

	Curriculum Document			
Curriculum Code	Curriculum Title			
512101000	Cook			
	Name	Email	Phone	Logo
Development Quality Partner	CATHSSETA	Dimphe@cathsseta.org.za	011 217 0600	

Table of content

SECTION 1: CURRICULUM SUMMARY	4
1. Occupational Information	4
1.1 Associated Occupation	4
1.2 Occupation or Specialisation Addressed by this Curriculum	4
1.3 Alternative Titles used by Industry	4
2. Curriculum Information	4
2.1 Curriculum Structure	4
2.2 Entry Requirements	5
3. Assessment Quality Partner Information	5
4. Part Qualification Curriculum Structure	5
SECTION 2: OCCUPATIONAL PROFILE	8
1. Occupational Purpose	8
2. Occupational Tasks	8
3. Occupational Task Details	8
SECTION 3: CURRICULUM COMPONENT SPECIFICATIONS	11
SECTION 3A: KNOWLEDGE MODULE SPECIFICATIONS	11
1. 512101000-KM-01, Personal hygiene and safety, NQF Level 3, Credits 3.....	12
2. 512101000-KM-02, Food safety and quality assurance, NQF Level 4, Credits 5	16
3. 512101000-KM-03, Workplace safety, NQF Level 4, Credits 5	20
4. 512101000-KM-04, Numeracy, units of measurement and computer literacy, NQF Level 3, Credits 3	25
5. 512101000-KM-05, Environmental awareness, NQF Level 3, Credits 2	28
6. 512101000-KM-06, Introduction to Nutrition and Diets, NQF Level 4, Credits 4.....	30
7. 512101000-KM-07, Basic Ingredients, NQF Level 3, Credits 4	33
8. 512101000-KM-08, Theory of food production, NQF Level 5, Credits 5	36
9. 512101000-KM-09, Introduction to the kitchen, and the hospitality and catering industry, NQF Level 2, Credits 2	39
10. 512101000-KM-10, Theory of commodity resource management, NQF Level 4, Credits 241	
11. 512101000-KM-11, Food preparation methods, NQF Level 2, Credits 4.....	43
12. 512101000-KM-12, Food preparation techniques, NQF Level 3, Credits 4	46
13. 512101000-KM-13, Food cooking methods and techniques, NQF Level 3, Credits 10.....	49
14. 512101000-KM-14, Personal Development as a cook, NQF Level 2, Credits 4	52
SECTION 3B: PRACTICAL SKILL MODULE SPECIFICATIONS	56
1. 512101000-PM-01, Prepare and assemble food items using different methods and techniques, equipment and utensils, NQF Level 3, Credits 6	57

2. 512101000-PM-02, Cook food items using different methods and techniques, equipment and utensils, NQF Level 4, Credits 14	61
3. 512101000-PM-03, Implement food production, NQF Level 3, Credits 6	67
4. 512101000-PM-04, Maintain food production systems, NQF Level 5, Credits 16.....	71
5. 512101000-PM-05, Document and report on kitchen activities, NQF Level 3, Credits 2	75
6. 512101000-PM-06, Assist with kitchen activities, NQF Level 2, Credits 4.....	78
SECTION 3C: WORK EXPERIENCE MODULE SPECIFICATIONS	82
1. 512101000-WM-01, Preparation processes and procedures to provide cooking services within the cook-serve or cook-chill/freeze food production environment, NQF Level 4, Credits 30	83
2. 512101000-WM-02, Hygiene practices and cleaning processes and procedures within the cook-serve or cook-chill/freeze food production environment, NQF Level 2, Credits 5.....	88
3. 512101000-WM-03, Processes and procedures for communicating with and assisting other kitchen personnel within a cook-serve or cook-chill/freeze food production environment, NQF Level 4, Credits 4.....	91
4. 512101000-WM-04, Processes and procedures for preparing and assembling a variety of food items using different methods and techniques, equipment and utensils, and to accommodate special dietary requirements, NQF Level 3, Credits 8.....	95
5. 512101000-WM-05, Processes and procedures for cooking a variety of food items using different methods and techniques, equipment and utensils, NQF Level 4, Credits Cr 32	101
SECTION 4: STATEMENT OF WORK EXPERIENCE	105

SECTION 1: CURRICULUM SUMMARY

1. Occupational Information

1.1 Associated Occupation

512101: Cook

1.2 Occupation or Specialisation Addressed by this Curriculum

512101000: Cook

1.3 Alternative Titles used by Industry

- Commis Chef
- Restaurant Cook
- Deli Cook
- Catering Cook

2. Curriculum Information

2.1 Curriculum Structure

This qualification is made up of the following compulsory Knowledge and Practical Skill Modules:

Knowledge Modules:

- 512101000-KM-01, Personal hygiene and safety, NQF Level 3, Credits **3**
- 512101000-KM-02, Food safety and quality assurance, NQF Level 4, Credits **5**
- 512101000-KM-03, Workplace safety, NQF Level 4, Credits **5**
- 512101000-KM-04, Numeracy, units of measurement and computer literacy, NQF Level 3, Credits 3
- 512101000-KM-05, Environmental awareness, NQF Level 3, Credits 2
- 512101000-KM-06, Introduction to Nutrition and Diets, NQF Level 4, Credits **4**
- 512101000-KM-07, Basic Ingredients, NQF Level 3, Credits **4**
- 512101000-KM-08, Theory of food production, NQF Level 5, Credits **5**
- 512101000-KM-09, Introduction to the kitchen, and the hospitality and catering industry, NQF Level 2, Credits 2
- 512101000-KM-10, Theory of commodity resource management, NQF Level 4, Credits **2**
- 512101000-KM-11, Food preparation methods, NQF Level 2, Credits 4
- 512101000-KM-12, Food preparation techniques, NQF Level 3, Credits 4
- 512101000-KM-13, Food cooking methods and techniques, NQF Level 3, Credits 10
- 512101000-KM-14, Personal Development as a cook, NQF Level 2, Credits 4

Total number of credits for Knowledge Modules: 57

Practical Skill Modules:

- 512101000-PM-01, Prepare and assemble food items using different methods and techniques, equipment and utensils, NQF Level 3, Credits **6**

- 512101000-PM-02, Cook food items using different methods and techniques, equipment and utensils, NQF Level 4, Credits **14**
- 512101000-PM-03, Implement food production, NQF Level 3, Credits **6**
- 512101000-PM-04, Maintain food production systems, NQF Level 5, Credits **16**
- 512101000-PM-05, Document and report on kitchen activities, NQF Level 3, Credits **2**
- 512101000-PM-06, Assist with kitchen activities, NQF Level 2, Credits **4**

Total number of credits for Practical Skill Modules: 48

This qualification also requires the following Work Experience Modules:

- 512101000-WM-01, Preparation processes and procedures to provide cooking services within the cook-serve or cook-chill/freeze food production environment, NQF Level 4, Credits **30**
- 512101000-WM-02, Hygiene practices and cleaning processes and procedures within the cook-serve or cook-chill/freeze food production environment, NQF Level 2, Credits 5
- 512101000-WM-03, Processes and procedures for communicating with and assisting other kitchen personnel within a cook-serve or cook-chill/freeze food production environment, NQF Level 4, Credits **4**
- 512101000-WM-04, Processes and procedures for preparing and assembling a variety of food items using different methods and techniques, equipment and utensils, and to accommodate special dietary requirements, NQF Level 3, Credits 8
- 512101000-WM-05, Processes and procedures for cooking a variety of food items using different methods and techniques, equipment and utensils, NQF Level 4, Credits **32**

Total number of credits for Work Experience Modules: 79

2.2 Entry Requirements

NQF Level 1 or at least 16 years of age

3. Assessment Quality Partner Information

Name of body: CATHSSETA

Address of body: 1 Newtown Avenue Killarney 2193

Contact person name: Dimpho Phungwayo

Contact person work telephone number: 011 217 0600

4. Part Qualification Curriculum Structure

Part Qualification 1:

Title:

Kitchenhand, NQF Level 3, Credits 52

Purpose:

Assists kitchen and service staff to prepare and serve food, and cleans food preparation and service areas

Applicable Modules (Rules of Combination)

Knowledge Modules:

- 512101000-KM-01, Personal hygiene and safety, NQF Level 3, Credits 3
- 512101000-KM-02, Food safety and quality assurance, NQF Level 4, Credits 5
- 512101000-KM-03, Workplace safety, NQF Level 4, Credits 5
- 512101000-KM-09, Introduction to the kitchen, and the hospitality and catering industry, NQF Level 2, Credits 2
- 512101000-KM-11, Food preparation methods, NQF Level 2, Credits 4

Total number of credits for Knowledge Modules: 19

Practical Skill Modules:

- 512101000-PM-01, Prepare and assemble food items using different methods and techniques, equipment and utensils, NQF Level 3, Credits 6
- 512101000-PM-03, Implement food production, NQF Level 3, Credits 6
- 512101000-PM-06, Assist with kitchen activities, NQF Level 2, Credits 4

Total number of credits for Practical Skill Modules: 16

This qualification also requires the following Work Experience Modules:

- 512101000-WM-02, Hygiene practices and cleaning processes and procedures within the cook-serve or cook-chill/freeze food production environment, NQF Level 2, Credits 5
- 512101000-WM-04, Processes and procedures for preparing and assembling a variety of food items using different methods and techniques, equipment and utensils, and to accommodate special dietary requirements, NQF Level 3, Credits 8

Total number of credits for Work Experience Modules: 13

PQ Integrated Assessment Focus Area

Assist kitchen and service staff to prepare and serve food, and clean service areas (5 %)

Associated Assessment Criteria

- All service and associated areas and items are cleaned and all items are returned to the designated areas
- Sanitation, health and safety standards are maintained in service and associated areas
- Assistance and support are provided to kitchen personnel to maintain high levels of cleanliness, efficient food production, and to ensure all service requirements are met.

PQ Integrated Assessment Focus Area

Hygienically prepare and assemble food, and clean food preparation areas (5 %)

Associated Assessment Criteria

- All work areas and items are cleaned and all items are returned to the designated areas
- Sanitation, health and safety standards are maintained in work and associated areas
- High levels of cleanliness are maintained in food production to ensure all service requirements are met.
- Food items are assembled and presented in accordance with work instruction

Part Qualification 2:

Title:

Food Handler, NQF Level 2, Credits 28

Purpose:

Hygienically prepares and assembles food, and cleans food preparation areas

Applicable Modules (Rules of Combination)

Knowledge Modules:

- 512101000-KM-01, Personal hygiene and safety, NQF Level 3, Credits **3**
- 512101000-KM-02, Food safety and quality assurance, NQF Level 4, Credits **5**
- 512101000-KM-03, Workplace safety, NQF Level 4, Credits **5**

Total number of credits for Knowledge Modules: 13

Practical Skill Modules:

- 512101000-PM-01, Prepare and assemble food items using different methods and techniques, equipment and utensils, NQF Level 3, Credits **6**
- 512101000-PM-06, Assist with kitchen activities, NQF Level 2, Credits **4**

Total number of credits for Practical Skill Modules: 10

This qualification also requires the following Work Experience Modules:

- 512101000-WM-02, Hygiene practices and cleaning processes and procedures within the cook-serve or cook-chill/freeze food production environment, NQF Level 2, Credits **5**

Total number of credits for Work Experience Modules: 5

PQ Integrated Assessment Focus Area

Hygienically prepare and assemble food, and clean food preparation areas (5 %)

Associated Assessment Criteria

- All work areas and items are cleaned and all items are returned to the designated areas
- Sanitation, health and safety standards are maintained in work and associated areas
- High levels of cleanliness are maintained in food production to ensure all service requirements are met.
- Food items are assembled and presented in accordance with work instructions

SECTION 2: OCCUPATIONAL PROFILE

1. Occupational Purpose

Prepares, seasons and cooks food items in professional hotels, restaurants and catering (HORECA) establishments

2. Occupational Tasks

- Prepare food production and associated areas, commodities, staff and cooking environment (NQF Level 4)
- Communicate with and assist other kitchen personnel (NQF Level 3)
- Prepare, cook and assemble specific food items using the correct method and techniques to meet customer and organisational requirements (NQF Level 4)
- Assist kitchen and service staff to prepare and serve food, and clean food preparation and service areas (NQF Level 3)

3. Occupational Task Details

3.1. Prepare food production and associated areas, commodities, staff and cooking environment (NQF Level 4)

Unique Product or Service:

Clean and safe food production environment

Occupational Responsibilities:

- Implement food production
- Maintain food production systems

Occupational Contexts:

- Preparation processes and procedures to provide cooking services within the cook-serve or cook-chill/freeze food production environment
- Hygiene practices and cleaning processes and procedures within the cook-serve or cook-chill/freeze food production environment

3.2. Communicate with and assist other kitchen personnel (NQF Level 3)

Unique Product or Service:

Functional teamwork

Occupational Responsibilities:

- Document and report on kitchen activities

Occupational Contexts:

- Processes and procedures for communicating with and assisting other kitchen personnel within a cook-serve or cook-chill/freeze food production environment

3.3. Prepare, cook and assemble specific food items using the correct method and techniques to meet customer and organisational requirements (NQF Level 4)

Unique Product or Service:

Food items prepared, cooked and assembled

Occupational Responsibilities:

- Prepare and assemble food items using different methods and techniques, equipment and utensils
- Cook food items using different methods and techniques, equipment and utensils

Occupational Contexts:

- Processes and procedures for cooking a variety of food items using different methods and techniques, equipment and utensils

3.4. Assist kitchen and service staff to prepare and serve food, and clean food preparation and service areas (NQF Level 3)**Unique Product or Service:**

Kitchen and service staff assisted

Occupational Responsibilities:

- Assist with kitchen activities

Occupational Contexts:

- Processes and procedures for preparing and assembling a variety of food items using different methods and techniques, equipment and utensils, and to accommodate special dietary requirements

SECTION 3: CURRICULUM COMPONENT SPECIFICATIONS

SECTION 3A: KNOWLEDGE MODULE SPECIFICATIONS

List of Knowledge Modules for which Specifications are included

- 512101000-KM-01, Personal hygiene and safety, NQF Level 3, Credits **3**
- 512101000-KM-02, Food safety and quality assurance, NQF Level 4, Credits **5**
- 512101000-KM-03, Workplace safety, NQF Level 4, Credits **5**
- 512101000-KM-04, Numeracy, units of measurement and computer literacy, NQF Level 3, Credits **3**
- 512101000-KM-05, Environmental awareness, NQF Level 3, Credits **2**
- 512101000-KM-06, Introduction to Nutrition and Diets, NQF Level 4, Credits **4**
- 512101000-KM-07, Basic Ingredients, NQF Level 3, Credits **4**
- 512101000-KM-08, Theory of food production, NQF Level 5, Credits **5**
- 512101000-KM-09, Introduction to the kitchen, and the hospitality and catering industry, NQF Level 2, Credits **2**
- 512101000-KM-10, Theory of commodity resource management, NQF Level 4, Credits **2**
- 512101000-KM-11, Food preparation methods, NQF Level 2, Credits **4**
- 512101000-KM-12, Food preparation techniques, NQF Level 3, Credits **4**
- 512101000-KM-13, Food cooking methods and techniques, NQF Level 3, Credits **10**
- 512101000-KM-14, Personal Development as a cook, NQF Level 2, Credits **4**

1. 512101000-KM-01, Personal hygiene and safety, NQF Level 3, Credits 3

1.1 Purpose of the Knowledge Modules

The main focus of the learning in this knowledge module is to build an understanding of The main focus of the learning in this knowledge module is to provide the learner with an opportunity to build a sound theoretical understanding of what personal hygiene and personal safety is when working in the kitchen and be positioned to implement and maintain this knowledge within the hospitality and catering industry as prescribed in accordance with the South African Professional Chef Guidelines and Criteria. The learning contract time, which is the time that reflects the required duration of enrolment for this module, is at least 3.75 days.

The learning will enable learners to demonstrate an understanding of:

- KM-01-KT01: Principles of personal hygiene (30%)
- KM-01-KT02: Theory and concepts of professional behaviour and professional appearance (30%)
- KM-01-KT03: Principles of personal safety (40%)

1.2 Guidelines for Topics

1.2.1. KM-01-KT01: Principles of personal hygiene (30%)

Topic elements to be covered include:

- KT0101 Theory of good personal hygiene standards
- KT0102 Concept and consequences of unhygienic practices and not reporting illnesses and infections

Internal Assessment Criteria and Weight

- IAC0101 Describe what are good personal hygiene standards in the hospitality and catering industry which includes short fingernails, no false nails or eyelashes; neat, clean and tied back hair; no strong perfumes, minimal makeup, and hygienic tasting utensils and procedures
- IAC0102 Explain and discuss why and when hands need to be washed properly to demonstrate personal hygiene standards in the hospitality and catering industry, and how to wash hands, using a separate hand washing basin
- IAC0103 Discuss how illnesses and infections should be dealt with appropriately (including types of illness and infections such as hepatitis A, diarrhoea, vomiting, colds, sore throats, congested eyes, skin infections, stomach upset, suspected food poisoning); what constitute awareness of illnesses and infections
- IAC0104 Discuss the consequences of the following unhygienic practices including eating/chewing, spitting, sneezing/blowing nose, nail biting, scratching, smoking, visiting the toilet, handling cleaning fluids, handling waste/bins, handling cell phone, keys, infrequent cleaning of oneself and working environment, touching any part of the body, face or hair

(Weight 30%)

1.2.2. KM-01-KT02: Theory and concepts of professional behaviour and professional appearance (30%)

Topic elements to be covered include:

- KT0201 Principles of professional behaviour in the hospitality and catering industry
- KT0202 Principles of professional personal appearance in the hospitality and catering industry
- KT0203 Concept of the importance of professional behaviour, personal appearance, and the role of teamwork in the hospitality and catering industry

Internal Assessment Criteria and Weight

- IAC0201 Describe professional behaviour in the workplace reflecting the importance of punctuality, reliability, honesty, integrity, mature approach to work, workplace and professional pride, role-model in conduct and etiquette, clear communication, good working relationships with suppliers, customers, managers, colleagues and sub-ordinates; Not promoting sexual and racial harassment, use of excessive alcohol and recreational drugs
- IAC0202 Describe professional personal appearance in the hospitality and catering industry including being a role-model of hygiene, appropriate and clean uniform and personal grooming
- IAC0203 Discuss the reasons for placing importance on professional behaviour and personal appearance including upholding a positive image of the profession and role-model for juniors, maintaining a positive image of the establishment to attract customers, reassuring customers as well as career and job satisfaction
- IAC0204 Explain the role of teamwork in the hospitality and catering industry for effective communication and effective co-ordination of tasks shared across kitchen sections, over shifts (hand-overs), over a period of preparation days, on-site and off-site, with various suppliers and other role-players

(Weight 30%)

1.2.3. KM-01-KT03: Principles of personal safety (40%)

Topic elements to be covered include:

- KT0301 Principles of using gloves and plasters
- KT0302 Principles of using professional uniform and protective design features
- KT0303 Principles of wearing jewellery and accessories
- KT0304 Principles of reducing risk of personal injury

Internal Assessment Criteria and Weight

- IAC0301 Discuss how, where and when plasters and gloves are required to be worn
- IAC0302 Explain the advantages of wearing gloves to include barrier for cuts, reduction of bacterial contamination, public perception

- IAC0303 Explain the disadvantages of wearing gloves to include skin infection, cost, false sense of security i.e. gloves not changed frequently enough or taken to the toilet
- IAC0304 Describe the kind of plasters that are recommended for use in case of cuts and wounds to include non-food, non-skin coloured (blue) plaster, waterproof with metal strip (for metal detectors to find), on the wound then covered with a disposable glove
- IAC0305 Discuss what constitutes the wearing of a correct professional uniform being clean and in good condition with protective clothing design features to include long sleeves to protect arms, apron to protect legs, non-slip closed shoes to protect feet, headgear or hairnet, no external pockets, press studs and velcro rather than buttons, covers all own clothes, durable, easy to clean, preferably light coloured
- IAC0306 Explain what are the only pieces of jewellery that can be worn and discuss why piercings should be covered
- IAC0307 Identify injuries (such as Back/spinal injuries, muscular injuries, fractures, sprains, cuts and bruises) arising from incorrect manual handling of large or heavy items
- IAC0308 Discuss ways of reducing risk of personal injury by correct manual handling (carrying and lifting) procedures in terms of assessing the task, planning the route, checking the environment, following the correct lifting and putting down procedure
- IAC0309 Discuss how to reduce risk of personal injury by identifying ways in which machinery/equipment can cause injuries
- IAC0310 Discuss how to reduce risk of personal injury by reflecting the importance of keeping your personal work area/space neat and tidy

(Weight 40%)

1.3 Provider Programme Accreditation Criteria

Physical Requirements:

- Classroom/lecture hall facilities with furniture (chairs and tables, audio/visual equipment and all other equipment conducive to a learning environment)
- Administration facilities with computer, printer and electronic consumables
- Handouts and stationery
- Professional cooking learning material mapped to the outcomes and assessment criteria of the Chef curriculum

Human Resource Requirements:

- Facilitator/learner ratio 1 to 32
- Facilitators with a qualification in professional cookery at NQF level 4 or equivalent and 2 years industry experience
- Assessors with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and an assessor qualification or assessor experience.

