flavor, consistency and quantity P7Check that cooking of hot and cold sandwiches meets quality requirements	K1 Explain to store fresh hot and cold sandwiches correctly K2 Explain to check that hot and cold sandwich ingredients are fit for preparation K3 Brief you should do if there are problems with the hot and cold sandwich ingredients K4Define it is important to use the correct tools and equipment to prepare hot and cold sandwiches K5 Explain to garnish hot and cold sandwiches according to requirements
LU4: Present hot and cold sandwiches for service following senior guidance	P1 Garnish and present the sandwich to meet organizational specifications P2 Make sure hot and cold sandwiches are at	K1 Explain to store fresh hot and cold sandwiches correctly K2 Explain to check that hot and cold sandwich ingredients are fit for preparation

	•	K3 Brief you should do if there are problems with the hot and cold sandwich ingredients
for immediate use		K4Define it is important to use the correct tools and equipment to prepare hot and cold sandwiches
		K5 Explain to garnish hot and cold sandwiches according to requirements

Module 11: Prepare and finish simple sweet dishes

Aim: The aim of this module is to develop basic knowledge, skills and understanding to prepare, and finish simple sweet dishes

Competency standards	Performance criteria	Knowledge of understanding
LU1: Assemble food and equipment to prepare and finish	P1 Identify requirements for preparing and baking simple gateaux	K1 Explain to store fresh and finish simple sweet dishes correctly
simple sweet dishes	P2 Choose and use tools and equipment for preparing and baking simple gateaux correctly	K2 Explain to check that the ingredients for simple sweet dishes are fit for preparation
	P3 Use appropriate methods to prepare simple gateaux for baking	K3 Brief you should do if there are problems with the ingredients for simple sweet dishes
	P4 Check that preparation for simple gateaux meets quality requirements	K4 Define it is important to use the correct tools and equipment to prepare and finish simple sweet dishes
	P5 Use appropriate methods to bake simple gateaux	K5 Explain to garnish and finish simple sweet dishes according to requirements
	P6 Check that the gateau has the correct flavor, consistency and quantity	
	P7 Check that cooking of simple gateaux meets quality requirements	
LU2: Use basic methods and equipment (under	P1 Identify requirements for preparing and cooking simple pastries	K1 Explain to store fresh and finish simple sweet dishes correctly
indirect supervision from Chef de Partie and other associates)	P2 Choose and use tools and equipment for preparing and cooking simple pastries correctly	K2 Explain to check that the ingredients for simple sweet dishes are fit for preparation

to prepare and finish simple sweets and gateaux	P3 Use appropriate methods to prepare simple pastries for cooking P4 Check hat preparation for simple pastries meets quality requirements P5 Use appropriate methods to cook simple pastries P6 Check that the pastries have the correct flavor, consistency and quantity P7 Check that cooking of simple pastries meets quality requirements P8 Correct temperatures for holding and finish simple sweet dishes	K3 Brief you should do if there are problems with the ingredients for simple sweet dishes K4 Define it is important to use the correct tools and equipment to prepare and finish simple sweet dishes K5 Explain to garnish and finish simple sweet dishes according to requirements
LU3: Use basic methods and equipment (under indirect supervision from Chef de Partie and other associates) to prepare and finish simple pastries	P1 Identify requirements for preparing and cooking simple cakes P2 Choose and use tools and equipment for preparing and cooking simple cakes correctly P3 Use appropriate methods to prepare simple cakes for cooking P4 Check that preparation for simple cakes meets quality requirements P5 Use appropriate methods to cook simple cakes	K1 Explain to store fresh and finish simple sweet dishes correctly K2 Explain to check that the ingredients for simple sweet dishes are fit for preparation K3 Brief you should do if there are problems with the ingredients for simple sweet dishes K4 Define it is important to use the correct tools and equipment to prepare and finish simple sweet dishes K5 Explain to garnish and finish simple sweet dishes according to requirements