- A moderator, with moderator qualification or experience

Legal Requirements:

- Compliant with institutional requirements including Certificate of registration, tax clearance certificate and audited financial statements
- Compliant with Compensation for Occupational Injuries and Diseases Act (COIDA) requirements and current valid Certificate Of Good Standing (COGS)
- Compliant with safety, health, environmental, risk and quality (SHERQ) requirements including first aid certificates, evacuation plan and a health and safety policy (including food safety policy)
- Professional Body membership as a skills development provider (SDP) will be preferable
- Any other statutory requirements relevant to the specific context (e.g. South African Professional Chef Criteria and Guidelines, Occupational Health and Safety (OHS) Act etc.)

1.4 Exemptions

- 343401100-KM-01, Personal hygiene and safety, NQF Level 3, Credits 3

2. 512101000-KM-02, Food safety and quality assurance, NQF Level 4, Credits 5

2.1 Purpose of the Knowledge Modules

The main focus of the learning in this knowledge module is to build an understanding of The main focus of the learning in this knowledge module is to provide the learner with an opportunity to build a sound theoretical understanding of what food safety and quality assurance is when working in the kitchen and be positioned to implement and maintain this knowledge within the hospitality and catering industry as prescribed in accordance with the South African Professional Chef Guidelines and Criteria. The learning contract time, which is the time that reflects the required duration of enrolment for this module, is at least 6.25 days.

The learning will enable learners to demonstrate an understanding of:

- KM-02-KT01: Theory and concepts of food borne illnesses, direct contamination and cross-contamination (30%)
- KM-02-KT02: Principles of preparing, defrosting, cooking, holding, cooling and serving food safely (40%)
- KM-02-KT03: Principles of food safety management systems (30%)

2.2 Guidelines for Topics

2.2.1. KM-02-KT01: Theory and concepts of food borne illnesses, direct contamination and cross-contamination (30%)

Topic elements to be covered include:

- KT0101 Symptoms of Food borne illness
- KT0102 Concept of chemical contamination
- KT0103 Concept of physical contamination
- KT0104 Concept of biological contamination
- KT0105 Principles of transferring micro-organisms in the work environment
- KT0106 Principles of storage in order to prevent cross-contamination

Internal Assessment Criteria and Weight

- IAC0101 Describe symptoms of Food borne illness including Diarrhoea, Vomiting, Nausea, Stomach ache and fever
- IAC0102 Explain and discuss chemical contamination including cleaning products, poisons
- IAC0103 Explain and discuss physical contamination including glass, rodent and human hair, insects, worms, droppings, flaking paint chips, plastic pieces, metal screws, jewellery, plasters and packaging
- IAC0104 Explain and discuss biological contamination through fungi (Yeasts, Moulds) and algae, Viruses, parasites, Pathogenic bacteria, Natural Toxins and allergens and intolerances (such as nuts, wheat, dairy, gluten, shellfish, fish, fungus)
- IAC0105 Discuss the conditions under which fungi (yeasts and moulds) will grow which will include needing a carbohydrate (sugar) food source, requiring moisture, moderate pH,

warmth, time; lay dormant below 0°C, survive up to 52°C and are mainly responsible for food spoilage

- IAC0106 Discuss the conditions under which pathogenic bacteria will grow including needing a protein food source, moisture, moderate pH, warmth, time, lay dormant below 0°C, survive up to 75°C and spores up to 125°C and are mainly responsible for food borne illness
- IAC0107 Discuss how cross-contamination happens through transferring micro-organisms from one person, surface or food to another person and surface or food
- IAC0108 Discuss the principles of correct food storage in order to prevent cross-contamination including storing raw foods below cooked foods to prevent drip contamination
- IAC0109 Discuss how to prevent cross-contamination including using colour coded boards, no dirty kitchen cloths, using separate work-sections and storage areas, cleaning and sanitising equipment and work-sections between uses and keeping foods properly labelled, dated and covered both before and after preparation

(Weight 30%)

2.2.2. KM-02-KT02: Principles of preparing, defrosting, cooking, holding, cooling and serving food safely (40%)

Topic elements to be covered include:

- KT0201 Principles of temperature ranges
- KT0202 Concept of Temperature Danger Zone
- KT0203 Principles of time and temperature
- KT0204 Principles of safe cooking and re-heating temperatures
- KT0205 Principles of safe holding and serving temperatures
- KT0206 Principles of safe methods of cooling food
- KT0207 Principles of safe methods of defrosting/thawing food
- KT0208 Principles of safe methods of freezing food

Internal Assessment Criteria and Weight

- IAC0201 Discuss the various temperature ranges for the preparation, defrosting, cooking, holding, cooling and serving food safely including ambient temperature range of 18°C to 21°C, temperature range of a fridge should be between 0°C and 5°C and the minimum temperature of a freezer should be -18°C, (core temperature of the product -12°C) and -25°C in the case of ice cream (core temperature of the product -18°C)
- IAC0202 Explain and discuss what is the temperature danger zone which is between 5°C and 65°C including where bacteria multiply most rapidly between 16-49°C, as the reason for keeping cold food cold (below 5°C), and hot food hot (above 65°C)

- IAC0203 Explain and describe what time and temperature abuse is within the danger zone including only keeping food for a maximum of 4 hours in the danger zone and the 2-4 hour rule during preparation and service (within 2 hours refrigerate or keep out, within 4 hours cook and consume, after 4 hours out throw away)
- IAC0204 Discuss and explain safe cooking and re-heating temperatures including minimum 75°C for 2 minutes at the core, except chicken 85°C until juices run clear and other heat treatment processes such as pasteurisation, sterilisation, ultra heat treatment, and canning
- IAC0205 Discuss and explain safe holding and serving temperatures (above 65°C) once food has been cooked/reheated (above 75°C), and for cold food (below 5°C)
- IAC0206 Discuss and explain safe methods of cooling food including single stage for portions which requires cooling to 5°C (fridge) within 4 hours, two-stage for bulk food which requires cooling to 21°C (room temp) within 2 hours and then cool to 5°C (fridge) within 4 hours and cooling bulk foods down can be aided by the use of shallow metal containers, placed in iced water, and stirring and folding from the centre
- IAC0207 Discuss and explain safe methods of cooling food using a blast chiller as the preferred method, if the equipment is available, to blast chill food to 3°C within 90 minutes
- IAC0208 Discuss and explain safe methods of defrosting/thawing food including frozen food that should be completely thawed under refrigerated conditions in a deep container on a lower shelf in the fridge taking care not to cause any drip contamination, and must be used or processed within 24 hours and fast defrosting which can be done using the microwave as long as the food is used or processed immediately (which can impact the quality of a product)
- IAC0209 Discuss and explain safe methods of freezing food including vegetables that are usually best blanched first before freezing, portions that should be separated when frozen to allow cold air to circulate around the item to allow for quick freezing and bulk items that can be rapidly blast frozen using a blast freezer to cool down to 3°C within 90 minutes and then down to -18°C within a total of 4 hours (with a minimum core temperature of the product being -12°C)

(Weight 40%)

2.2.3. KM-02-KT03: Principles of food safety management systems (30%)

Topic elements to be covered include:

- KT0301 Concept of Hazard Analysis and Critical Control Points (HACCP) as a type of preventative risk-based food safety management system for Quality Assurance
- KT0302 Concept of Cold Chain as another food safety management system

Internal Assessment Criteria and Weight

- IAC0301 Discuss the term Quality Assurance and its impact on the correct standard of a product or service

- IAC0302 Discuss Hazard Analysis and Critical Control Points (HACCP) as a type of preventative risk-based food safety management system that identifies, monitors and controls risks including identifying Critical Control Points (CCPs) in the production process and CLs (critical limits) and possible CAs (Corrective Action)
- IAC0303 Discuss Cold Chain as a food safety management system as a temperature-controlled supply chain

(Weight 30%)

2.3 Provider Programme Accreditation Criteria

Physical Requirements:

- Classroom/lecture hall facilities with furniture (chairs and tables, audio/visual equipment and all other equipment conducive to a learning environment)
- Administration facilities with computer, printer and electronic consumables
- Handouts and stationery
- Professional cooking learning material mapped to the outcomes and assessment criteria of the Chef curriculum

Human Resource Requirements:

- Facilitator/learner ratio 1 to 32
- Facilitators with a qualification in professional cookery at NQF level 4 or equivalent and 2 years industry experience
- Assessors with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and an assessor qualification or assessor experience.
- A moderator, with moderator qualification or experience

Legal Requirements:

- Compliant with institutional requirements including Certificate of registration, tax clearance certificate and audited financial statements
- Compliant with Compensation for Occupational Injuries and Diseases Act (COIDA) requirements and current valid Certificate Of Good Standing (COGS)
- Compliant with safety, health, environmental, risk and quality (SHERQ) requirements including first aid certificates, evacuation plan and a health and safety policy (including food safety policy)
- Professional Body membership as a skills development provider (SDP) will be preferable
- Any other statutory requirements relevant to the specific context (e.g. South African Professional Chef Criteria and Guidelines, Occupational Health and Safety (OHS) Act etc.)

2.4 Exemptions

- 343401100-KM-02, Food safety and quality assurance, NQF level 4, Cr 5

3. 512101000-KM-03, Workplace safety, NQF Level 4, Credits 5

3.1 Purpose of the Knowledge Modules

The main focus of the learning in this knowledge module is to build an understanding of what workplace safety is, to protect themselves when working in the kitchen and be positioned to implement and maintain this knowledge within the hospitality and catering industry as prescribed in accordance with the South African Professional Chef Guidelines and Criteria. The learning contract time, which is the time that reflects the required duration of enrolment for this module, is at least 6.25 days.

The learning will enable learners to demonstrate an understanding of:

- KM-03-KT01: Theory and concepts of identifying and controlling hazards and the principles of risk assessment in the workplace (45%)
- KM-03-KT02: Theory and concepts of maintaining a healthy and safe workplace (25%)
- KM-03-KT03: Basic Principles of fire fighting, first aid and emergencies (30%)

3.2 Guidelines for Topics

3.2.1. KM-03-KT01: Theory and concepts of identifying and controlling hazards and the principles of risk assessment in the workplace (45%)

Topic elements to be covered include:

- KT0101 Definition of hazards
- KT0102 Potential hazards in the workplace
- KT0103 Potential consequences of hazards
- KT0104 Concept of Risk
- KT0105 The principles of the risk assessment process
- KT0106 Principles of minimising risks

Internal Assessment Criteria and Weight

- IAC0101 Define the term Hazard reflecting that it could be anything having potential to cause harm
- IAC0102 List potential hazards in the workplace including floors (spillages, uneven), machinery (broken/faulty equipment), electricity (overloading, frayed leads, shock, burns, fire), gas (storage, usage), chemicals (storage, usage), Hot oil/water/steam, tools/utensils (sharp objects), personal hazards (incorrect/bad fitting uniform/PPE)
- IAC0103 List potential consequences of hazards in the workplace including trips, slips, sprains, falls, burns, cuts, broken bones, electrocution, death; Medical expenses, financial compensation, Legal costs; Time lost, Loss of productivity, Loss of earnings; Damage to equipment and Damage to the image of the establishment
- IAC0104 Define the term Risk as the likelihood of a hazard causing actual harm

- IAC0105 Explain and discuss the risk assessment process including how to identify all hazards, identify who is at risk, evaluate risks, implement control measures, document the assessment and review all the steps
- IAC0106 Explain and discuss how to minimise risks including the monitoring and removal of hazards, and the managing of hazards that cannot be removed by providing personal protection, training, instructing and supervising

(Weight 45%)

3.2.2. KM-03-KT02: Theory and concepts of maintaining a healthy and safe workplace (25%)

Topic elements to be covered include:

- KT0201 Principles of workplace design to promote food safety and hygiene
- KT0202 Types of safety signs
- KT0203 Theories and principles of using and storing tools and equipment
- KT0204 Theories and principles of safe handling and storage of hazardous substances
- KT0205 Concepts of cleaning, sanitation and disinfection
- KT0206 Principles of waste storage and disposal
- KT0207 Principles of pest control

Internal Assessment Criteria and Weight

- IAC0201 Discuss work area layout, design and structure, space and workflow, relating to walls, floors, ceilings, windows, doors, lighting, ventilation, design of storage areas, design of waste areas, hand washing facilities, toilets, staff changing areas, ease of access to services (gas, electricity, water, drainage, sanitation), in maintaining a healthy and safe workplace
- IAC0202 Identify and describe Safety Signs and what they represent including Warning Signs, Hazchem Signs, Mandatory Instruction Signs, Prohibitory Signs, Fire Signs and General Information Safety Signs
- IAC0203 Discuss and explain the principles of safe use of equipment and tools including routine maintenance and safety checks for faults/damage before, during and after use, following manufacturers' instructions for using and cleaning and correct storing of tools and equipment after use
- IAC0204 Discuss and explain the principles of safe use of electricity including dangers of water and electrical appliances; damaged power cords or frayed cables; ensuring appliances are properly wired and earthed
- IAC0205 Identify, describe and explain the important aspects of Personal Protective Equipment (PPE) as well as safe handling and storage of hazardous substances including cleaning materials, cooking liquids, gas, gels and spirits
- IAC0206 Describe what constitutes cleaning, sanitising and disinfecting including the 'clean as you go' policy; the difference between detergent cleaning (the process of

removing soiling - dirt, grime, grease, oil, stains), disinfecting (the process of reducing bacteria to low and acceptable levels) and sanitising (combination of detergent and disinfectant)

- IAC0207 Describe types of chemical products and cleaning equipment
- IAC0208 Describe the difference between the six stages of HACCP cleaning (pre-clean, detergent clean, rinse, disinfect, rinse, dry) and the four stages of cleaning (pre-clean, detergent clean, disinfect, dry)
- IAC0209 Discuss the cleaning procedures for work surfaces, counters and walls and floors; procedures for dishwashing and pot washing; procedures for knives, utensils, electrical and other equipment and procedures for the fat trap and extractor hood
- IAC0210 Describe the principles of waste storage and disposal including waste removal from food preparation areas immediately to the appropriate bin; waste storage in covered bins away from food preparation areas and waste bins needing to be washed and sanitised to prevent odours, attracting pests and bacterial growth
- IAC0211 Discuss the principles of pest control reflecting types of pests; signs of pests and management control and proofing methods

(Weight 25%)

3.2.3. KM-03-KT03: Basic Principles of fire fighting, first aid and emergencies (30%)

Topic elements to be covered include:

- KT0301 Causes of fire and explosions in kitchens
- KT0302 Elements of the Fire Triangle
- KT0303 Types of fires and related fire fighting equipment
- KT0304 Explain different types of fires and related fire fighting equipment for each type
- KT0305 Legal requirements for a first aid box
- KT0306 Concept of basic first aid
- KT0307 Principles of emergency procedures

Internal Assessment Criteria and Weight

- IAC0301 Discuss the main causes of fire and explosions in kitchens including Electrical Faults, Cigarette Smoking, Gas Leaks, Gas build-up, Naked Flames, Overheated Fats and Oils
- IAC0302 Discuss the elements of the Fire Triangle and how they can be used to extinguish a fire including Fuel (remove the source of the fuel); Oxygen (remove supply of oxygen or smother) and Ignition Source/Heat/Spark (remove the source of the spark / switch off the electrical power)
- IAC0303 Discuss the different types of fires and related fire fighting equipment for each type including Class A (Ordinary Combustibles such as wood, paper, textiles, plastic) using Fire Hose/Water Extinguisher and Sand Bucket; Class B (Flammable Liquids and gasses

such as petrol, diesel, oils, solvents, propane, butane, LPG, acetylene) using Fire Blanket, Foam Extinguisher, Carbon Dioxide Extinguisher, Dry Chemical Powder (DCP) Extinguisher; and Class C (Electrical) using Carbon Dioxide Extinguisher and Dry Chemical Powder (DCP) Extinguisher

- IAC0304 Describe the legal requirements for a first aid box
- IAC0305 Describe what constitutes basic first aid including cuts and abrasions, burns and scalds (thermal, electrical, chemical), muscle strains and sprains, bone injuries, electric shock, chemical ingestion, choking (Heimlich, finger-sweep, piece of bread for fish bone)
- IAC0306 Discuss the implications of HIV/Aids in the kitchen pertaining to first aid procedures
- IAC0307 Discuss the importance of emergency procedures and the relevant reporting forms and formats
- IAC0308 Explain what constitutes an incident (reflecting verbal and sexual abuse, threats and assault) or an accident and the procedures to follow in the event of an incident or an accident

(Weight 30%)

3.3 Provider Programme Accreditation Criteria

Physical Requirements:

- Classroom/lecture hall facilities with furniture (chairs and tables, audio/visual equipment and all other equipment conducive to a learning environment)
- Administration facilities with computer, printer and electronic consumables
- Handouts and stationery
- Professional cooking learning material mapped to the outcomes and assessment criteria of the Chef curriculum

Human Resource Requirements:

- Facilitator/learner ratio 1 to 32
- Facilitators with a qualification in professional cookery at NQF level 4 or equivalent and 2 years industry experience
- Assessors with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and an assessor qualification or assessor experience.
- A moderator, with moderator qualification or experience

Legal Requirements:

- Compliant with institutional requirements including Certificate of registration, tax clearance certificate and audited financial statements
- Compliant with Compensation for Occupational Injuries and Diseases Act (COIDA)

requirements and current valid Certificate Of Good Standing (COGS)

- Compliant with safety, health, environmental, risk and quality (SHERQ) requirements including first aid certificates, evacuation plan and a health and safety policy (including food safety policy)
- Professional Body membership as a skills development provider (SDP) will be preferable
- Any other statutory requirements relevant to the specific context (e.g. South African Professional Chef Criteria and Guidelines, Occupational Health and Safety (OHS) Act etc.)

3.4 Exemptions

- 343401100-KM-03, Workplace safety, NQF level 4, Cr 5

4. 512101000-KM-04, Numeracy, units of measurement and computer literacy, NQF Level 3, Credits 3

4.1 Purpose of the Knowledge Modules

The main focus of the learning in this knowledge module is to build an understanding of numeracy, units of measurement and computer literacy when working in the kitchen and be positioned to implement and maintain this knowledge within the hospitality and catering industry as prescribed in accordance with the South African Professional Chef Guidelines and Criteria. The learning contract time, which is the time that reflects the required duration of enrolment for this module, is at least 3.75 days.

The learning will enable learners to demonstrate an understanding of:

- KM-04-KT01: Principles of numeracy and using a calculator (40%)
- KM-04-KT02: Principles of units of measurement (40%)
- KM-04-KT03: Principles of Computer literacy (20%)

4.2 Guidelines for Topics

4.2.1. KM-04-KT01: Principles of numeracy and using a calculator (40%)

Topic elements to be covered include:

- KT0101 Addition, Subtraction, Multiplication, Division
- KT0102 Fractions
- KT0103 Percentages
- KT0104 Rounding off
- KT0105 Ratios
- KT0106 Working with VAT

Internal Assessment Criteria and Weight

- IAC0101 Undertake basic Addition, Subtraction, Multiplication, Division activities using a calculator
- IAC0102 Calculate Fractions (halves, thirds, quarters, eighths) using a calculator
- IAC0103 Calculate Percentages using a calculator
- IAC0104 Undertake basic Rounding off (decimal points) activities
- IAC0105 Determine ratios
- IAC0106 Add and subtract VAT

(Weight 40%)

4.2.2. KM-04-KT02: Principles of units of measurement (40%)

Topic elements to be covered include:

- KT0201 Principles of Weighing and measuring
- KT0202 Principles of Conversions
- KT0203 Principles of Scaling Recipes

Internal Assessment Criteria and Weight

- IAC0201 Discuss and explain the principles of weighing and measuring including Weight (g, kg); Volume (ml, l, Cups, Tablespoons, teaspoons); Length (mm, cm, m, km); Temperature (°C); Unit Quantity (dozen eggs, half dozen eggs)
- IAC0202 Discuss and explain the principles of Conversions including Metric; Imperial and Reading a conversion table (temperature, weight, volume, length)
- IAC0203 Discuss and explain the principles of Scaling including Doubling; Halving and Tripling/Trebling

(Weight 40%)

4.2.3. KM-04-KT03: Principles of Computer literacy (20%)

Topic elements to be covered include:

- KT0301 Word processing
- KT0302 Spread sheets
- KT0303 Email

Internal Assessment Criteria and Weight

- IAC0301 Discuss when and how a word processor could be used in the preparation or production of a menu or formal letter
- IAC0302 Discuss how to do and what is the purpose of the functions in word processing including Open/Create a Document; Edit a Document by inserting text; Centre, Left and Right Justify text; Bold, Underline and Italics text; Increase and decrease the font size of text; Indent/Tab text; Save and close a document and Print a document
- IAC0303 Discuss when and how to use a spread sheet (e.g. Costing, Stocktake, Staff Roster)
- IAC0304 Discuss how to do and what is the purpose of the functions in spread sheets including Open/Create a Document; Edit a Document by inserting numbers and text in a table; Place borders around the cells; Bold, Underline and Italics text in cells; Increase and decrease the font size of text in cells; Autosum values in a range of cells (horizontally and vertically); Save and close a document; and Print a document
- IAC0305 Discuss when and how to use an email (e.g. Ordering, Informal Communication)
- IAC0306 Discuss how to do and what is the purpose of the functions in emailing including Open/Create a new email; Reply to an email; Send an email and Print an email

(Weight 20%)

4.3 Provider Programme Accreditation Criteria

Physical Requirements:

- Classroom/lecture hall facilities with furniture (chairs and tables, audio/visual equipment and all other equipment conducive to a learning environment)

- Administration facilities with computer, printer and electronic consumables
- Handouts and stationery
- Professional cooking learning material mapped to the outcomes and assessment criteria of the Chef curriculum

Human Resource Requirements:

- Facilitator/learner ratio 1 to 32
- Facilitators with a qualification in professional cookery at NQF level 4 or equivalent and 2 years industry experience
- Assessors with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and an assessor qualification or assessor experience.
- A moderator, with moderator qualification or experience

Legal Requirements:

- Compliant with institutional requirements including Certificate of registration, tax clearance certificate and audited financial statements
- Compliant with Compensation for Occupational Injuries and Diseases Act (COIDA) requirements and current valid Certificate Of Good Standing (COGS)
- Compliant with safety, health, environmental, risk and quality (SHERQ) requirements including first aid certificates, evacuation plan and a health and safety policy (including food safety policy)
- Professional Body membership as a skills development provider (SDP) will be preferable
- Any other statutory requirements relevant to the specific context (e.g. South African Professional Chef Criteria and Guidelines, Occupational Health and Safety (OHS) Act etc.)

4.4 Exemptions

- Both of the following modules are required for the exemption
- 343401100-KM-05, Numeracy and units of measurement, NQF level 3, Cr 2
- 343401100-KM-06, Computer literacy and research, NQF level 4, Cr 2

5. 512101000-KM-05, Environmental awareness, NQF Level 3, Credits 2

5.1 Purpose of the Knowledge Modules

The main focus of the learning in this knowledge module is to build an understanding of what environmental awareness is when working in the kitchen and be positioned to implement and maintain this knowledge within the hospitality and catering industry as prescribed in accordance with the South African Professional Chef Guidelines and Criteria. The learning contract time, which is the time that reflects the required duration of enrolment for this module, is at least 2.5 days.

The learning will enable learners to demonstrate an understanding of:

- KM-05-KT01: Concepts of Environmental Conservation and Protection (50%)
- KM-05-KT02: Environmental impact on cooking (50%)

5.2 Guidelines for Topics

5.2.1. KM-05-KT01: Concepts of Environmental Conservation and Protection (50%)

Topic elements to be covered include:

- KT0101 Concepts of Water pollution and water conservation
- KT0102 Concepts of Air pollution and climate change
- KT0103 Concepts of Waste production

Internal Assessment Criteria and Weight

- IAC0101 Discuss and explain how Water pollution and water conservation impacts on the hotel and catering industries
- IAC0102 Discuss and explain how Air pollution and climate change impacts on the hotel and catering industries including Carbon emissions and Global Warming and deforestation
- IAC0103 Discuss and explain how Waste production impacts on the hotel and catering industries including Bio-Degradable and Re-Useable Packaging

(Weight 50%)

5.2.2. KM-05-KT02: Environmental impact on cooking (50%)

Topic elements to be covered include:

- KT0201 Conscious cooking
- KT0202 Environmental considerations around Waste Management

Internal Assessment Criteria and Weight

- IAC0201 Explain and discuss what constitutes conscious cooking including Food Miles; Traceability (farm to fork); Fair-trade exports and the Slow Food Movement
- IAC0202 Explain and discuss Environmental considerations around Waste Management including Safe Disposal – Chemicals and Hazardous waste; and Recycling – Used oil, Paper/Plastic/Metal Packaging, Composting Food and Earthworm farms

(Weight 50%)

5.3 Provider Programme Accreditation Criteria

Physical Requirements:

- Classroom/lecture hall facilities with furniture (chairs and tables, audio/visual equipment and all other equipment conducive to a learning environment)
- Administration facilities with computer, printer and electronic consumables
- Handouts and stationery
- Professional cooking learning material mapped to the outcomes and assessment criteria of the Chef curriculum

Human Resource Requirements:

- Facilitator/learner ratio 1 to 32
- Facilitators with a qualification in professional cookery at NQF level 4 or equivalent and 2 years industry experience
- Assessors with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and an assessor qualification or assessor experience.
- A moderator, with moderator qualification or experience

Legal Requirements:

- Compliant with institutional requirements including Certificate of registration, tax clearance certificate and audited financial statements
- Compliant with Compensation for Occupational Injuries and Diseases Act (COIDA) requirements and current valid Certificate Of Good Standing (COGS)
- Compliant with safety, health, environmental, risk and quality (SHERQ) requirements including first aid certificates, evacuation plan and a health and safety policy (including food safety policy)
- Professional Body membership as a skills development provider (SDP) will be preferable
- Any other statutory requirements relevant to the specific context (e.g. South African Professional Chef Criteria and Guidelines, Occupational Health and Safety (OHS) Act etc.)

5.4 Exemptions

- 343401100-KM-07, Environmental awareness, NQF level 3, Cr 2

6. 512101000-KM-06, Introduction to Nutrition and Diets, NQF Level 4, Credits 4

6.1 Purpose of the Knowledge Modules

The main focus of the learning in this knowledge module is to build an understanding of what the basic principles of nutrition and diets are when working in the kitchen and be positioned to implement and maintain this knowledge within the hospitality and catering industry as prescribed in accordance with the South African Professional Chef Guidelines and Criteria. The learning contract time, which is the time that reflects the required duration of enrolment for this module, is at least 5 days.

The learning will enable learners to demonstrate an understanding of:

- KM-06-KT01: Principles of basic nutrition (50%)
- KM-06-KT02: Principles of balanced diets and special dietary requirements (50%)

6.2 Guidelines for Topics

6.2.1. KM-06-KT01: Principles of basic nutrition (50%)

Topic elements to be covered include:

- KT0101 Categories of Food Groups and Nutrients
- KT0102 Macro Nutrients
- KT0103 Micro Nutrients
- KT0104 Principles of avoiding the destruction of nutrients

Internal Assessment Criteria and Weight

- IAC0101 Describe the different Food Groups including Fats and Sugars; Dairy; Proteins (Fish, poultry, meat, eggs, pulses, legumes, soya); Fruit and Vegetables; Cereal Grains and Starchy Vegetables
- IAC0102 Describe Macro Nutrients including Carbohydrates, Protein and Fat
- IAC0103 Describe Micro Nutrients including Vitamins, Minerals and Trace elements, Water, Fibre, Probiotic cultures, phyto-nutrients and anti-oxidants
- IAC0104 Discuss and explain how to avoid destruction of nutrients in storage, preparation, cooking and holding by highlighting maintaining correct storage temperatures and humidity; Practising First-in-first-out (FIFO) and perform daily quality checks on product; preparing too far in advance by cutting vegetables and soaking in water as it leaches out water soluble vitamins; keeping cooking times short and not to over-cook to retain nutrients; using other alternatives to frying with fats and oils; using low temperature Sous Vide cooking in a vacuum sealed bag to retain nutrients; and reducing holding times to retain nutrients

(Weight 50%)

6.2.2. KM-06-KT02: Principles of balanced diets and special dietary requirements (50%)

Topic elements to be covered include:

- KT0201 Concept of a Balanced Diet

- KT0202 Special diets and dietary requirements

Internal Assessment Criteria and Weight

- IAC0201 Describe the Healthy lifestyle Guidelines including enjoying a variety of foods (including starch, vegetables and fruit, proteins and dairy), physical activity, drinking water, and reducing fats, salt and sugar
- IAC0202 Describe what constitutes special dietary requirements including Vegan(eggs, dairy, honey), Vegetarianism, Religious (Halaal, Kosher, Hindu), Allergies(nuts, shellfish), Intolerances(wheat, lactose), Medical Diets (diabetic, cholesterol, low-salt, low-fat) , Lifestyle Diets (Atkins/no-carbs), Special life-stage Diets (young, old, sick, pregnant)

(Weight 50%)

6.3 Provider Programme Accreditation Criteria

Physical Requirements:

- Classroom/lecture hall facilities with furniture (chairs and tables, audio/visual equipment and all other equipment conducive to a learning environment)
- Administration facilities with computer, printer and electronic consumables
- Handouts and stationery
- Professional cooking learning material mapped to the outcomes and assessment criteria of the Chef curriculum

Human Resource Requirements:

- Facilitator/learner ratio 1 to 32
- Facilitators with a qualification in professional cookery at NQF level 4 or equivalent and 2 years industry experience
- Assessors with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and an assessor qualification or assessor experience.
- A moderator, with moderator qualification or experience

Legal Requirements:

- Compliant with institutional requirements including Certificate of registration, tax clearance certificate and audited financial statements
- Compliant with Compensation for Occupational Injuries and Diseases Act (COIDA) requirements and current valid Certificate Of Good Standing (COGS)
- Compliant with safety, health, environmental, risk and quality (SHERQ) requirements including first aid certificates, evacuation plan and a health and safety policy (including food safety policy)
- Professional Body membership as a skills development provider (SDP) will be preferable
- Any other statutory requirements relevant to the specific context (e.g. South African

Professional Chef Criteria and Guidelines, Occupational Health and Safety (OHS) Act etc.)

6.4 Exemptions

- 343401100-KM-09, Introduction to Nutrition and Diets, NQF level 4, Cr 4

7. 512101000-KM-07, Basic Ingredients, NQF Level 3, Credits 4

7.1 Purpose of the Knowledge Modules

The main focus of the learning in this knowledge module is to build an understanding of what basic ingredients, are when working in the kitchen and be positioned to implement and maintain this knowledge within the hospitality and catering industry as prescribed in accordance with the South African Professional Chef Guidelines and Criteria. The learning contract time, which is the time that reflects the required duration of enrolment for this module, is at least 5 days.

The learning will enable learners to demonstrate an understanding of:

- KM-07-KT01: Types of food ingredients (85%)
- KM-07-KT02: Types of beverages (15%)

7.2 Guidelines for Topics

7.2.1. KM-07-KT01: Types of food ingredients (85%)

Topic elements to be covered include:

- KT0101 Proteins as a basic ingredient
- KT0102 Vegetables, Fruit, Pulses, Starches and Thickeners as basic ingredients
- KT0103 Flavourings as a basic ingredient
- KT0104 Fats and Oils as basic ingredients
- KT0105 Leaveners and Aerators as basic ingredients
- KT0106 Food Additives and Preservatives as basic ingredients

Internal Assessment Criteria and Weight

- IAC0101 Discuss the different types of proteins that could be used as basic ingredients including Meat including classification of cattle (Steer; Heifer; Cow; Bull; Veal); classification of Sheep(Lamb; Hogget; Mutton), classification of pork (Suckling pig; Weaner; Feeder pig; Porker; Baconer); classification of Game (Furred; Feathered; Speciality), Poultry, Fish, Vegetable Protein and types of Cheese (hard, semi-firm, semi-soft, soft ripened, blue vein, fresh, whey, non-cow's milk and processed)
- IAC0102 Discuss the composition of meats including protein muscle fibre, connective tissue (elastin and collagen), fat (subcutaneous, marbling) and effects of aged meat
- IAC0103 Discuss the different types of Vegetables, Fruit, Pulses, Starches and Thickeners that could be used as basic ingredients
- IAC0104 Discuss the different types of Flavourings that could be used as basic ingredients including Herbs, Spices, Nuts, Seeds, Sweeteners, Chocolate, Extracts/Essences/Waters
- IAC0105 Discuss the different types of Fats and Oils that could be used as basic ingredients
- IAC0106 Discuss the different types of Leaveners and Aerators that could be used as basic ingredients

- IAC0107 Discuss the different types of Food Additives and Preservatives that could be used as basic ingredients
- IAC0108 Discuss the concept of certification on speciality products (i.e. Parma ham) and how it impacts on Food preparation

(Weight 85%)

7.2.2. KM-07-KT02: Types of beverages (15%)

Topic elements to be covered include:

- KT0201 Wines, Malts and Spirits
- KT0202 Cold Beverages
- KT0203 Hot Beverages

Internal Assessment Criteria and Weight

- IAC0201 Discuss the different types of Wines, Malts and Spirits that could be used as basic ingredients including basic pairings
- IAC0202 Discuss the different types of Hot and Cold Beverages that could be used as basic ingredients including basic pairings
- IAC0203 Discuss the concept of certification on speciality products (i.e. champagne) and how it impacts on Food and Beverage preparation

(Weight 15%)

7.3 Provider Programme Accreditation Criteria

Physical Requirements:

- Classroom/lecture hall facilities with furniture (chairs and tables, audio/visual equipment and all other equipment conducive to a learning environment)
- Administration facilities with computer, printer and electronic consumables
- Handouts and stationery
- Professional cooking learning material mapped to the outcomes and assessment criteria of the Chef curriculum

Human Resource Requirements:

- Facilitator/learner ratio 1 to 32
- Facilitators with a qualification in professional cookery at NQF level 4 or equivalent and 2 years industry experience
- Assessors with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and an assessor qualification or assessor experience.
- A moderator, with moderator qualification or experience

Legal Requirements:

- Compliant with institutional requirements including Certificate of registration, tax clearance certificate and audited financial statements
- Compliant with Compensation for Occupational Injuries and Diseases Act (COIDA) requirements and current valid Certificate Of Good Standing (COGS)
- Compliant with safety, health, environmental, risk and quality (SHERQ) requirements including first aid certificates, evacuation plan and a health and safety policy (including food safety policy)
- Professional Body membership as a skills development provider (SDP) will be preferable
- Any other statutory requirements relevant to the specific context (e.g. South African Professional Chef Criteria and Guidelines, Occupational Health and Safety (OHS) Act etc.)

7.4 Exemptions

- 343401100-KM-11, Basic Ingredients , NQF level 3, Cr 4

8. 512101000-KM-08, Theory of food production, NQF Level 5, Credits 5

8.1 Purpose of the Knowledge Modules

The main focus of the learning in this knowledge module is to build an understanding of what food production is when working in the kitchen and be positioned to implement and maintain this knowledge within the hospitality and catering industry as prescribed in accordance with the South African Professional Chef Guidelines and Criteria. The learning contract time, which is the time that reflects the required duration of enrolment for this module, is at least 6.25 days.

The learning will enable learners to demonstrate an understanding of:

- KM-08-KT01: Theory and concepts of food production systems (20%)
- KM-08-KT02: Theory and concepts of interpreting menus for food production (60%)
- KM-08-KT03: Theory and concepts of monitoring quality control in food production (20%)

8.2 Guidelines for Topics

8.2.1. KM-08-KT01: Theory and concepts of food production systems (20%)

Topic elements to be covered include:

- KT0101 Concept of the three stages of Food Production
- KT0102 Concept of Cook-Serve operations
- KT0103 Concept of Cook-Chill operations
- KT0104 Concept of Cook-Freeze operations

Internal Assessment Criteria and Weight

- IAC0101 Describe the three stages of food production including Preparation (Mise en Place), Production (Cooking and/or Assembly) and Presentation (Finishing and Service)
- IAC0102 Describe Cook-Serve operations including equipment requirements, staff requirements and commodity requirements
- IAC0103 Describe Cook-Chill operations including equipment requirements, staff requirements and commodity requirements
- IAC0104 Describe Cook-Freeze operations including equipment requirements, staff requirements and commodity requirements

(Weight 20%)

8.2.2. KM-08-KT02: Theory and concepts of interpreting menus for food production (60%)

Topic elements to be covered include:

- KT0201 The principle of Mise-en-place
- KT0202 Concept of a prep list
- KT0203 Concept of an ingredient list
- KT0204 Principles of portion control in food production

Internal Assessment Criteria and Weight

- IAC0201 Discuss and explain the principle of Mise-en-place – putting ‘everything in place’, the preparation before the cooking process
- IAC0202 Discuss and explain how to breakdown a menu to create a prep list of components to prepare
- IAC0203 Discuss and explain how to create an ingredient list (for ordering or stock requisition) to prepare the components
- IAC0204 Discuss and explain how portion control minimises wastage, improves cost efficiency and product consistency

(Weight 60%)

8.2.3. KM-08-KT03: Theory and concepts of monitoring quality control in food production (20%)

Topic elements to be covered include:

- KT0301 Principles of monitoring production quality control of input food product
- KT0302 Principles of monitoring presentation quality control of output food product

Internal Assessment Criteria and Weight

- IAC0301 Discuss and explain monitoring production quality control of input food product in terms of monitoring freshness of raw ingredients for production, checking use-by dates and temperature control of perishable goods, checking ingredient traceability and certification documentation, monitoring personal hygiene, cleanliness of equipment and production facility
- IAC0302 Discuss and explain monitoring presentation quality control of output food product in terms of monitoring attention to detail in spillages and messy plates, plate replication almost identical, checking all components are on the plate, checking plates are hot for hot food and cold for cold food, monitoring portion control and all portions similar in shape and equal in size or weight, monitoring freshness of ingredients and garnishes and not repeated across different courses or multiple dishes, plate presentation is balanced in colour, texture, dimension, arrangement, and by cooking method

(Weight 20%)

8.3 Provider Programme Accreditation Criteria

Physical Requirements:

- Classroom/lecture hall facilities with furniture (chairs and tables, audio/visual equipment and all other equipment conducive to a learning environment)
- Administration facilities with computer, printer and electronic consumables
- Handouts and stationery
- Professional cooking learning material mapped to the outcomes and assessment criteria of the Chef curriculum

Human Resource Requirements:

- Facilitator/learner ratio 1 to 32
- Facilitators with a qualification in professional cookery at NQF level 4 or equivalent and 2 years industry experience
- Assessors with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and an assessor qualification or assessor experience.
- A moderator, with moderator qualification or experience

Legal Requirements:

- Compliant with institutional requirements including Certificate of registration, tax clearance certificate and audited financial statements
- Compliant with Compensation for Occupational Injuries and Diseases Act (COIDA) requirements and current valid Certificate Of Good Standing (COGS)
- Compliant with safety, health, environmental, risk and quality (SHERQ) requirements including first aid certificates, evacuation plan and a health and safety policy (including food safety policy)
- Professional Body membership as a skills development provider (SDP) will be preferable
- Any other statutory requirements relevant to the specific context (e.g. South African Professional Chef Criteria and Guidelines, Occupational Health and Safety (OHS) Act etc.)

8.4 Exemptions

- 343401100-KM-13, Theory of food production, NQF level 5, Cr 5

9. 512101000-KM-09, Introduction to the kitchen, and the hospitality and catering industry, NQF Level 2, Credits 2

9.1 Purpose of the Knowledge Modules

The main focus of the learning in this knowledge module is to build an understanding of the hospitality and catering industry as prescribed in accordance with the South African Professional Chef Guidelines and Criteria. The learning contract time, which is the time that reflects the required duration of enrolment for this module, is at least 2.5 days.