	P6 Check that the cake has the correct flavor, consistency and quantity P7 Check that cooking of simple cakes meets quality requirements	
LU4: Use basic methods and equipment (under indirect supervision from Chef de Partie and other associates) to prepare and finish simple cakes	P1 Garnish and present the sweet dishes to meet organizational specifications P2 Make sure sweet dishes are at correct temperature for holding and serving P3 Safely store sweet dishes not for immediate use	K1 Explain to store fresh and finish simple sweet dishes correctly K2 Explain to check that the ingredients for simple sweet dishes are fit for preparation K3 Brief you should do if there are problems with the ingredients for simple sweet dishes K4 Define it is important to use the correct tools and equipment to prepare and finish simple sweet dishes K5 Explain to garnish and finish simple sweet dishes according to requirements

Module 12: Complete kitchen shift effectively

Aim: The aim of this module is to develop basic knowledge, skills and understanding to completing kitchen shift effectively

Competency standards	Performance criteria	Knowledge of understanding
LU1: Clear kitchen work area of equipment and food products	P1 Select and use appropriate tools, specialist equipment and method for cleaning your work area P2 Restore your work area to a safe and tidy condition P3 Make sure that any food, tools and equipment that you may need for the next shift are set up ready for use P4 Store all food, tools and equipment in line with organizational requirements P5 Handle and dispose of waste materials appropriately according to organizational and legal requirements P6Report any problems associated with cleaning, storing or disposing of materials and equipment to the relevant person	K1 Brief standards of cleanliness and tidiness are expected when clearing the work area K2 Brief cleaning equipment to use for different tools and equipment K3 Brief the methods and procedures are for safe storage of food, tools and equipment K4 Brief the organization's procedures are for dealing with and disposing of waste material K5 Types of waste material generated in the work area K6 Brief personal protective clothing is required and Explain to use it
LU2: Ensure that all kitchen equipment and surfaces are cleaned	P1 Select appropriate equipment and products for cleaning and sanitizing equipment and surfaces	K1 Brief standards of cleanliness and tidiness are expected when clearing the work area K2 Brief cleaning equipment to use for different tools and

and sanitized	P2 Pre-soak any equipment, tools and utensils	equipment
	as required to free food particles and grease	K3 Brief the methods and procedures are for safe storage
	P3 Use appropriate equipment, products and	of food, tools and equipment
	methods to clean and sanitize equipment and surfaces	K4 Brief the organization's procedures are for dealing with and disposing of waste material
	P4 Ensure that equipment and products used for cleaning are in good condition and changed when required	K5 Types of waste material generated in the work area K6 Brief personal protective clothing is required and
	P5 Store equipment and products for cleaning and sanitizing equipment and surfaces after use according to organizational requirements	Explain to use it
	P6Report to supervisor any problems with cleaning, equipment or products	
LU3: Ensure all surplus food, equipment and materials are returned	P1 Identify and return unused food items to the kitchen or to the concerned department	K1 Organizational procedures for returning surplus food, equipment and material to the appropriate department
from the kitchen to the appropriate	P2 Identify and return equipment and materials to the appropriate store	K2 The process for recording returns of surplus food, equipment and material to the appropriate department
department	P3 Maintain proper log books or records of returned items	K3 Must understand the disciplinary actions against any violation of the rule
	P4 Advise supervisor of any problems with returning surplus food, equipment and material to the appropriate department	
LU4: Hand over to next kitchen shift if	P1 Ensure that work area is fully maintained	K1 Procedures for handing over to next shift

appropriate	ready for next shift P2 Ensure that next shift is prepared and ready for handover	K2 Explain to notify next shift any special requirements, events, requests or comments relating to guests in order to maintain customer service
	P3 Notify next shift of any special requirements, events, requests or comments relating to guests in order to maintain customer service	K3 Explain to notify next shift of any problems with the service, equipment or products K4 Explain to make appropriate entries in logbooks
	P4 Notify next shift of any problems with the service, equipment or products	
	P5 Complete any logbook entries as required by organization	
	P6 Leave work area promptly and courteously	