The learning will enable learners to demonstrate an understanding of:

- KM-09-KT01: Roles and structure within the organisation and industry (50%)
- KM-09-KT02: Roles and structure within the kitchen (50%)

9.2 Guidelines for Topics

9.2.1. KM-09-KT01: Roles and structure within the organisation and industry (50%)

Topic elements to be covered include:

- KT0101 Understanding the hospitality and catering industry
- KT0102 Roles and responsibilities in the hospitality and catering industry

Internal Assessment Criteria and Weight

- IAC0101 Describe the types of establishments that operate in the hospitality and catering industry and the different services they offer
- IAC0102 Identify working patterns such as shift work in the hospitality and catering industry
- IAC0103 Describe the responsibilities of specific job roles in the hospitality and catering industry

(Weight 50%)

9.2.2. KM-09-KT02: Roles and structure within the kitchen (50%)

Topic elements to be covered include:

- KT0201 Brigade structure and organisation of kitchens
- KT0202 Food production areas in an establishment

Internal Assessment Criteria and Weight

- IAC0201 Discuss the brigade structure and organisation of kitchens and explain the importance of this
- IAC0202 Describe the various food production and associated areas in an establishment

(Weight 50%)

9.3 Provider Programme Accreditation Criteria

Physical Requirements:

- Classroom/lecture hall facilities with furniture (chairs and tables, audio/visual equipment and all other equipment conducive to a learning environment)

- Administration facilities with computer, printer and electronic consumables
- Handouts and stationery
- Professional cooking learning material mapped to the outcomes and assessment criteria of the Chef curriculum

Human Resource Requirements:

- Facilitator/learner ratio 1 to 32
- Facilitators with a qualification in professional cookery at NQF level 4 or equivalent and 2 years industry experience
- Assessors with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and an assessor qualification or assessor experience.
- A moderator, with moderator qualification or experience

Legal Requirements:

- Compliant with institutional requirements including Certificate of registration, tax clearance certificate and audited financial statements
- Compliant with Compensation for Occupational Injuries and Diseases Act (COIDA) requirements and current valid Certificate Of Good Standing (COGS)
- Compliant with safety, health, environmental, risk and quality (SHERQ) requirements including first aid certificates, evacuation plan and a health and safety policy (including food safety policy)
- Professional Body membership as a skills development provider (SDP) will be preferable
- Any other statutory requirements relevant to the specific context (e.g. South African Professional Chef Criteria and Guidelines, Occupational Health and Safety (OHS) Act etc.)

9.4 Exemptions

- 343401100-KM-15, Introduction to the kitchen and the hospitality and catering industry, NQF level 2, Cr 2

10. 512101000-KM-10, Theory of commodity resource management, NQF Level 4, Credits 2

10.1 Purpose of the Knowledge Modules

The main focus of the learning in this knowledge module is to build an understanding of what the principles of supervision and management of commodity resources are and be positioned to implement and maintain this knowledge within the hospitality and catering industry as prescribed in accordance with the South African Professional Chef Guidelines and Criteria. The learning contract time, which is the time that reflects the required duration of enrolment for this module, is at least 2.5 days.

The learning will enable learners to demonstrate an understanding of:

- KM-10-KT01: Principles of managing commodity resources (80%)
- KM-10-KT02: Principles of record keeping in managing commodity resources (20%)

10.2 Guidelines for Topics

10.2.1. KM-10-KT01: Principles of managing commodity resources (80%)

Topic elements to be covered include:

- KT0101 Principles of ordering commodities
- KT0102 Principles of receiving and storing food safely
- KT0103 Principles of controlling commodity resources

Internal Assessment Criteria and Weight

- IAC0101 Discuss and explain the principles of ordering commodities including in terms of value the balance of quality, quantity, seasonality, service and price
- IAC0102 Discuss and explain the principles of receiving and storing food safely including checking all deliveries before being accepted or received into stock in terms of quantity, quantity, documentation has been correctly completed and calculated, packaging, pest infestation; temperature of the goods and sell by, use by or best before dates
- IAC0103 Discuss and explain the issues to consider and the procedures to follow when damaged goods or incorrect quantities are delivered
- IAC0104 Discuss and explain the principle of controlling commodity resources in terms of the First-In First-Out (FIFO) principle of stock rotation, the correct use of labelling and dating of food items and issuing of commodities

(Weight 80%)

10.2.2. KM-10-KT02: Principles of record keeping in managing commodity resources (20%)

Topic elements to be covered include:

- KT0201 Principles of record keeping – orders and deliveries
- KT0202 Principles of record keeping – stock taking

Internal Assessment Criteria and Weight

- IAC0201 Discuss and explain the principle of record keeping in managing commodity resource with specific reference to orders and deliveries
- IAC0202 Discuss and explain the principle of record keeping in managing commodity resource with specific reference to stock taking

(Weight 20%)

10.3 Provider Programme Accreditation Criteria

Physical Requirements:

- Classroom/lecture hall facilities with furniture (chairs and tables, audio/visual equipment and all other equipment conducive to a learning environment)
- Administration facilities with computer, printer and electronic consumables
- Handouts and stationery
- Professional cooking learning material mapped to the outcomes and assessment criteria of the Chef curriculum

Human Resource Requirements:

- Facilitator/learner ratio 1 to 32
- Facilitators with a qualification in professional cookery at NQF level 4 or equivalent and 2 years industry experience
- Assessors with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and an assessor qualification or assessor experience.
- A moderator, with moderator qualification or experience

Legal Requirements:

- Compliant with institutional requirements including Certificate of registration, tax clearance certificate and audited financial statements
- Compliant with Compensation for Occupational Injuries and Diseases Act (COIDA) requirements and current valid Certificate Of Good Standing (COGS)
- Compliant with safety, health, environmental, risk and quality (SHERQ) requirements including first aid certificates, evacuation plan and a health and safety policy (including food safety policy)
- Professional Body membership as a skills development provider (SDP) will be preferable
- Any other statutory requirements relevant to the specific context (e.g. South African Professional Chef Criteria and Guidelines, Occupational Health and Safety (OHS) Act etc.)

10.4 Exemptions

- 343401100-KM-18, Theory of commodity resource management, NQF level 4, Cr 2

11. 512101000-KM-11, Food preparation methods, NQF Level 2, Credits 4

11.1 Purpose of the Knowledge Modules

The main focus of the learning in this knowledge module is to build an understanding of food preparation methods, equipment and utensils when working in the kitchen and be positioned to implement and maintain this knowledge within the hospitality and catering industry as prescribed in accordance with the South African Professional Chef Guidelines and Criteria. The learning contract time, which is the time that reflects the required duration of enrolment for this module, is at least 5 days.

The learning will enable learners to demonstrate an understanding of:

- KM-11-KT01: Concept of mechanical/electrical equipment as a method of food preparation (40%)
- KM-11-KT02: Concept of knives, utensils and kitchen smalls as a method of food preparation (60%)

11.2 Guidelines for Topics

11.2.1. KM-11-KT01: Concept of mechanical/electrical equipment as a method of food preparation (40%)

Topic elements to be covered include:

- KT0101 Food preparation equipment
- KT0102 Principles of maintaining and storing mechanical/electrical Food Preparation equipment

Internal Assessment Criteria and Weight

- IAC0101 Identify mechanical/electrical Food Preparation equipment, including Scales, Mixers, Food Processors and Bowl Cutters, Blenders (bar and stick blenders), Band-saws and meat-slicers, Meat Miners and Pasta Machines
- IAC0102 Discuss the principles of maintaining and storing mechanical/electrical food preparation equipment including unplugging, immersion in water (except bowls, attachments, jugs, blades and plates), sanitising before and after use, correct storage of scales and cleaning inside of a pasta machines

(Weight 40%)

11.2.2. KM-11-KT02: Concept of knives, utensils and kitchen smalls as a method of food preparation (60%)

Topic elements to be covered include:

- KT0201 Types of knives
- KT0202 Principles of maintaining and storing knives
- KT0203 Concept of Knife Skills
- KT0204 Types of utensils and kitchen smalls

Internal Assessment Criteria and Weight

- IAC0201 Identify the different types of knives, including Chefs/Cooks Knife, Paring/Utility Knife, Filleting Knife, Boning Knife, Bread Knife, Palette Knife, Off-set Palette Knife/Lifter/Spatula, Hacksaw
- IAC0202 Discuss the principles of maintaining and storing knives including the concept of cleaning of knives; concept of sharpening knives; and concept of storing knives
- IAC0203 Explain and discuss knife safety and etiquette
- IAC0204 Discuss the methods of holding and using a knife including gripping and guiding hand controls and describe the correct types of cutting surfaces
- IAC0205 Identify and describe utensils and kitchen smalls including French Balloon Whisk, Piano Whisk, Spatula /Bowl Scraper, Lifter, Ladle, Slotted Spoon, Spider, Oyster shuck, Peeler, Corer, Melon-baller, Zester, Grater, Potato Ricer/Mill, Mandolin Slicer, Sieve, Chinois, Conical Strainer, Strainer/Colander, Rolling Pin, Piping Bag and nozzles, Makisu Mat (for sushi), Ramekins, Dariole Moulds, Timbals, Bain Marie Inserts, Chaffing Dishes, Measuring cups and spoons, Pestle and Mortar and Mallet
- IAC0206 Discuss the concept of storing utensils and kitchen smalls in terms of storing utensils and kitchen smalls in sanitiser buckets or on hanging racks

(Weight 60%)

11.3 Provider Programme Accreditation Criteria

Physical Requirements:

- Classroom/lecture hall facilities with furniture (chairs and tables, audio/visual equipment and all other equipment conducive to a learning environment)
- Administration facilities with computer, printer and electronic consumables
- Handouts and stationery
- Professional cooking learning material mapped to the outcomes and assessment criteria of the Chef curriculum

Human Resource Requirements:

- Facilitator/learner ratio 1 to 32
- Facilitators with a qualification in professional cookery at NQF level 4 or equivalent and 2 years industry experience
- Assessors with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and an assessor qualification or assessor experience.
- A moderator, with moderator qualification or experience

Legal Requirements:

- Compliant with institutional requirements including Certificate of registration, tax clearance

certificate and audited financial statements

- Compliant with Compensation for Occupational Injuries and Diseases Act (COIDA) requirements and current valid Certificate Of Good Standing (COGS)
- Compliant with safety, health, environmental, risk and quality (SHERQ) requirements including first aid certificates, evacuation plan and a health and safety policy (including food safety policy)
- Professional Body membership as a skills development provider (SDP) will be preferable
- Any other statutory requirements relevant to the specific context (e.g. South African Professional Chef Criteria and Guidelines, Occupational Health and Safety (OHS) Act etc.)

11.4 Exemptions

- 343401100-KM-21, Food preparation methods and techniques, NQF level 3, Cr 8

12. 512101000-KM-12, Food preparation techniques, NQF Level 3, Credits 4

12.1 Purpose of the Knowledge Modules

The main focus of the learning in this knowledge module is to build an understanding of food preparation techniques, equipment and utensils when working in the kitchen and be positioned to implement and maintain this knowledge within the hospitality and catering industry as prescribed in accordance with the South African Professional Chef Guidelines and Criteria. The learning contract time, which is the time that reflects the required duration of enrolment for this module, is at least 5 days.

The learning will enable learners to demonstrate an understanding of:

- KM-12-KT01: Principles of using mechanical/electrical equipment in food preparation (50%)
- KM-12-KT02: Principles of using knives, utensils and kitchen smalls in food preparation (50%)

12.2 Guidelines for Topics

12.2.1. KM-12-KT01: Principles of using mechanical/electrical equipment in food preparation (50%)

Topic elements to be covered include:

- KT0101 Theory of using scales
- KT0102 Theory of using a mixer
- KT0103 Theory of using a food processor/bowl cutter
- KT0104 Theory of using a blender
- KT0105 Theory of using a meat slicer
- KT0106 Theory of using use a meat mincer
- KT0107 Theory of using a pasta machine

Internal Assessment Criteria and Weight

- IAC0101 Explain and describe how to use a scale including to set tare weigh correctly before weighing and to set metric or imperial correctly before weighing
- IAC0102 Explain and describe how to use a mixer including to insert and remove bowls and to insert and remove K-beater, Whisk and Dough Hook attachments
- IAC0103 Explain and describe how to use a food processor/bowl cutter including to Insert and remove bowls, blades and cutting disc attachments and having pulse and process modes
- IAC0104 Explain and describe how to use a blender including to insert and remove jugs, blades and disc attachments and knowing there are pulse and blend modes
- IAC0105 Explain and describe how to use a meat slicer including to set the blade
- IAC0106 Explain and describe how to use a meat mincer including how to insert and remove plates and attachments

- IAC0107 Explain and describe how to use a pasta machine including how to insert and remove rolling and cutting attachments

(Weight 50%)

12.2.2. KM-12-KT02: Principles of using knives, utensils and kitchen smalls in food preparation (50%)

Topic elements to be covered include:

- KT0201 Theory and terminology of food preparation techniques using knives
- KT0202 Theory and terminology of food preparation techniques using utensils and kitchen smalls

Internal Assessment Criteria and Weight

- IAC0201 Discuss the theory and terminology of food preparation techniques using knife methods such as Cutting; Dicing/Cubing; Slicing; Shredding (chiffonade); Mincing; Chopping; Shaping (tourne); Sawing; Chining; Carving; Shaving; Scoring; Skinning; Trimming; Boning (de-boning); Butterflying; Tunnel-boning; Fabricating; Portioning; Jointing and Filleting
- IAC0202 Discuss the theory and terminology of food preparation techniques using utensils, kitchen smalls and other methods including Peeling; Coring; Zesting; Melon-balling; Pin-Boning; Trussing; Skewering; Tying; Securing; Shielding; Larding; Barding; Tenderising; Brining; Injecting; Marinating; Basting; Glazing; Egg-Washing; Stirring; Mixing; Separating; Paddling; Beating; Creaming; Whisking; Whipping; Folding-in; Sifting; Sieving; Straining/Passing; Blending/Blitzing/Pureeing ; Processing; Grinding; Rubbing-in; Kneading; Knocking-Back/Punching-Down; Washing; Re-Washing; Purging; De-Beading; Scaling; Cleaning; Soaking; Flouring/dredging; Crumbing; Breading; Battering; Coating; Wrapping; Dusting; Greasing; Lining; Spraying; Stuffing; Filling; Moulding; Stacking; Layering; Shaping; Rolling; Folding over; Stamping/Cutting-out; and Piping; and Spreading/Smoothing/Icing

(Weight 50%)

12.3 Provider Programme Accreditation Criteria

Physical Requirements:

- Classroom/lecture hall facilities with furniture (chairs and tables, audio/visual equipment and all other equipment conducive to a learning environment)
- Administration facilities with computer, printer and electronic consumables
- Handouts and stationery
- Professional cooking learning material mapped to the outcomes and assessment criteria of the Chef curriculum

Human Resource Requirements:

- Facilitator/learner ratio 1 to 32
- Facilitators with a qualification in professional cookery at NQF level 4 or equivalent and 2 years industry experience
- Assessors with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and an assessor qualification or assessor experience.
- A moderator, with moderator qualification or experience

Legal Requirements:

- Compliant with institutional requirements including Certificate of registration, tax clearance certificate and audited financial statements
- Compliant with Compensation for Occupational Injuries and Diseases Act (COIDA) requirements and current valid Certificate Of Good Standing (COGS)
- Compliant with safety, health, environmental, risk and quality (SHERQ) requirements including first aid certificates, evacuation plan and a health and safety policy (including food safety policy)
- Professional Body membership as a skills development provider (SDP) will be preferable
- Any other statutory requirements relevant to the specific context (e.g. South African Professional Chef Criteria and Guidelines, Occupational Health and Safety (OHS) Act etc.)

12.4 Exemptions

- 343401100-KM-21, Food preparation methods and techniques, NQF level 3, Cr 8

13. 512101000-KM-13, Food cooking methods and techniques, NQF Level 3, Credits 10

13.1 Purpose of the Knowledge Modules

The main focus of the learning in this knowledge module is to build an understanding of food cooking methods and techniques when working in the kitchen and be positioned to implement and maintain this knowledge within the hospitality and catering industry as prescribed in accordance with the South African Professional Chef Guidelines and Criteria. The learning contract time, which is the time that reflects the required duration of enrolment for this module, is at least 12.5 days.

The learning will enable learners to demonstrate an understanding of:

- KM-13-KT01: Principles of using equipment, utensils and kitchen smalls in cooking (20%)
- KM-13-KT02: Theories and principles of cooking methods and techniques (60%)
- KM-13-KT03: Basic theories, principles, methods and techniques of preparing and finishing food for cold presentation (20%)

13.2 Guidelines for Topics

13.2.1. KM-13-KT01: Principles of using equipment, utensils and kitchen smalls in cooking (20%)

Topic elements to be covered include:

- KT0101 Types of pots
- KT0102 Types of pans
- KT0103 Types of Baking Trays, Perforated Trays, Baking Tins, Pie Dishes, Tian dishes, Trivets
- KT0104 Types of Ovens, Combi-Steamers, Hobs, Ranges, Salamanders, Deep-Fat Fryers, Tilting (Bratt) Pans, Microwaves, Water Baths, and other cooking equipment
- KT0105 Theories of using cooking methods and techniques

Internal Assessment Criteria and Weight

- IAC0101 Identify different types of pots and explain their uses including Stock Pots, Pasta Pots, Steamer Pots, Double Boilers, Casseroles, Sauteuse
- IAC0102 Identify different types of pans and explain their uses including Frying Pans, Sauté pans, Omelette pans, Woks, Griddle Pans, Sauce Pans and Roasting Pans
- IAC0103 Identify different types of Baking Trays, Perforated Trays, Baking Tins, Pie Dishes, Tian dishes, Trivets
- IAC0104 Identify and know how to use Ovens, Combi-Steamers, Hobs, Ranges, Salamanders, Deep-Fat Fryers, Tilting (Bratt) Pans, Microwaves, Water Baths, and other cooking equipment

(Weight 20%)

13.2.2. KM-13-KT02: Theories and principles of cooking methods and techniques (60%)

Topic elements to be covered include:

- KT0201 Cooking Techniques
- KT0202 Wet/Moist Cooking methods
- KT0203 Dry Cooking methods
- KT0204 Other Thermal and Non-Thermal Cooking methods
- KT0205 Combination of cooking methods

Internal Assessment Criteria and Weight

- IAC0201 Discuss different types of cooking techniques including Browning; Gratinating/ Au Gratin; Searing; Caramelising; Acidifying; Deglazing; Glazing; Basting and Skimming
- IAC0202 Discuss and describe different types of wet/moist cooking methods including Boiling (Simmering, Blanching and Steeping); Poaching (Sous-Vide and Coddling); Steaming (Low Pressure Steaming and High Pressure Steaming); Stewing; and Braising (Pot Roasting)
- IAC0203 Discuss and describe different types of dry cooking methods including Roasting (Spit-Roasting); Baking; Grilling (Char-Grilling, Flame-Grilling; Barbecuing/Braaiing and Griddling); Deep frying; Shallow frying; Sauteing (Sweating/Wilting, Dry-Frying; Searing/browning and Stir Frying)
- IAC0204 Discuss and describe other Thermal and Non-Thermal Cooking methods including Microwaving; Smoking; Curing; Macerating
- IAC0205 Describe how a combination of these cooking methods can be used to achieve the best results for a specific type or cut of product

(Weight 60%)

13.2.3. KM-13-KT03: Basic theories, principles, methods and techniques of preparing and finishing food for cold presentation (20%)

Topic elements to be covered include:

- KT0301 Principles of Safe Storage and Display of Cold Food
- KT0302 Types of hors d'oeuvres (Snacks) and amuse-bouche
- KT0303 Types of basic Cold Food Items (Bread, Pastry, Salads, Vegetables, Fruit)

Internal Assessment Criteria and Weight

- IAC0301 Discuss and explain the principles of Safe Storage and Display of Cold Food
- IAC0302 Discuss and explain the traditional hors d'oeuvres (Snacks) and amuse-bouche including Rolled, Piped, Spiked/Skewered, Stuffed, in Spoons, Tartlet cases, Demi-tasse
- IAC0303 Describe the types of biscuit and bread items as well as the principles of using breads when utilising biscuits and bread items in the preparation of cold food for presentation
- IAC0304 Describe pastry items in preparing cold food for presentation including types of pastry items, and the principles when using pastry for cold food presentation

- IAC0305 Describe salads, vegetable crudités and fruit platters in preparing cold food for presentation including types, principles of salad making, fruit platters and vegetable crudités
- IAC0306 Describe dressings, sauces, oils, dips and preserves in preparing cold food for presentation including most dressings containing oil so a high quality oil should be used

(Weight 20%)

13.3 Provider Programme Accreditation Criteria

Physical Requirements:

- Classroom/lecture hall facilities with furniture (chairs and tables, audio/visual equipment and all other equipment conducive to a learning environment)
- Administration facilities with computer, printer and electronic consumables
- Handouts and stationery
- Professional cooking learning material mapped to the outcomes and assessment criteria of the Chef curriculum

Human Resource Requirements:

- Facilitator/learner ratio 1 to 32
- Facilitators with a qualification in professional cookery at NQF level 4 or equivalent and 2 years industry experience
- Assessors with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and an assessor qualification or assessor experience.
- A moderator, with moderator qualification or experience

Legal Requirements:

- Compliant with institutional requirements including Certificate of registration, tax clearance certificate and audited financial statements
- Compliant with Compensation for Occupational Injuries and Diseases Act (COIDA) requirements and current valid Certificate Of Good Standing (COGS)
- Compliant with safety, health, environmental, risk and quality (SHERQ) requirements including first aid certificates, evacuation plan and a health and safety policy (including food safety policy)
- Professional Body membership as a skills development provider (SDP) will be preferable
- Any other statutory requirements relevant to the specific context (e.g. South African Professional Chef Criteria and Guidelines, Occupational Health and Safety (OHS) Act etc.)

13.4 Exemptions

- 343401100-KM-22, Food cooking methods and techniques, NQF level 3, Cr 10

14. 512101000-KM-14, Personal Development as a cook, NQF Level 2, Credits 4

14.1 Purpose of the Knowledge Modules

The main focus of the learning in this knowledge module is to build an understanding of how a cook within the hospitality and catering industry should personally develop as prescribed in accordance with the South African Professional Chef Guidelines and Criteria. The learning contract time, which is the time that reflects the required duration of enrolment for this module, is at least 5 days.

The learning will enable learners to demonstrate an understanding of:

- KM-14-KT01: Personal attributes of a cook (20%)
- KM-14-KT02: Work environment of a cook (20%)
- KM-14-KT03: Principles of preparing a CV (40%)
- KM-14-KT04: Principles of career development (20%)

14.2 Guidelines for Topics

14.2.1. KM-14-KT01: Personal attributes of a cook (20%)

Topic elements to be covered include:

- KT0101 Personal characteristics of a cook
- KT0102 Personal abilities required to be developed as cook

Internal Assessment Criteria and Weight

- IAC0101 Identify the personal characteristics of a cook including being creative, being perfectionist and having an eye for detail, being passionate, being able to make quick decisions, being on time, being good at keeping time, being able to work under pressure, being humble, always eager to learn, being hardworking
- IAC0102 Discuss personal abilities required to be developed as a cook including being able to communicate effectively (reading and writing skills), maintain high standards of cleaning, being dedicated to practicing, self-motivated in finding new ingredients and equipment, willing to learn teamwork, committed to researching for inspiration, becoming computer literate, learning to multi-task, increasing in speed and stamina, being able to work long hours, becoming aware of financial implications in the kitchen

(Weight 20%)

14.2.2. KM-14-KT02: Work environment of a cook (20%)

Topic elements to be covered include:

- KT0201 Characteristics of the physical work environment of a cook
- KT0202 Personal and professional challenges faced by a cook
- KT0203 Addictive behaviours used as coping mechanisms by cooks

Internal Assessment Criteria and Weight

- IAC0201 Discuss the work environment of a cook including long hours, hot temperatures, high paced workload, high stress situations, physical dangers (injury: burns, cuts, muscle sprains, sore feet)
- IAC0202 List the different types of personal and professional challenges faced by a cook
- IAC0203 List the different types of addictive behaviours used as coping mechanisms by cooks and the negative impact of these behaviours in an unbalanced lifestyle

(Weight 20%)

14.2.3. KM-14-KT03: Principles of preparing a CV (40%)

Topic elements to be covered include:

- KT0301 Principles of preparing a Curriculum Vitae (CV)
- KT0302 Ways to enhance one's CV
- KT0303 The job interview process

Internal Assessment Criteria and Weight

- IAC0301 Explain the importance of a CV as a means of introducing and advertising oneself to prospective employers, either directly or through an employment agency, and as a method of securing a job interview
- IAC0302 Identify the three sections of a CV that convey important information including personal details, educational details and work experience details
- IAC0303 List the personal details required in a CV including name, surname, address, email address, contact numbers, ID number, number of dependents, language proficiency, vehicle licenses
- IAC0304 List the educational details required in a CV including qualifications or courses attended, school/institution names, years attended, subjects covered, any related memberships or associations you belong to, any related awards, prizes or medals
- IAC0305 List the work experience details required in a CV including the names of companies, periods worked (months and years), positions held, duties and responsibilities, salary/benefits, reasons for leaving
- IAC0306 Explain the importance of keeping one's CV to no more than 1 page long
- IAC0307 Explain what references are and why they are optional on a CV
- IAC0308 List industry related activities that could enhance your CV including entering competitions, attending skills courses, demonstrations, food festivals and conferences
- IAC0309 Describe the theory of a successful job interview including, making a good first impression, being on time, being prepared, and dressing correctly in full chefs uniform
- IAC0310 Explain why either a cook-off or trial-shift is usually undertaken as part of the job interview process

(Weight 40%)

14.2.4. KM-14-KT04: Principles of career development (20%)

Topic elements to be covered include:

- KT0401 Career pathways of a cook
- KT0402 Continuous Professional Development

Internal Assessment Criteria and Weight

- IAC0401 Explain the career pathways of a cook (also known as a commis chef) progressing from a kitchen-hand to becoming a Head Chef or Executive Chef
- IAC0402 Explain the importance of networking as a cook through culinary associations and organisations, competitions, as well as exhibitions and trade fairs
- IAC0403 Explain the importance of engaging in continuous professional development activities
- IAC0404 List the importance of being a member of the professional body and achieving a registered Designation

(Weight 20%)

14.3 Provider Programme Accreditation Criteria

Physical Requirements:

- Classroom/lecture hall facilities with furniture (chairs and tables, audio/visual equipment and all other equipment conducive to a learning environment)
- Administration facilities with computer, printer and electronic consumables
- Handouts and stationery
- Professional cooking learning material mapped to the outcomes and assessment criteria of the Chef curriculum

Human Resource Requirements:

- Facilitator/learner ratio 1 to 32
- Facilitators with a qualification in professional cookery at NQF level 4 or equivalent and 2 years industry experience
- Assessors with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and an assessor qualification or assessor experience.
- A moderator, with moderator qualification or experience

Legal Requirements:

- Compliant with institutional requirements including Certificate of registration, tax clearance certificate and audited financial statements
- Compliant with Compensation for Occupational Injuries and Diseases Act (COIDA) requirements and current valid Certificate Of Good Standing (COGS)
- Compliant with safety, health, environmental, risk and quality (SHERQ) requirements

including first aid certificates, evacuation plan and a health and safety policy (including food safety policy)

- Professional Body membership as a skills development provider (SDP) will be preferable
- Any other statutory requirements relevant to the specific context (e.g. South African Professional Chef Criteria and Guidelines, Occupational Health and Safety (OHS) Act etc.)

14.4 Exemptions

- 343401100-KM-24, Personal Development as a chef, NQF level 2, Cr 4

SECTION 3B: PRACTICAL SKILL MODULE SPECIFICATIONS

List of Practical Skill Module Specifications

- 512101000-PM-01, Prepare and assemble food items using different methods and techniques, equipment and utensils, NQF Level 3, Credits **6**
- 512101000-PM-02, Cook food items using different methods and techniques, equipment and utensils, NQF Level 4, Credits **14**
- 512101000-PM-03, Implement food production, NQF Level 3, Credits **6**
- 512101000-PM-04, Maintain food production systems, NQF Level 5, Credits **16**
- 512101000-PM-05, Document and report on kitchen activities, NQF Level 3, Credits **2**
- 512101000-PM-06, Assist with kitchen activities, NQF Level 2, Credits **4**

1. 512101000-PM-01, Prepare and assemble food items using different methods and techniques, equipment and utensils, NQF Level 3, Credits 6

1.1 Purpose of the Practical Skill Modules

The focus of the learning in this module is on providing the learner an opportunity to practice how to prepare food items using various preparation techniques (including peeling, slicing, chopping, dicing), equipment and utensils in executing cook duties and responsibilities. The learning contract time, which is the time that reflects the required duration of enrolment for this module, is at least 7.5 days.

The learner will be required to:

- PM-01-PS01: Prepare various food items using different preparation methods and techniques
- PM-01-PS02: Assemble various food items using different preparation methods and techniques

1.2 Guidelines for Practical Skills

1.2.1. PM-01-PS01: Prepare various food items using different preparation methods and techniques

Scope of Practical Skill

Given equipment and tools, ingredients, work instructions, specific policies and procedures, the learner must be able to:

- PA0101 Prepare various food items or components for cold presentation (including fruit, vegetables, salads, bakery products and desserts) using different preparation methods and techniques (including peeling, slicing, chopping, dicing)
- PA0102 Prepare various food items or components for hot presentation (including vegetables, starches, proteins, stocks, soups, sauces, bakery products and desserts) using different preparation methods and techniques (including peeling, slicing, chopping, dicing)

Applied Knowledge

- AK0101 Principles and procedures for personal health, hygiene, professional appearance and professional behaviour for food preparation
- AK0102 Principles and procedures for food safety and quality assurance for food preparation
- AK0103 Principles and procedures for workplace safety for food preparation
- AK0104 Methods of using basic ingredients for food preparation
- AK0105 Methods and Techniques of preparing food items
- AK0106 Processes and procedures for minimizing wastage and optimizing trimmings

Internal Assessment Criteria

- IAC0101 Clean, correct and functional equipment and tools are selected for preparing food items in accordance with the requirements of the work instruction

- IAC0102 Food items are identified and selected for preparation to reflect the commodity type, correct quality and quantity required in accordance with the work instruction
- IAC0103 Food items are prepared using the appropriate methods and techniques according to the commodity type, cooking process or work instruction
- IAC0104 Personal health, hygiene, professional appearance and professional behaviour are promoted and maintained during food preparation in order to comply with hygienic and safe working practices
- IAC0105 Food safety and quality assurance are promoted and monitored during food preparation in order to comply with hygienic and safe working practices
- IAC0106 Workplace safety principles are promoted and maintained during food preparation in order to comply with hygienic and safe working practices

1.2.2. PM-01-PS02: Assemble various food items using different preparation methods and techniques

Scope of Practical Skill

Given equipment and tools, ingredients, work instructions, specific policies and procedures, the learner must be able to:

- PA0201 Assemble various food items or components for cold presentation (including fruit, vegetables, salads, bakery products and desserts)
- PA0202 Assemble various food items or components for hot presentation (including vegetables, starches, proteins, stocks, soups, sauces, bakery products and desserts)

Applied Knowledge

- AK0201 Principles and procedures for personal health, hygiene, professional appearance and professional behaviour for food assembly
- AK0202 Principles and procedures for food safety and quality assurance for food assembly
- AK0203 Principles and procedures for workplace safety for food assembly
- AK0204 Methods of using basic ingredients for food assembly
- AK0205 Methods and Techniques of assembling food items
- AK0206 Processes and procedures for minimizing wastage and optimizing trimmings

Internal Assessment Criteria

- IAC0201 Clean, correct and functional equipment and tools are selected for assembling food items in accordance with the requirements of the work instruction
- IAC0202 Food items are identified and selected for assembly to reflect the commodity type, correct quality and quantity required in accordance with the work instruction
- IAC0203 Food items are assembled using the appropriate methods and techniques according to the commodity type, cooking process or work instruction

- IAC0204 Personal health, hygiene, professional appearance and professional behaviour are promoted and maintained during food preparation in order to comply with hygienic and safe working practices
- IAC0205 Food safety and quality assurance are promoted and monitored during food assembly in order to comply with hygienic and safe working practices
- IAC0206 Workplace safety principles are promoted and maintained during food assembly in order to comply with hygienic and safe working practices

1.3 Provider Programme Accreditation Criteria

Physical Requirements:

- Access to a legally compliant and hygienic training kitchen with work tables, hand washing facilities and separate sinks
- Administration facilities with computer, printer and electronic consumables
- Handouts and stationery
- Professional cooking learning material mapped to the outcomes and assessment criteria of the Chef curriculum
- Access to categories of tools and equipment in order for learners to practice the skill including:
 - Mechanical/electrical Food Preparation equipment, including Scales, Mixers (bowls, K-beater, Whisk and Dough Hook attachments), Food Processors/Bowl Cutters (bowls, blades and cutting disc attachments), Blenders, and Pasta Machines
 - Different types of knives, including Chefs/Cooks Knife, Paring/Utility Knife, Filleting Knife, Boning Knife, Bread Knife, Palette Knife, Off-set Palette Knife/Lifter/Spatula,
 - Colour-coded cutting boards
 - Utensils and kitchen smalls including French Balloon Whisk, Piano Whisk, Spatula /Bowl Scraper, Lifter, Ladle, Slotted Spoon, spider, Oyster shuck, Peeler, Corer, Melon-baller, Zester, Grater, Potato Ricer/Mill, Mandolin Slicer, Sieve, Chinois, Conical Strainer, Strainer/colander, rolling pins, Piping Bag and nozzles, metal mixing bowls, Ramekins, Dariole Moulds, Timbales, Bain Marie Inserts, Chaffing Dishes, Measuring cups and spoons, Pestle and Mortar and Mallet
 - Different types of pots including Stock Pots, Pasta Pots, Steamer Pots, Double Boilers,
 - Different types of pans including Frying Pans, Sauté pans, Omelette pans, Woks, Griddle Pans, Sauce Pans and Roasting Pans
 - Different types of Baking Trays, Perforated Trays, Baking Tins, Pie Dishes,
 - Different types of cooking equipment such as Ovens, Hobs, Salamanders, Deep-Fat Fryers, Microwaves
 - Different types of storage facilities and equipment such as Drystores, Fridges, freezers,
 - Sinks and separate hand-wash basin

- 1: 2 learners per work stations

Human Resource Requirements:

- Facilitators with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and preferably registered with the professional body
- Assessors with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and an assessor qualification or assessor experience.
- A moderator, with moderator qualification or experience
- Facilitator / learner ratio 1 to 16
- Assessor / learner ratio 1 to 8

Legal Requirements:

- Compliant with institutional requirements including Certificate of registration, tax clearance certificate and audited financial statements
- Compliant with Compensation for Occupational Injuries and Diseases Act (COIDA) requirements and current valid Certificate Of Good Standing (COGS)
- Compliant with safety, health, environmental, risk and quality (SHERQ) requirements including Fire and Gas Certificate, food premises certificate of acceptability, pest control certificate, first aid certificates, evacuation plan and a health and safety policy (including food safety policy)
- Professional Body membership as a skills development provider (SDP) will be preferable
- Any other statutory requirements relevant to the specific context (e.g. South African Professional Chef Criteria and Guidelines, Occupational Health and Safety (OHS) Act etc.)

1.4 Exemptions

- 343401100-PM-01, Prepare and cook food items using different methods and techniques, equipment and utensils, NQF level 4, Cr 16

2. 512101000-PM-02, Cook food items using different methods and techniques, equipment and utensils, NQF Level 4, Credits 14

2.1 Purpose of the Practical Skill Modules

The focus of the learning in this module is on providing the learner an opportunity to practice how to cook food items using various cooking methods (including boiling, poaching, steaming, stewing, braising, roasting, grilling, baking, frying and microwaving), equipment and utensils in executing cook duties and responsibilities. The learning contract time, which is the time that reflects the required duration of enrolment for this module, is at least 17.5 days.

The learner will be required to:

- PM-02-PS01: Cook various food items using different wet/moist cooking methods
- PM-02-PS02: Cook various food items using different dry cooking methods
- PM-02-PS03: Cook various food items using other thermal and non-thermal cooking methods

2.2 Guidelines for Practical Skills

2.2.1. PM-02-PS01: Cook various food items using different wet/moist cooking methods

Scope of Practical Skill

Given equipment and tools, ingredients, work instructions, specific policies and procedures, the learner must be able to:

- PA0101 Cook various food items using the Boiling method (including Simmering and Blanching)
- PA0102 Cook various food items using the Poaching method (including Deep and Shallow poaching)
- PA0103 Cook various food items using the Steaming method (including High and Low pressure steaming)
- PA0104 Cook various food items using the Stewing method
- PA0105 Cook various food items using the Braising method (including Pot Roasting)

Applied Knowledge

- AK0101 Principles and procedures for personal health, hygiene, professional appearance and professional behaviour for wet/moist cooking methods
- AK0102 Principles and procedures for food safety and quality assurance for wet/moist cooking methods
- AK0103 Principles and procedures for workplace safety for wet/moist cooking methods
- AK0104 Methods of using basic ingredients
- AK0105 Principles of Numeracy and units of measurement
- AK0106 Principles of conscious cooking to promote environmental awareness and sustainability in the hospitality and catering industries
- AK0107 Processes and procedures to apply nutritional and dietary requirement principles

- AK0108 Methods and Techniques of cooking food items
- AK0109 Processes and procedures for minimizing wastage and optimizing trimmings

Internal Assessment Criteria

- IAC0101 Clean, correct and functional equipment and tools are selected for wet/moist cooking methods in accordance with the requirements of the work instruction
- IAC0102 Food items are identified and selected for wet/moist cooking methods to reflect the commodity type, correct quality and quantity required in accordance with the work instruction
- IAC0103 Food items are cooked using the appropriate wet/moist cooking methods and techniques according to the commodity type, cooking process or work instruction
- IAC0104 Personal health, hygiene, professional appearance and professional behaviour are promoted and maintained during wet/moist methods of cooking in order to comply with hygienic and safe working practices
- IAC0105 Food safety and quality assurance are promoted and monitored during wet/moist methods of cooking in order to comply with hygienic and safe working practices
- IAC0106 Workplace safety principles are promoted and maintained during wet/moist methods of cooking in order to comply with hygienic and safe working practices
- IAC0107 Wet/moist cooking methods are done in accordance with planning, time management and budgetary requirements with minimal wastage and optimized trimmings

2.2.2. PM-02-PS02: Cook various food items using different dry cooking methods

Scope of Practical Skill

Given equipment and tools, ingredients, work instructions, specific policies and procedures, the learner must be able to:

- PA0201 Cook various food items using the Roasting method
- PA0202 Cook various food items using the Baking method
- PA0203 Cook various food items using the Grilling method (including Griddling)
- PA0204 Cook various food items using the Deep Frying method
- PA0205 Cook various food items using the Shallow Frying method
- PA0206 Cook various food items using the Sautéing method (including Sweating/Wilting, Dry-Frying; Searing/Browning and Stir Frying)

Applied Knowledge

- AK0201 Principles and procedures for personal health, hygiene, professional appearance and professional behaviour for dry cooking methods
- AK0202 Principles and procedures for food safety and quality assurance for dry cooking methods
- AK0203 Principles and procedures for workplace safety for dry cooking methods

- AK0204 Methods of using basic ingredients
- AK0205 Principles of Numeracy and units of measurement
- AK0206 Principles of conscious cooking to promote environmental awareness and sustainability in the hospitality and catering industries
- AK0207 Processes and procedures to apply nutritional and dietary requirement principles
- AK0208 Methods and Techniques of cooking food items
- AK0209 Processes and procedures for minimizing wastage and optimizing trimmings

Internal Assessment Criteria

- IAC0201 Clean, correct and functional equipment and tools are selected for dry cooking methods in accordance with the requirements of the work instruction
- IAC0202 Food items are identified and selected for dry cooking methods to reflect the commodity type, correct quality and quantity required in accordance with the work instruction
- IAC0203 Food items are cooked using the appropriate dry cooking methods and techniques according to the commodity type, cooking process or work instruction
- IAC0204 Personal health, hygiene, professional appearance and professional behaviour are promoted and maintained during dry methods of cooking in order to comply with hygienic and safe working practices
- IAC0205 Food safety and quality assurance are promoted and monitored during dry methods of cooking in order to comply with hygienic and safe working practices
- IAC0206 Workplace safety principles are promoted and maintained during dry methods of cooking in order to comply with hygienic and safe working practices
- IAC0207 Dry cooking methods are done in accordance with planning, time management and budgetary requirements with minimal wastage and optimized trimmings

2.2.3. PM-02-PS03: Cook various food items using other thermal and non-thermal cooking methods

Scope of Practical Skill

Given equipment and tools, ingredients, work instructions, specific policies and procedures, the learner must be able to:

- PA0301 Cook various food items using the Microwave method
- PA0302 Cook various food items using Non-Thermal methods (including smoking, curing, pickling, brining, macerating)