Tools and equipment

Preparation equipment

20 sets of knives (different types), peeling knives, carving knives, chef knives, etc

3 graters

5 measuring scale

2 refrigerators (maintain temperature from 3 to 5 degrees)

2 freezers (maintain temperature from -18 to -20 degrees)

12 (3 each), chopping boards (different colours – refer to HACCP regulations)

Utensils including

15 (5 each), pans (large, small, medium)

15 (5 each), bowls

5 sets measuring spoons

10 forks

1 bread slicer

2 (1 each), mixers (large, small)

2 blenders

2 toasters

5 tin openers

5 peelers

1 potato cutter

3 choppers

1 mincing machine

1 bone saw cutters

1 patties maker

2 beaters

2 mashers

20 baking trays

Cooking equipment

- 8 burners/stoves
- 1 each ovens (convection oven, deck oven, tandoori oven)
- 1 microwaves oven
- 1 grill
- 1 tilting pan
- 1 steamer
- 1 salamander
- 1 Panini machine
- 1 Wok
- 1 blender heavy duty
- 20 bread pans
- 20 bun pans
- 20 baguette pans
- 2 juicers
- 1 juice extractor
- 1 deep fryer
- 5 rolling pins
- 5 pastry brushes

Presentation equipment

- 20 plates
- 20 platters
- 20 silver salvers
- 20 serving dishes
- 20 sauceboats
- Details of requirements, including food check from food outlet

Other general equipment and materials

1 example copy of organizational guidelines for all operations

1 example copy of Standard Operating Procedures for all procedures

1 example copy of Communication Manual

20 copies of example notes from daily briefing

20 copies of recipes and methods of preparation and cooking

20 nutritional values charts

1 set of tools and equipment for disposing of waste, including waste disposal units, recycling bins, garbage drums on wheels (foot operated) with garbage bags included

Fire, first aid and safety equipment

1 example copy of food safety guidelines

1 example copy of HACCP standards

5 sets of equipment and materials for washing hands, including sanitizing soap, suitable wash basin, hand towels Illustrative range of emergency notices

1 set of fire equipment, including the provision of fire exits, fire doors, fire extinguishers, alarm systems, emergency lighting, fire safety and exit signs

1 set of first aid equipment: Food safety plasters, in a variety of different sizes and shapes; small, medium and large sterile gauze dressings; sterile eye dressings; triangular bandages; crêpe rolled bandages; safety pins; disposable sterile gloves; scissors; alcohol-free cleansing wipes; tape; distilled water, for cleaning wounds and as an eye bath

1 example copy of logbooks for recording accidents and incidents

Cleaning equipment

5 sets of small cleaning equipment to use for different tools and equipment, including cloths, dusters, mops, brushes, buckets 1 set large cleaning equipment, including dishwasher, jet washer, wet and dry vacuum cleaner

Specific materials for Module 11

Directories of existing businesses
Examples of business plans
Examples of financial plans
Advertising materials for potential business premises
Copies of job advertisements for hospitality jobs
Information on sources of finance
Business planner templates

Start-up-costs estimator

Business information, including company annual reports, journals, magazines, company websites and newspapers 1 class set details of potential competitors, including brochures, websites and promotional materials

1 class set case studies of examples of communication methods and how they are used to promote a business

1 completed class copy as example plus 20 blank copies guest research tools, including questionnaires and surveys

1 class set case studies of arrangements agreed between business owners and other people or organizations

Uniform (may be purchased by students)

Black trousers
White Chef's jacket
White Chef's cap
White neckerchief
White apron
Safety trainers or boots
Disposable gloves



National Vocational & Technical Training Commission (NAVTTC)

5th Floor Evacuee Trust Complex Sector F-5/1, Islamabad.

T +92 51 904404

F +92 51 904404

E info@navttc.org

I http://www.navttc.org/