Applied Knowledge

- AK0301 Principles and procedures for personal health, hygiene, professional appearance and professional behaviour for Microwave and Non-Thermal cooking methods
- AK0302 Principles and procedures for food safety and quality assurance for Microwave and Non-Thermal cooking methods

- AK0303 Principles and procedures for workplace safety for Microwave and Non-Thermal cooking methods
- AK0304 Methods of using basic ingredients
- AK0305 Principles of Numeracy and units of measurement
- AK0306 Principles of conscious cooking to promote environmental awareness and sustainability in the hospitality and catering industries
- AK0307 Processes and procedures to apply nutritional and dietary requirement principles
- AK0308 Methods and Techniques of cooking food items
- AK0309 Processes and procedures for minimizing wastage and optimizing trimmings

Internal Assessment Criteria

- IAC0301 Clean, correct and functional equipment and tools are selected for Microwave and Non-Thermal cooking methods in accordance with the requirements of the work instruction
- IAC0302 Food items are identified and selected for Microwave and Non-Thermal cooking methods to reflect the commodity type, correct quality and quantity required in accordance with the work instruction
- IAC0303 Food items are cooked using the appropriate Microwave and Non-Thermal cooking methods and techniques according to the commodity type, cooking process or work instruction
- IAC0304 Personal health, hygiene, professional appearance and professional behaviour are promoted and maintained during Microwave and Non-Thermal methods of cooking in order to comply with hygienic and safe working practices
- IAC0305 Food safety and quality assurance are promoted and monitored during Microwave and Non-Thermal methods of cooking in order to comply with hygienic and safe working practices
- IAC0306 Workplace safety principles are promoted and maintained during Microwave and Non-Thermal methods of cooking in order to comply with hygienic and safe working practices
- IAC0307 Microwave and Non-Thermal cooking methods are done in accordance with planning, time management and budgetary requirements with minimal wastage and optimized trimmings

2.3 Provider Programme Accreditation Criteria

Physical Requirements:

- Access to a legally compliant and hygienic training kitchen with work tables, hand washing facilities and separate sinks
- Administration facilities with computer, printer and electronic consumables
- Handouts and stationery
- Professional cooking learning material mapped to the outcomes and assessment criteria of

the Chef curriculum

- Access to categories of tools and equipment in order for learners to practice the skill including:
- Mechanical/electrical Food Preparation equipment, including Scales, Mixers (bowls, K-beater, Whisk and Dough Hook attachments), Food Processors/Bowl Cutters (bowls, blades and cutting disc attachments), Blenders, and Pasta Machines
- Different types of knives, including Chefs/Cooks Knife, Paring/Utility Knife, Filleting Knife, Boning Knife, Bread Knife, Palette Knife, Off-set Palette Knife/Lifter/Spatula,
- Colour-coded cutting boards
- Utensils and kitchen smalls including French Balloon Whisk, Piano Whisk, Spatula /Bowl Scraper, Lifter, Ladle, Slotted Spoon, spider, Oyster shuck, Peeler, Corer, Melon-baller, Zester, Grater, Potato Ricer/Mill, Mandolin Slicer, Sieve, Chinois, Conical Strainer, Strainer/colander, rolling pins, Piping Bag and nozzles, metal mixing bowls, Ramekins, Dariole Moulds, Timbales, Bain Marie Inserts, Chaffing Dishes, Measuring cups and spoons, Pestle and Mortar and Mallet
- Different types of pots including Stock Pots, Pasta Pots, Steamer Pots, Double Boilers,
- Different types of pans including Frying Pans, Sauté pans, Omelette pans, Woks, Griddle Pans, Sauce Pans and Roasting Pans
- Different types of Baking Trays, Perforated Trays, Baking Tins, Pie Dishes,
- Different types of cooking equipment such as Ovens, Hobs, Salamanders, Deep-Fat Fryers, Microwaves
- Different types of storage facilities and equipment such as Drystores, Fridges, freezers,
- Sinks and separate hand-wash basin
- 1: 2 learners per work stations

Human Resource Requirements:

- Facilitators with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and preferably registered with the professional body
- Assessors with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and an assessor qualification or assessor experience.
- A moderator, with moderator qualification or experience
- Facilitator / learner ratio 1 to 16
- Assessor / learner ratio 1 to 8

Legal Requirements:

- Compliant with institutional requirements including Certificate of registration, tax clearance certificate and audited financial statements

- Compliant with Compensation for Occupational Injuries and Diseases Act (COIDA) requirements and current valid Certificate Of Good Standing (COGS)
- Compliant with safety, health, environmental, risk and quality (SHERQ) requirements including Fire and Gas Certificate, food premises certificate of acceptability, pest control certificate, first aid certificates, evacuation plan and a health and safety policy (including food safety policy)
- Professional Body membership as a skills development provider (SDP) will be preferable
- Any other statutory requirements relevant to the specific context (e.g. South African Professional Chef Criteria and Guidelines, Occupational Health and Safety (OHS) Act etc.)

2.4 Exemptions

- 343401100-PM-01, Prepare and cook food items using different methods and techniques, equipment and utensils, NQF level 4, Cr 16

3. 512101000-PM-03, Implement food production, NQF Level 3, Credits 6

3.1 Purpose of the Practical Skill Modules

The focus of the learning in this module is on providing the learner an opportunity to practice how to implement food production systems, handling, storing and cleaning in food production and how to follow recipe and dish specifications in executing cook duties and responsibilities. The learning contract time, which is the time that reflects the required duration of enrolment for this module, is at least 7.5 days.

The learner will be required to:

- PM-03-PS01: Handling, storing and cleaning in food production
- PM-03-PS02: Follow recipe and dish specifications

3.2 Guidelines for Practical Skills

3.2.1. PM-03-PS01: Handling, storing and cleaning in food production

Scope of Practical Skill

Given access to recipes and dish specifications as well as a working kitchen and stores, the learner must be able to:

- PA0101 Handle and store different commodities received in a production kitchen (including protein, fruit, vegetables, eggs, bakery products, desserts, dry goods and chemicals) in various packaging formats (including cans, bottles, jars, packets, boxes, crates, bags and sacks) in their respective storage areas (including ambient/dry-store, chilled/fridges, frozen/freezers, chemical store)
- PA0102 Keep production facilities, equipment and storage areas clean, tidy and free from refuse and secure from unauthorised access
- PA0103 Handle and store different food items produced in a kitchen (including protein, fruit, vegetables, eggs, bakery products and desserts) in different storage areas (including ambient/dry-store, chilled/fridges, frozen/ freezers) properly covered/wrapped, dated and labelled

Applied Knowledge

- AK0101 Policies and procedures for health and safety
- AK0102 Policies and procedures for handling received stock
- AK0103 Storing processes and procedures
- AK0104 Methods and Techniques of preparing

Internal Assessment Criteria

- IAC0101 Food commodities are stored in the dry stores, fridges and freezers, and chemicals in the chemical store, reflecting the application of the principle of First-In First-Out (FIFO) stock rotation, removal of expired stock and badly dented cans, fixing of damaged packaging and cleaning of shelving

- IAC0102 Actual physical low stock levels are reported for re-ordering in accordance with management procedures
- IAC0103 Facilities, equipment and storage areas are clean, tidy and free from refuse
- IAC0104 Food items produced are stored covered and wrapped, labelled and dated, in the dry stores, fridges and freezers reflecting the application of the principle of First-In First-Out (FIFO) stock rotation

3.2.2. PM-03-PS02: Follow recipe and dish specifications

Scope of Practical Skill

Given access to recipes and dish specifications as well as a working kitchen and stores, the learner must be able to:

- PA0201 Read recipes and dish specifications, accurately interpreting the required weights and volumes of ingredients to be measured out for production
- PA0202 Read and follow recipes and dish specifications, accurately interpreting the times, temperatures and methods to be followed for production
- PA0203 Read and follow recipes and dish specifications, accurately interpreting the presentation and garnish requirements to be followed for production

Applied Knowledge

- AK0201 Policies and procedures for health and safety
- AK0202 Policies and procedures for handling received stock
- AK0203 Storing processes and procedures
- AK0204 Methods and Techniques of preparing and cooking
- AK0205 Numeracy and units of measurement

Internal Assessment Criteria

- IAC0201 Weights and volumes of ingredients are measured out for production as per recipes
- IAC0202 Times, temperatures and methods are followed as per recipes
- IAC0203 Presentation and garnish are applied as per recipes

3.3 Provider Programme Accreditation Criteria

Physical Requirements:

- Access to a legally compliant and hygienic training kitchen with work tables, hand washing facilities and separate sinks
- Administration facilities with computer, printer and electronic consumables
- Handouts and stationery
- Professional cooking learning material mapped to the outcomes and assessment criteria of the Chef curriculum

- Access to categories of tools and equipment in order for learners to practice the skill including:
- Mechanical/electrical Food Preparation equipment, including Scales, Mixers (bowls, K-beater, Whisk and Dough Hook attachments), Food Processors/Bowl Cutters (bowls, blades and cutting disc attachments), Blenders, and Pasta Machines
- Different types of knives, including Chefs/Cooks Knife, Paring/Utility Knife, Filleting Knife, Boning Knife, Bread Knife, Palette Knife, Off-set Palette Knife/Lifter/Spatula,
- Colour-coded cutting boards
- Utensils and kitchen smalls including French Balloon Whisk, Piano Whisk, Spatula /Bowl Scraper, Lifter, Ladle, Slotted Spoon, spider, Oyster shuck, Peeler, Corer, Melon-baller, Zester, Grater, Potato Ricer/Mill, Mandolin Slicer, Sieve, Chinois, Conical Strainer, Strainer/colander, rolling pins, Piping Bag and nozzles, metal mixing bowls, Ramekins, Dariol Moulds, Timbales, Bain Marie Inserts, Chaffing Dishes, Measuring cups and spoons, Pestle and Mortar and Mallet
- Different types of pots including Stock Pots, Pasta Pots, Steamer Pots, Double Boilers,
- Different types of pans including Frying Pans, Sauté pans, Omelette pans, Woks, Griddle Pans, Sauce Pans and Roasting Pans
- Different types of Baking Trays, Perforated Trays, Baking Tins, Pie Dishes,
- Different types of cooking equipment such as Ovens, Hobs, Salamanders, Deep-Fat Fryers, Microwaves
- Different types of storage facilities and equipment such as Drystores, Fridges, freezers,
- Sinks and separate hand-wash basin
- 1: 2 learners per work stations

Human Resource Requirements:

- Facilitators with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and preferably registered with the professional body
- Assessors with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and an assessor qualification or assessor experience.
- A moderator, with moderator qualification or experience
- Facilitator / learner ratio 1 to 16
- Assessor / learner ratio 1 to 8

Legal Requirements:

- Compliant with institutional requirements including Certificate of registration, tax clearance certificate and audited financial statements
- Compliant with Compensation for Occupational Injuries and Diseases Act (COIDA)

requirements and current valid Certificate Of Good Standing (COGS)

- Compliant with safety, health, environmental, risk and quality (SHERQ) requirements including Fire and Gas Certificate, food premises certificate of acceptability, pest control certificate, first aid certificates, evacuation plan and a health and safety policy (including food safety policy)
- Professional Body membership as a skills development provider (SDP) will be preferable
- Any other statutory requirements relevant to the specific context (e.g. South African Professional Chef Criteria and Guidelines, Occupational Health and Safety (OHS) Act etc.)

3.4 Exemptions

- 343401100-PM-05, Maintain food production systems, NQF level 5, Cr 24

4. 512101000-PM-04, Maintain food production systems, NQF Level 5, Credits 16

4.1 Purpose of the Practical Skill Modules

The focus of the learning in this module is on providing the learner an opportunity to practice how to maintain food production systems, interpret menus for different styles of food production, and monitor quality and portion control in executing cook duties and responsibilities. The learning contract time, which is the time that reflects the required duration of enrolment for this module, is at least 20 days.

The learner will be required to:

- PM-04-PS01: Interpret menus for cook-serve, cook-chill and cook-freeze food production
- PM-04-PS02: Monitor quality and portion control

4.2 Guidelines for Practical Skills

4.2.1. PM-04-PS01: Interpret menus for cook-serve, cook-chill and cook-freeze food production

Scope of Practical Skill

Given a menu brief for cook-serve, cook-chill and cook-freeze food production the learner must be able to:

- PA0101 Breakdown the menu to create a Prep List of components to prepare for cook-serve, cook-chill and cook-freeze activities
- PA0102 Create an Ingredient List (for ordering or stock requisition) to prepare the components for each of the cook-serve, cook-chill and cook-freeze activities
- PA0103 Create a Work Plan to show in which order the components will be prepared, first to last for each of the cook-serve, cook-chill and cook-freeze activities
- PA0104 Identify how or where each component will be stored prior to service for cook-serve, cook-chill and cook-freeze production
- PA0105 Assign a work task equally using the prep list between two chefs to prepare, cook-serve, cook-chill and cook-freeze
- PA0106 Produce a dish specification

Applied Knowledge

- AK0101 Policies and procedures for health and safety
- AK0102 Process of creating a Prep List
- AK0103 Process of creating an Ingredient List
- AK0104 Procedures and methods of developing a work plan
- AK0105 Storing processes and procedures
- AK0106 Processes and procedures for assigning responsibilities
- AK0107 Principles of Numeracy and units of measurement

Internal Assessment Criteria

- IAC0101 Well-constructed Prep List that contains all the components required for the menu

- IAC0102 Complete Ingredient List that contains all the ingredients required for the menu
- IAC0103 Thorough Work Plan that shows good use of timing and workflow
- IAC0104 Prepared components indicated as stored correctly for cook-serve production
- IAC0105 Division of equal work allocation in accordance with tasks required to be completed
- IAC0106 Dish specification is produced in accordance with selection of ingredients (quality, quantity), the production of dish components (techniques, methods), storage of components, assembly of components, plating and garnishing

4.2.2. PM-04-PS02: Monitor quality and portion control

Scope of Practical Skill

Given a set of plates from a function or restaurant service, the learner must be able to:

- PA0201 Monitor quality control by showing attention to detail, and identify sub-standard plates and prevent them from being served
- PA0202 Monitor portion control by showing attention to detail, and identify sub-standard plates and prevent them from being served

Applied Knowledge

- AK0201 Procedures and processes for monitoring quality control
- AK0202 Procedures and processes for monitoring portion control
- AK0203 Principles of Numeracy and units of measurement

Internal Assessment Criteria

- IAC0201 Plates hot for hot food and cold for cold food
- IAC0202 Plates clean of spillages and not messy
- IAC0203 Plates replicated correctly and almost identical
- IAC0204 All ingredient components present on every plate
- IAC0205 All portions similar in shape and equal in size or weight
- IAC0206 Ingredients and garnishes are fresh
- IAC0207 Ingredients and garnishes are not repeated across different courses or multiple dishes
- IAC0208 Plates are balanced in colour, texture, dimension, arrangement, and by cooking method

4.3 Provider Programme Accreditation Criteria

Physical Requirements:

- Access to a legally compliant and hygienic training kitchen with work tables, hand washing facilities and separate sinks
- Administration facilities with computer, printer and electronic consumables

- Handouts and stationery
- Professional cooking learning material mapped to the outcomes and assessment criteria of the Chef curriculum
- Access to categories of tools and equipment in order for learners to practice the skill including:
- Mechanical/electrical Food Preparation equipment, including Scales, Mixers (bowls, K-beater, Whisk and Dough Hook attachments), Food Processors/Bowl Cutters (bowls, blades and cutting disc attachments), Blenders, and Pasta Machines
- Different types of knives, including Chefs/Cooks Knife, Paring/Utility Knife, Filleting Knife, Boning Knife, Bread Knife, Palette Knife, Off-set Palette Knife/Lifter/Spatula,
- Colour-coded cutting boards
- Utensils and kitchen smalls including French Balloon Whisk, Piano Whisk, Spatula /Bowl Scraper, Lifter, Ladle, Slotted Spoon, spider, Oyster shuck, Peeler, Corer, Melon-baller, Zester, Grater, Potato Ricer/Mill, Mandolin Slicer, Sieve, Chinois, Conical Strainer, Strainer/colander, rolling pins, Piping Bag and nozzles, metal mixing bowls, Ramekins, Dariole Moulds, Timbales, Bain Marie Inserts, Chaffing Dishes, Measuring cups and spoons, Pestle and Mortar and Mallet
- Different types of pots including Stock Pots, Pasta Pots, Steamer Pots, Double Boilers,
- Different types of pans including Frying Pans, Sauté pans, Omelette pans, Woks, Griddle Pans, Sauce Pans and Roasting Pans
- Different types of Baking Trays, Perforated Trays, Baking Tins, Pie Dishes,
- Different types of cooking equipment such as Ovens, Hobs, Salamanders, Deep-Fat Fryers, Microwaves
- Different types of storage facilities and equipment such as Drystores, Fridges, freezers,
- Sinks and separate hand-wash basin
- 1: 2 learners per work stations

Human Resource Requirements:

- Facilitators with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and preferably registered with the professional body
- Assessors with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and an assessor qualification or assessor experience.
- A moderator, with moderator qualification or experience
- Facilitator / learner ratio 1 to 16
- Assessor / learner ratio 1 to 8

Legal Requirements:

- Compliant with institutional requirements including Certificate of registration, tax clearance certificate and audited financial statements
- Compliant with Compensation for Occupational Injuries and Diseases Act (COIDA) requirements and current valid Certificate Of Good Standing (COGS)
- Compliant with safety, health, environmental, risk and quality (SHERQ) requirements including Fire and Gas Certificate, food premises certificate of acceptability, pest control certificate, first aid certificates, evacuation plan and a health and safety policy (including food safety policy)
- Professional Body membership as a skills development provider (SDP) will be preferable
- Any other statutory requirements relevant to the specific context (e.g. South African Professional Chef Criteria and Guidelines, Occupational Health and Safety (OHS) Act etc.)

4.4 Exemptions

- 343401100-PM-05, Maintain food production systems, NQF level 5, Cr 24

5. 512101000-PM-05, Document and report on kitchen activities, NQF Level 3, Credits 2

5.1 Purpose of the Practical Skill Modules

The focus of the learning in this module is on providing the learner an opportunity to practice documenting and reporting on various kitchen activities in executing cook duties and responsibilities. The learning contract time, which is the time that reflects the required duration of enrolment for this module, is at least 2.5 days.

The learner will be required to:

- PM-05-PS01: Document on kitchen activities and requirements
- PM-05-PS02: Report on kitchen activities and requirements

5.2 Guidelines for Practical Skills

5.2.1. PM-05-PS01: Document on kitchen activities and requirements

Scope of Practical Skill

Given a working kitchen and food production requirements, the learner must be able to:

- PA0101 Document fridge and freezer temperatures
- PA0102 Document stock on hand

Applied Knowledge

- AK0101 Policies and procedures for health and safety
- AK0102 Storing processes and procedures
- AK0103 Processes and procedures for taking responsibility

Internal Assessment Criteria

- IAC0101 Document fridge and freezer temperatures to ensure they are within range
- IAC0102 Document quantity of stock on hand to ensure efficient food production

5.2.2. PM-05-PS02: Report on kitchen activities and requirements

Scope of Practical Skill

Given a working kitchen and food production requirements, the learner must be able to:

- PA0201 Report on maintenance issues
- PA0202 Report on quality of ingredients and out of stock items

Applied Knowledge

- AK0201 Procedures and processes for documenting and reporting
- AK0202 Procedures and processes of the reporting structure of the organisation
- AK0203 Procedures and processes for reporting workplace injuries

Internal Assessment Criteria

- IAC0201 Report on maintenance issues to ensure all equipment is in working order
- IAC0202 Report on quality of ingredients and out of stock items to ensure efficient food production

5.3 Provider Programme Accreditation Criteria

Physical Requirements:

- Access to a legally compliant and hygienic training kitchen with work tables, hand washing facilities and separate sinks
- Administration facilities with computer, printer and electronic consumables
- Handouts and stationery
- Professional cooking learning material mapped to the outcomes and assessment criteria of the Chef curriculum
- Access to categories of tools and equipment in order for learners to practice the skill including:
 - Mechanical/electrical Food Preparation equipment, including Scales, Mixers (bowls, K-beater, Whisk and Dough Hook attachments), Food Processors/Bowl Cutters (bowls, blades and cutting disc attachments), Blenders, and Pasta Machines
 - Different types of knives, including Chefs/Cooks Knife, Paring/Utility Knife, Filleting Knife, Boning Knife, Bread Knife, Palette Knife, Off-set Palette Knife/Lifter/Spatula,
 - Colour-coded cutting boards
 - Utensils and kitchen smalls including French Balloon Whisk, Piano Whisk, Spatula /Bowl Scraper, Lifter, Ladle, Slotted Spoon, spider, Oyster shuck, Peeler, Corer, Melon-baller, Zester, Grater, Potato Ricer/Mill, Mandolin Slicer, Sieve, Chinois, Conical Strainer, Strainer/colander, rolling pins, Piping Bag and nozzles, metal mixing bowls, Ramekins, Dariol Moulds, Timbales, Bain Marie Inserts, Chaffing Dishes, Measuring cups and spoons, Pestle and Mortar and Mallet
 - Different types of pots including Stock Pots, Pasta Pots, Steamer Pots, Double Boilers,
 - Different types of pans including Frying Pans, Sauté pans, Omelette pans, Woks, Griddle Pans, Sauce Pans and Roasting Pans
 - Different types of Baking Trays, Perforated Trays, Baking Tins, Pie Dishes,
 - Different types of cooking equipment such as Ovens, Hobs, Salamanders, Deep-Fat Fryers, Microwaves
 - Different types of storage facilities and equipment such as Drystores, Fridges, freezers,
 - Sinks and separate hand-wash basin
- 1: 2 learners per work stations

Human Resource Requirements:

- Facilitators with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and preferably registered with the professional body
- Assessors with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and an assessor qualification or assessor experience.

- A moderator, with moderator qualification or experience
- Facilitator / learner ratio 1 to 16
- Assessor / learner ratio 1 to 8

Legal Requirements:

- Compliant with institutional requirements including Certificate of registration, tax clearance certificate and audited financial statements
- Compliant with Compensation for Occupational Injuries and Diseases Act (COIDA) requirements and current valid Certificate Of Good Standing (COGS)
- Compliant with safety, health, environmental, risk and quality (SHERQ) requirements including Fire and Gas Certificate, food premises certificate of acceptability, pest control certificate, first aid certificates, evacuation plan and a health and safety policy (including food safety policy)
- Professional Body membership as a skills development provider (SDP) will be preferable

Any other statutory requirements relevant to the specific context (e.g. South African Professional Chef Criteria and Guidelines, Occupational Health and Safety (OHS) Act etc.)

5.4 Exemptions

- None

6. 512101000-PM-06, Assist with kitchen activities, NQF Level 2, Credits 4

6.1 Purpose of the Practical Skill Modules

The focus of the learning in this module is on providing the learner an opportunity to practice assisting with various kitchen activities in executing cook duties and responsibilities. The learning contract time, which is the time that reflects the required duration of enrolment for this module, is at least 5 days.

The learner will be required to:

- PM-06-PS01: Assist kitchen personnel to prepare food
- PM-06-PS02: Assist service staff to serve food
- PM-06-PS03: Assist with cleaning food preparation and service areas

6.2 Guidelines for Practical Skills

6.2.1. PM-06-PS01: Assist kitchen personnel to prepare food

Scope of Practical Skill

Given a working kitchen and food production requirements, the learner must be able to:

- PA0101 Assist other cooks in food production
- PA0102 Assist other cooks in food storage

Applied Knowledge

- AK0101 Policies and procedures for health and safety
- AK0102 Storing processes and procedures
- AK0103 Processes and procedures for taking responsibility

Internal Assessment Criteria

- IAC0101 Food production processes are efficiently carried out through assisting other personnel
- IAC0102 Food storage processes are efficiently carried out through assisting other personnel

6.2.2. PM-06-PS02: Assist service staff to serve food

Scope of Practical Skill

Given a working kitchen and food production requirements, the learner must be able to:

- PA0201 Assist with service requirements
- PA0202 Assist other cooks in food presentation

Applied Knowledge

- AK0201 Procedures and processes for documenting and reporting
- AK0202 Procedures and processes of the reporting structure of the organisation
- AK0203 Procedures and processes for reporting workplace injuries

Internal Assessment Criteria

- IAC0201 Support is given to personnel in order to meet service requirements

- IAC0202 Food presentation processes are efficiently carried out through assisting other personnel

6.2.3. PM-06-PS03: Assist with cleaning food preparation and service areas

Scope of Practical Skill

Given a working kitchen and food production requirements, the learner must be able to:

- PA0301 Assist in cleaning food production areas
- PA0302 Assist in cleaning equipment and utensils
- PA0303 Assist in cleaning storage areas

Applied Knowledge

- AK0301 Policies and procedures for health and safety
- AK0302 Storing processes and procedures
- AK0303 Processes and procedures for taking responsibility

Internal Assessment Criteria

- IAC0301 Assistance is provided to ensure high levels of cleanliness are maintained in food production areas
- IAC0302 Assistance is provided to ensure high levels of cleanliness are maintained with equipment and utensils
- IAC0303 Assistance is provided to ensure high levels of cleanliness are maintained in storage areas

6.3 Provider Programme Accreditation Criteria

Physical Requirements:

- Access to a legally compliant and hygienic training kitchen with work tables, hand washing facilities and separate sinks
- Administration facilities with computer, printer and electronic consumables
- Handouts and stationery
- Professional cooking learning material mapped to the outcomes and assessment criteria of the Chef curriculum
- Access to categories of tools and equipment in order for learners to practice the skill including:
 - Mechanical/electrical Food Preparation equipment, including Scales, Mixers (bowls, K-beater, Whisk and Dough Hook attachments), Food Processors/Bowl Cutters (bowls, blades and cutting disc attachments), Blenders, and Pasta Machines
 - Different types of knives, including Chefs/Cooks Knife, Paring/Utility Knife, Filleting Knife, Boning Knife, Bread Knife, Palette Knife, Off-set Palette Knife/Lifter/Spatula,
 - Colour-coded cutting boards

- Utensils and kitchen smalls including French Balloon Whisk, Piano Whisk, Spatula /Bow/ Scraper, Lifter, Ladle, Slotted Spoon, spider, Oyster shuck, Peeler, Corer, Melon-baller, Zester, Grater, Potato Ricer/Mill, Mandolin Slicer, Sieve, Chinois, Conical Strainer, Strainer/colander, rolling pins, Piping Bag and nozzles, metal mixing bowls, Ramekins, Dariole Moulds, Timbales, Bain Marie Inserts, Chaffing Dishes, Measuring cups and spoons, Pestle and Mortar and Mallet
- Different types of pots including Stock Pots, Pasta Pots, Steamer Pots, Double Boilers,
- Different types of pans including Frying Pans, Sauté pans, Omelette pans, Woks, Griddle Pans, Sauce Pans and Roasting Pans
- Different types of Baking Trays, Perforated Trays, Baking Tins, Pie Dishes,
- Different types of cooking equipment such as Ovens, Hobs, Salamanders, Deep-Fat Fryers, Microwaves
- Different types of storage facilities and equipment such as Drystores, Fridges, freezers,
- Sinks and separate hand-wash basin
- 1: 2 learners per work stations

Human Resource Requirements:

- Facilitators with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and preferably registered with the professional body
- Assessors with a qualification in professional cookery at NQF level 4 or equivalent, 2 years industry experience and an assessor qualification or assessor experience.
- A moderator, with moderator qualification or experience
- Facilitator / learner ratio 1 to 16
- Assessor / learner ratio 1 to 8

Legal Requirements:

- Compliant with institutional requirements including Certificate of registration, tax clearance certificate and audited financial statements
- Compliant with Compensation for Occupational Injuries and Diseases Act (COIDA) requirements and current valid Certificate Of Good Standing (COGS)
- Compliant with safety, health, environmental, risk and quality (SHERQ) requirements including Fire and Gas Certificate, food premises certificate of acceptability, pest control certificate, first aid certificates, evacuation plan and a health and safety policy (including food safety policy)
- Professional Body membership as a skills development provider (SDP) will be preferable
- Any other statutory requirements relevant to the specific context (e.g. South African Professional Chef Criteria and Guidelines, Occupational Health and Safety (OHS) Act etc.)

6.4 Exemptions

- None

SECTION 3C: WORK EXPERIENCE MODULE SPECIFICATIONS

List of Work Experience Module Specifications

- 512101000-WM-01, Preparation processes and procedures to provide cooking services within the cook-serve or cook-chill/freeze food production environment, NQF Level 4, Credits **30**
- 512101000-WM-02, Hygiene practices and cleaning processes and procedures within the cook-serve or cook-chill/freeze food production environment, NQF Level 2, Credits 5
- 512101000-WM-03, Processes and procedures for communicating with and assisting other kitchen personnel within a cook-serve or cook-chill/freeze food production environment, NQF Level 4, Credits **4**
- 512101000-WM-04, Processes and procedures for preparing and assembling a variety of food items using different methods and techniques, equipment and utensils, and to accommodate special dietary requirements, NQF Level 3, Credits 8
- 512101000-WM-05, Processes and procedures for cooking a variety of food items using different methods and techniques, equipment and utensils, NQF Level 4, Credits **32**

1. 512101000-WM-01, Preparation processes and procedures to provide cooking services within the cook-serve or cook-chill/freeze food production environment, NQF Level 4, Credits 30

1.1 Purpose of the Work Experience Modules

The focus of the work experience is on providing the learner an opportunity to: gain exposure to work as part of a team in the processes and procedures for preparing kitchen resources including the ordering, receiving, storing and issuing of commodities, and planning sustainable production for different sized functions. The learning contract time for this module is 37.5 days. The Learner will be required to successfully complete each Work Experience at least three (3) times within the work experience period and includes exposure to all areas of commodity resource planning and production planning

The learner will be required to:

- WM-01-WE01: Observe and assist a qualified person in planning commodity resources including the ordering, receiving, storing and issuing of commodities
- WM-01-WE02: Plan commodity resources including the ordering, receiving, storing and issuing of commodities under the direct supervision of a qualified person
- WM-01-WE03: Plan commodity resources including the ordering, receiving, storing and issuing of commodities without assistance but under supervision
- WM-01-WE04: Observe and assist a qualified person in planning production for different types of menu requirements for food production
- WM-01-WE05: Plan production for different types of menu requirements for food production under the direct supervision of a qualified person
- WM-01-WE06: Plan production for different types of menu requirements for food production without assistance but under supervision

1.2 Guidelines for Work Experiences

1.2.1. WM-01-WE01: Observe and assist a qualified person in planning commodity resources including the ordering, receiving, storing and issuing of commodities

Scope of Work Experience

The person will be expected to engage in the following work activities:

- WA0101 Observe and Assist in the planning and maintaining of Commodity resources such as food ingredients, chemicals, gas and packaging using stock takes to determine levels, ordering supplies (requisitioning), accepting deliveries, handling and storing commodities on delivery, returning commodities to suppliers
- WA0102 Obtain and follow instructions from a qualified person with regards to assisting planning commodity resources

Supporting Evidence

- SE0101 Signed documentary evidence by a qualified/SACA registered chef such as logbooks, work instructions for ordering, accepting, handling, storing, returning, or actual copies of stock-take sheets for ingredients, chemicals, gas and packaging, supplier orders/requisitions, issuing notes and delivery notes

1.2.2. WM-01-WE02: Plan commodity resources including the ordering, receiving, storing and issuing of commodities under the direct supervision of a qualified person

Scope of Work Experience

The person will be expected to engage in the following work activities:

- WA0201 Plan and maintain commodity resources such as food ingredients, chemicals, gas and packaging using stock takes to determine levels, ordering supplies (requisitioning), accepting deliveries, handling and storing commodities on delivery, returning commodities to suppliers
- WA0202 Obtain and follow instructions to plan commodity resources under direct supervision of a qualified person

Supporting Evidence

- SE0201 Signed documentary evidence by a qualified/SACA registered chef such as logbooks, work instructions for ordering, accepting, handling, storing, returning, or actual copies of stock-take sheets for ingredients, chemicals, gas and packaging, supplier orders/requisitions, issuing notes and delivery notes

1.2.3. WM-01-WE03: Plan commodity resources including the ordering, receiving, storing and issuing of commodities without assistance but under supervision

Scope of Work Experience

The person will be expected to engage in the following work activities:

- WA0301 Plan commodity resources such as food ingredients, chemicals, gas and packaging using stock takes to determine levels, ordering supplies (requisitioning), accepting deliveries, handling and storing commodities on delivery, returning commodities to suppliers
- WA0302 Plan commodity resources with indirect supervision of a qualified person

Supporting Evidence

- SE0301 Signed documentary evidence by a qualified/SACA registered chef such as logbooks, work instructions for ordering, accepting, handling, storing, returning, or actual copies of stock-take sheets for ingredients, chemicals, gas and packaging, supplier orders/requisitions, issuing notes and delivery notes

1.2.4. WM-01-WE04: Observe and assist a qualified person in planning production for different types of menu requirements for food production

Scope of Work Experience

The person will be expected to engage in the following work activities:

- WA0401 Obtain the function sheet or minimum stock level of the menu requirements for food production
- WA0402 Observe and Assist in the planning and maintaining of production for different types of menus and functions using prep lists, ingredient lists and work plans
- WA0403 Obtain and follow instructions from a qualified person with regards to assisting planning production for different types of menus and functions

Supporting Evidence

- SE0401 Signed documentary evidence by a qualified/SACA registered chef such as logbooks, work instructions, function sheets or actual copies of the production sheets such as prep lists, ingredient lists and work plans for different types of menu requirements for food production

1.2.5. WM-01-WE05: Plan production for different types of menu requirements for food production under the direct supervision of a qualified person

Scope of Work Experience

The person will be expected to engage in the following work activities:

- WA0501 Obtain the function sheet or minimum stock level of the menu requirements for food production
- WA0502 Assist in the planning and maintaining of production for different types of menus and functions using prep lists, ingredient lists and work plans
- WA0503 Obtain and follow instructions from a qualified person with regards to assisting planning production for different types of menus and functions

Supporting Evidence

- SE0501 Signed documentary evidence by a qualified/SACA registered chef such as logbooks, work instructions, function sheets or actual copies of the production sheets such as prep lists, ingredient lists and work plans for different types of menu requirements for food production

1.2.6. WM-01-WE06: Plan production for different types of menu requirements for food production without assistance but under supervision

Scope of Work Experience

The person will be expected to engage in the following work activities:

- WA0601 Obtain the function sheet or minimum stock level of the menu requirements for food production
- WA0602 Assist in the planning and maintaining of production for different types of menus and functions using prep lists, ingredient lists and work plans

- WA0603 Obtain and follow instructions from a qualified person with regards to assisting planning production for different types of menus and functions

Supporting Evidence

- SE0601 Signed documentary evidence by a qualified/SACA registered chef such as logbooks, work instructions, function sheets or actual copies of the production sheets such as prep lists, ingredient lists and work plans for different types of menu requirements for food production

1.3 Contextualised Workplace Knowledge

1 Company specific policies, rules, instructions and procedures

2 Relevant statutory requirements (e.g. Occupational Health and Safety (OHS) Act; environmental standards, etc.)

3 South African National Standards (SANS)

4 Manufacturer's specifications and operating instructions

5. South African Professional Chef Criteria and Guidelines

1.4 Criteria for Workplace Approval

Physical Requirements:

- Learners must have access to:
- Legally compliant and hygienic kitchens
- The physical resources in terms of tools, equipment, systems, conditions and interfaces that the workplace must have to ensure that learners can participate in all work activities
- Access to categories of tools and equipment in order for learners including:
- Mechanical/electrical Food Preparation equipment, including Scales, Mixers (bowls, K-beater, Whisk and Dough Hook attachments), Food Processors/Bowl Cutters (bowls, blades and cutting disc attachments), Blenders, and Pasta Machines
- Different types of knives, including Chefs/Cooks Knife, Paring/Utility Knife, Filleting Knife, Boning Knife, Bread Knife, Palette Knife, Off-set Palette Knife/Lifter/Spatula
- Colour-coded cutting boards
- Utensils and kitchen smalls including French Balloon Whisk, Piano Whisk, Spatula /Bowl Scraper, Lifter, Ladle, Slotted Spoon, spider, Oyster shuck, Peeler, Corer, Melon-baller, Zester, Grater, Potato Ricer/Mill, Mandolin Slicer, Sieve, Chinois, Conical Strainer, Strainer/colander, rolling pins, Piping Bag and nozzles, metal mixing bowls, Ramekins, Dariol Moulds, Timbales, Bain Marie Inserts, Chaffing Dishes, Measuring cups and spoons, Pestle and Mortar and Mallet
- Different types of pots
- Different types of pans
- Different types of Baking Trays Tins, Dishes
- Different types of cooking equipment such as Ovens, Hobs, Salamanders, Deep-Fat

Fryers, Microwaves

- Different types of storage facilities and equipment such as Drystores, Fridges, freezers
- Sinks and separate hand-wash basin
- 1:2 learners per work stations
- Administration documents (stock sheets, assets registers, order books, cleaning schedules, staff scheduling, recipes, costings, function sheets)
- Menus

Human Resource Requirements:

- Workplace coach/mentor with competencies related to Food Preparation and Cooking and Managerial Cheffing with at least 3 years relevant experience working within a specific Professional cooking environment.
- Coach and or mentor/learner ratio 1 to 3

Legal Requirements:

- Compliant to all relevant labour relations and employment legislation (Special Dispensation for the hospitality industry)
- Any other statutory requirements relevant to the specific context (e.g. Occupational Health and Safety (OHS) Act, and South African National Standards (SANS))

1.5 Additional Assignments to be Assessed Externally

None

2. 512101000-WM-02, Hygiene practices and cleaning processes and procedures within the cook-serve or cook-chill/freeze food production environment, NQF Level 2, Credits 5

2.1 Purpose of the Work Experience Modules

The focus of the work experience is on providing the learner an opportunity to:

gain exposure to the processes and procedures to maintain a hygienic, clean and safe working environment. The learning contract time for this module is 6.25 days. The Learner will be required to successfully complete each Work Experience at least three (3) times within the work experience period and includes exposure to all areas of commodity resource planning and production planning.

The learner will be required to:

- WM-02-WE01: Observe and assist a qualified person in maintaining a hygienic, clean and safe working environment
- WM-02-WE02: Assist in maintaining a hygienic, clean and safe working environment under the direct supervision of a qualified person
- WM-02-WE03: Maintain a hygienic, clean and safe working environment without assistance but under supervision

2.2 Guidelines for Work Experiences

2.2.1. WM-02-WE01: Observe and assist a qualified person in maintaining a hygienic, clean and safe working environment

Scope of Work Experience

The person will be expected to engage in the following work activities:

- WA0101 Observe and Assist in maintaining the health and safety standards using proper cleaning and sanitation practices
- WA0102 Clean all food preparation and service areas, cooking surfaces, equipment and exterior according to standards by following schedules and checklists
- WA0103 Clean all smalls, cutlery and crockery according to standards
- WA0104 Return all cleaned items to their designated areas

Supporting Evidence

- SE0101 Signed documentary evidence by a qualified/SACA registered chef such as logbooks, work instructions, cleaning schedules and cleaning checklists

2.2.2. WM-02-WE02: Assist in maintaining a hygienic, clean and safe working environment under the direct supervision of a qualified person

Scope of Work Experience

The person will be expected to engage in the following work activities:

- WA0201 Assist in maintaining the health and safety standards using proper cleaning and sanitation practices under direct supervision of a qualified person

- WA0202 Clean all food preparation and service areas, cooking surfaces, equipment and exterior according to standards by following schedules and checklists
- WA0203 Clean all smalls, cutlery and crockery according to standards
- WA0204 Return all cleaned items to their designated areas

Supporting Evidence

- SE0201 Signed documentary evidence by a qualified/SACA registered chef such as logbooks, work instructions, cleaning schedules and cleaning checklists

2.2.3. WM-02-WE03: Maintain a hygienic, clean and safe working environment without assistance but under supervision

Scope of Work Experience

The person will be expected to engage in the following work activities:

- WA0301 Maintain health and safety standards using proper cleaning and sanitation practices
- WA0302 Clean all food preparation and service areas, cooking surfaces, equipment and exterior according to standards by following schedules and checklists
- WA0303 Clean all smalls, cutlery and crockery according to standards
- WA0304 Return all cleaned items to their designated areas

Supporting Evidence

- SE0301 Signed documentary evidence by a qualified/SACA registered chef such as logbooks, work instructions, cleaning schedules and cleaning checklists

2.3 Contextualised Workplace Knowledge

1 Company specific policies, rules, instructions and procedures

2 Relevant statutory requirements (e.g. Occupational Health and Safety (OHS) Act; environmental standards, etc.)

3 SANS standards

4 Manufacturer's specifications and operating instructions

5. South African Professional Chef Criteria and Guidelines

2.4 Criteria for Workplace Approval

Physical Requirements:

- Learners must have access to:
- Legally compliant and hygienic kitchens
- The physical resources in terms of tools, equipment, systems, conditions and interfaces that the workplace must have to ensure that learners can participate in all work activities
- Access to categories of tools and equipment in order for learners including:
- Mechanical/electrical Food Preparation equipment, including Scales, Mixers (bowls, K-beater, Whisk and Dough Hook attachments), Food Processors/Bowl Cutters (bowls,

blades and cutting disc attachments), Blenders, and Pasta Machines

- Different types of knives, including Chefs/Cooks Knife, Paring/Utility Knife, Filleting Knife, Boning Knife, Bread Knife, Palette Knife, Off-set Palette Knife/Lifter/Spatula
- Colour-coded cutting boards
- Utensils and kitchen smalls including French Balloon Whisk, Piano Whisk, Spatula /Bowl Scraper, Lifter, Ladle, Slotted Spoon, spider, Oyster shuck, Peeler, Corer, Melon-baller, Zester, Grater, Potato Ricer/Mill, Mandolin Slicer, Sieve, Chinois, Conical Strainer, Strainer/colander, rolling pins, Piping Bag and nozzles, metal mixing bowls, Ramekins, Dariole Moulds, Timbales, Bain Marie Inserts, Chaffing Dishes, Measuring cups and spoons, Pestle and Mortar and Mallet
- Different types of pots
- Different types of pans
- Different types of Baking Trays Tins, Dishes
- Different types of cooking equipment such as Ovens, Hobs, Salamanders, Deep-Fat Fryers, Microwaves
- Different types of storage facilities and equipment such as Drystores, Fridges, freezers
- Sinks and separate hand-wash basin
- 1:2 learners per work stations
- Administration documents (stock sheets, assets registers, order books, cleaning schedules, staff scheduling, recipes, costings, function sheets)
- Menus

Human Resource Requirements:

- Workplace coach/mentor with competencies related to Food Preparation and Cooking and Managerial Cheffing with at least 3 years relevant experience working within a specific Professional cooking environment.
- Coach and or mentor/learner ratio 1 to 3

Legal Requirements:

- Compliant to all relevant labour relations and employment legislation (Special Dispensation for the hospitality industry)
- Any other statutory requirements relevant to the specific context (e.g. Occupational Health and Safety (OHS) Act, and South African National Standards (SANS))

2.5 Additional Assignments to be Assessed Externally

None

3. 512101000-WM-03, Processes and procedures for communicating with and assisting other kitchen personnel within a cook-serve or cook-chill/freeze food production environment, NQF Level 4, Credits 4

3.1 Purpose of the Work Experience Modules

The focus of the work experience is on providing the learner an opportunity to: communicate, assist with and report on kitchen activities in exercising of cooks duties. The learning contract time for this module is 5 days. The Learner will be required to successfully complete each Work Experience at least three (3) times within the work experience period.

The learner will be required to:

- WM-03-WE01: Observe and assist a qualified person with reporting on kitchen activities including cleaning, production and service as well as recording and monitoring fridge and freezer temperatures, stock availability, ingredient quality and maintenance issues
- WM-03-WE02: Assist with and report on kitchen activities including cleaning, production and service as well as recording and monitoring fridge and freezer temperatures, stock availability, ingredient quality and maintenance issues under the direct supervision of a qualified person
- WM-03-WE03: Assist with and report on kitchen activities including cleaning, production and service as well as recording and monitoring fridge and freezer temperatures, stock availability, ingredient quality and maintenance issues without assistance but under supervision

3.2 Guidelines for Work Experiences

3.2.1. WM-03-WE01: Observe and assist a qualified person with reporting on kitchen activities including cleaning, production and service as well as recording and monitoring fridge and freezer temperatures, stock availability, ingredient quality and maintenance issues

Scope of Work Experience

The person will be expected to engage in the following work activities:

- WA0101 Observe and Assist in promoting and maintaining cleaning of food production areas, equipment and storage areas
- WA0102 Observe and Assist in promoting and maintaining safety in food production processes
- WA0103 Observe and Assist in monitoring quality and ingredient availability in food production processes
- WA0104 Observe and Assist in monitoring waste management processes
- WA0105 Observe and Assist other cooks in food production
- WA0106 Observe and Assist with service requirements
- WA0107 Observe and Report on equipment and maintenance issues

- WA0108 Obtain and follow instructions under direct supervision of a qualified person with regards to all required work activities

Supporting Evidence

- SE0101 Signed documentary evidence by a qualified/SACA registered chef such as logbooks, work instructions, reports, staff rosters/rotas, cleaning schedules, cleaning checklists, stocktake lists, ingredient checklists, production checklists, service checklists and equipment checklists for all required work activities

3.2.2. WM-03-WE02: Assist with and report on kitchen activities including cleaning, production and service as well as recording and monitoring fridge and freezer temperatures, stock availability, ingredient quality and maintenance issues under the direct supervision of a qualified person

Scope of Work Experience

The person will be expected to engage in the following work activities:

- WA0201 Assist in promoting and maintaining cleaning of food production areas, equipment and storage areas
- WA0202 Assist in promoting and maintaining safety in food production processes
- WA0203 Assist in monitoring quality and ingredient availability in food production processes
- WA0204 Assist in monitoring waste management processes
- WA0205 Assist other cooks in food production
- WA0206 Assist with service requirements
- WA0207 Report on equipment and maintenance issues
- WA0208 Obtain and follow instructions under direct supervision of a qualified person

Supporting Evidence

- SE0201 Signed documentary evidence by a qualified/SACA registered chef such as logbooks, work instructions, reports, staff rosters/rotas, cleaning schedules, cleaning checklists, stocktake lists, ingredient checklists, production checklists, service checklists and equipment checklists for all required work activities

3.2.3. WM-03-WE03: Assist with and report on kitchen activities including cleaning, production and service as well as recording and monitoring fridge and freezer temperatures, stock availability, ingredient quality and maintenance issues without assistance but under supervision

Scope of Work Experience

The person will be expected to engage in the following work activities:

- WA0301 Assist in promoting and maintaining cleaning of food production areas, equipment and storage areas
- WA0302 Assist in promoting and maintaining safety in food production processes

- WA0303 Assist in monitoring quality and ingredient availability in food production processes
- WA0304 Assist in monitoring waste management processes
- WA0305 Assist other cooks in food production
- WA0306 Assist with service requirements
- WA0307 Report on equipment and maintenance issues
- WA0308 Obtain and follow instructions under indirect supervision of a qualified person

Supporting Evidence

- SE0301 Signed documentary evidence by a qualified/SACA registered chef such as logbooks, work instructions, reports, staff rosters/rotas, cleaning schedules, cleaning checklists, stocktake lists, ingredient checklists, production checklists, service checklists and equipment checklists for all required work activities

3.3 Contextualised Workplace Knowledge

1 Company specific policies, rules, instructions and procedures

2 Relevant statutory requirements (e.g. Occupational Health and Safety (OHS) Act; environmental standards, etc.)

3 South African National Standards (SANS)

4 Manufacturer's specifications and operating instructions

5. South African Professional Chef Criteria and Guidelines

3.4 Criteria for Workplace Approval

Physical Requirements:

- Learners must have access to:
- Legally compliant and hygienic kitchens
- The physical resources in terms of tools, equipment, systems, conditions and interfaces that the workplace must have to ensure that learners can participate in all work activities
- Access to categories of tools and equipment in order for learners including:
- Mechanical/electrical Food Preparation equipment, including Scales, Mixers (bowls, K-beater, Whisk and Dough Hook attachments), Food Processors/Bowl Cutters (bowls, blades and cutting disc attachments), Blenders, and Pasta Machines
- Different types of knives, including Chefs/Cooks Knife, Paring/Utility Knife, Filleting Knife, Boning Knife, Bread Knife, Palette Knife, Off-set Palette Knife/Lifter/Spatula
- Colour-coded cutting boards
- Utensils and kitchen smalls including French Balloon Whisk, Piano Whisk, Spatula /Bowl Scraper, Lifter, Ladle, Slotted Spoon, spider, Oyster shuck, Peeler, Corer, Melon-baller, Zester, Grater, Potato Ricer/Mill, Mandolin Slicer, Sieve, Chinois, Conical Strainer, Strainer/colander, rolling pins, Piping Bag and nozzles, metal mixing bowls, Ramekins, Dariole Moulds, Timbales, Bain Marie Inserts, Chaffing Dishes, Measuring cups and spoons, Pestle and Mortar and Mallet

- Different types of pots
- Different types of pans
- Different types of Baking Trays Tins, Dishes
- Different types of cooking equipment such as Ovens, Hobs, Salamanders, Deep-Fat Fryers, Microwaves
- Different types of storage facilities and equipment such as Drystores, Fridges, freezers
- Sinks and separate hand-wash basin
- 1:2 learners per work stations
- Administration documents (stock sheets, assets registers, order books, cleaning schedules, staff scheduling, recipes, costings, function sheets)
- Menus

Human Resource Requirements:

- Workplace coach/mentor with competencies related to Food Preparation and Cooking and Managerial Cheffing with at least 3 years relevant experience working within a specific Professional cooking environment.
- Coach and or mentor/learner ratio 1 to 3

Legal Requirements:

- Compliant to all relevant labour relations and employment legislation (Special Dispensation for the hospitality industry)
- Any other statutory requirements relevant to the specific context (e.g. Occupational Health and Safety (OHS) Act, and South African National Standards (SANS))

3.5 Additional Assignments to be Assessed Externally

4. 512101000-WM-04, Processes and procedures for preparing and assembling a variety of food items using different methods and techniques, equipment and utensils, and to accommodate special dietary requirements, NQF Level 3, Credits 8

4.1 Purpose of the Work Experience Modules

The focus of the work experience is on providing the learner an opportunity to:

prepare and assemble a variety of food items using various preparation methods and techniques, and accommodate special dietary requirements. The learning contract time for this module is 10 days. The Learner will be required to successfully complete each Work Experience at least three (3) times within the work experience period.

The learner will be required to:

- WM-04-WE01: Observe and assist a qualified person in using various preparation methods (including the use of knives, utensils, kitchen smalls and equipment) and techniques (including peeling, slicing, chopping, dicing), and accommodate special dietary requirements
- WM-04-WE02: Use various preparation methods (including the use of knives, utensils, kitchen smalls and equipment) and techniques (including peeling, slicing, chopping, dicing), and accommodate special dietary requirements under the direct supervision of a qualified person
- WM-04-WE03: Use various preparation methods (including the use of knives, utensils, kitchen smalls and equipment) and techniques (including peeling, slicing, chopping, dicing), and accommodate special dietary requirements without assistance but under supervision
- WM-04-WE04: Observe and assist a qualified person in assembling hot or cold food, monitoring quality control and waste management at all stages of preparation and finishing, and adapt to accommodate special dietary requirements
- WM-04-WE05: Assemble hot or cold food, monitoring quality control and waste management at all stages of preparation and finishing, and adapt to accommodate special dietary requirements, under the direct supervision of a qualified person
- WM-04-WE06: Assemble hot or cold food, monitoring quality control and waste management at all stages of preparation and finishing, and adapt to accommodate special dietary requirements, without assistance but under supervision

4.2 Guidelines for Work Experiences

4.2.1. WM-04-WE01: Observe and assist a qualified person in using various preparation methods (including the use of knives, utensils, kitchen smalls and equipment) and techniques (including peeling, slicing, chopping, dicing), and accommodate special dietary requirements

Scope of Work Experience

The person will be expected to engage in the following work activities:

- WA0101 Maintain a clean and safe working environment
- WA0102 Maintain safe handling and storing of both ingredients and prepared food
- WA0103 Maintain personal safety, hygiene, use of Personal Protective Equipment (PPE), professional appearance and professional behaviour
- WA0104 Follow instructions from a qualified person in using various preparation methods (including the use of knives, utensils, kitchen smalls and equipment) and techniques (including Washing, Re-washing, Cleaning; Peeling, Coring, Grating, Zesting; Slicing, Chopping, Dicing, Cutting; Trussing, Skewering, Tying; Larding, Barding, Tenderising; Brining, Marinating, Basting, Glazing; Stirring, Mixing, Folding-In; Beating, Creaming, Whipping; Sifting, Sieving, Straining/Passing; Blending, Processing, Mincing; Flouring, Breading, Battering; and Shaping, Rolling, Moulding, Piping)
- WA0105 Assist in checking, transferring, weighing and storing ingredients in refrigerators and other storage areas
- WA0106 Assist in monitoring quality control and waste management processes

Supporting Evidence

- SE0101 Signed documentary evidence by a qualified/SACA registered chef such as logbooks, recipes and work instructions for all required types of preparation methods and techniques

4.2.2. WM-04-WE02: Use various preparation methods (including the use of knives, utensils, kitchen smalls and equipment) and techniques (including peeling, slicing, chopping, dicing), and accommodate special dietary requirements under the direct supervision of a qualified person

Scope of Work Experience

The person will be expected to engage in the following work activities:

- WA0201 Maintain a clean and safe working environment
- WA0202 Maintain safe handling and storing of both ingredients and prepared food
- WA0203 Maintain personal safety, hygiene, use of Personal Protective Equipment (PPE), professional appearance and professional behaviour
- WA0204 Use various preparation methods (including the use of knives, utensils, kitchen smalls and equipment) and techniques (including (including Washing, Re-washing, Cleaning; Peeling, Coring, Grating, Zesting; Slicing, Chopping, Dicing, Cutting; Trussing, Skewering, Tying; Larding, Barding, Tenderising; Brining, Marinating, Basting, Glazing; Stirring, Mixing, Folding-In; Beating, Creaming, Whipping; Sifting, Sieving, Straining/Passing; Blending, Processing, Mincing; Flouring, Breading, Battering; and Shaping, Rolling, Moulding, Piping)through instruction under direct supervision
- WA0205 Check, transfer, weigh and store ingredients in refrigerators and other storage areas, through instruction under direct supervision

- WA0206 Monitor quality control and waste management processes

Supporting Evidence

- SE0201 Signed documentary evidence by a qualified/SACA registered chef such as logbooks, recipes and work instructions for all required types of preparation methods and techniques

4.2.3. WM-04-WE03: Use various preparation methods (including the use of knives, utensils, kitchen smalls and equipment) and techniques (including peeling, slicing, chopping, dicing), and accommodate special dietary requirements without assistance but under supervision

Scope of Work Experience

The person will be expected to engage in the following work activities:

- WA0301 Maintain a clean and safe working environment
- WA0302 Maintain safe handling and storing of both ingredients and prepared food
- WA0303 Maintain personal safety, hygiene, use of Personal Protective Equipment (PPE), professional appearance and professional behaviour
- WA0304 Use various preparation methods (including the use of knives, utensils, kitchen smalls and equipment) and techniques (including Washing, Re-washing, Cleaning; Peeling, Coring, Grating, Zesting; Slicing, Chopping, Dicing, Cutting; Trussing, Skewering, Tying; Larding, Barding, Tenderising; Brining, Marinating, Basting, Glazing; Stirring, Mixing, Folding-In; Beating, Creaming, Whipping; Sifting, Sieving, Straining/Passing; Blending, Processing, Mincing; Flouring, Breeding, Battering; and Shaping, Rolling, Moulding, Piping)
- WA0305 Check, transfer, weigh and store ingredients in refrigerators and other storage areas
- WA0306 Monitor quality control and waste management processes

Supporting Evidence

- SE0301 Signed documentary evidence by a qualified/SACA registered chef such as logbooks, recipes and work instructions for all required types of preparation methods and techniques

4.2.4. WM-04-WE04: Observe and assist a qualified person in assembling hot or cold food, monitoring quality control and waste management at all stages of preparation and finishing, and adapt to accommodate special dietary requirements

Scope of Work Experience

The person will be expected to engage in the following work activities:

- WA0401 Maintain a clean and safe working environment
- WA0402 Maintain safe handling and storing of both ingredients and prepared food

- WA0403 Maintain personal safety, hygiene, use of Personal Protective Equipment (PPE), professional appearance and professional behaviour
- WA0404 Follow instructions from a qualified person to assemble hot or cold food
- WA0405 Follow instructions from a qualified person to adapt hot or cold food to accommodate special dietary requirements
- WA0406 Assist in monitoring quality control and waste management processes

Supporting Evidence

- SE0401 Signed documentary evidence by a qualified/SACA registered chef such as logbooks, recipes and work instructions for all required types of dishes

4.2.5. WM-04-WE05: Assemble hot or cold food, monitoring quality control and waste management at all stages of preparation and finishing, and adapt to accommodate special dietary requirements, under the direct supervision of a qualified person

Scope of Work Experience

The person will be expected to engage in the following work activities:

- WA0501 Maintain a clean and safe working environment
- WA0502 Maintain safe handling and storing of both ingredients and prepared food
- WA0503 Maintain personal safety, hygiene, use of Personal Protective Equipment (PPE), professional appearance and professional behaviour
- WA0504 Assemble hot or cold food through instruction under direct supervision
- WA0505 Adapt hot or cold food to accommodate special dietary requirements under direct supervision
- WA0506 Monitor quality control and waste management processes

Supporting Evidence

- SE0501 Signed documentary evidence by a qualified/SACA registered chef such as logbooks, recipes and work instructions for all required types of dishes

4.2.6. WM-04-WE06: Assemble hot or cold food, monitoring quality control and waste management at all stages of preparation and finishing, and adapt to accommodate special dietary requirements, without assistance but under supervision

Scope of Work Experience

The person will be expected to engage in the following work activities:

- WA0601 Maintain a clean and safe working environment
- WA0602 Maintain safe handling and storing of both ingredients and prepared food
- WA0603 Maintain personal safety, hygiene, use of Personal Protective Equipment (PPE), professional appearance and professional behaviour
- WA0604 Assemble hot or cold food

- WA0605 Follow instructions from a qualified person to adapt hot or cold food to accommodate special dietary requirements
- WA0606 Monitor quality control and waste management processes

Supporting Evidence

- SE0601 Signed documentary evidence by a qualified/SACA registered chef such as logbooks, recipes and work instructions for all required types of dishes

4.3 Contextualised Workplace Knowledge

1 Company specific policies, rules, instructions and procedures

2 Relevant statutory requirements (e.g. Occupational Health and Safety (OHS) Act; environmental standards, etc.)

3 South African National Standards (SANS)

4 Manufacturer's specifications and operating instructions

5. South African Professional Chef Criteria and Guidelines

4.4 Criteria for Workplace Approval

Physical Requirements:

- Learners must have access to:
- Legally compliant and hygienic kitchens
- The physical resources in terms of tools, equipment, systems, conditions and interfaces that the workplace must have to ensure that learners can participate in all work activities
- Access to categories of tools and equipment in order for learners including:
- Mechanical/electrical Food Preparation equipment, including Scales, Mixers (bowls, K-beater, Whisk and Dough Hook attachments), Food Processors/Bowl Cutters (bowls, blades and cutting disc attachments), Blenders, and Pasta Machines
- Different types of knives, including Chefs/Cooks Knife, Paring/Utility Knife, Filleting Knife, Boning Knife, Bread Knife, Palette Knife, Off-set Palette Knife/Lifter/Spatula
- Colour-coded cutting boards
- Utensils and kitchen smalls including French Balloon Whisk, Piano Whisk, Spatula /Bowl Scraper, Lifter, Ladle, Slotted Spoon, spider, Oyster shuck, Peeler, Corer, Melon-baller, Zester, Grater, Potato Ricer/Mill, Mandolin Slicer, Sieve, Chinois, Conical Strainer, Strainer/colander, rolling pins, Piping Bag and nozzles, metal mixing bowls, Ramekins, Dariole Moulds, Timbales, Bain Marie Inserts, Chaffing Dishes, Measuring cups and spoons, Pestle and Mortar and Mallet
- Different types of pots
- Different types of pans
- Different types of Baking Trays Tins, Dishes
- Different types of cooking equipment such as Ovens, Hobs, Salamanders, Deep-Fat Fryers, Microwaves

- Different types of storage facilities and equipment such as Drystores, Fridges, freezers
- Sinks and separate hand-wash basin
- 1:2 learners per work stations
- Administration documents (stock sheets, assets registers, order books, cleaning schedules, staff scheduling, recipes, costings, function sheets)
- Menus

Human Resource Requirements:

- Workplace coach/mentor with competencies related to Food Preparation and Cooking and Managerial Cheffing with at least 3 years relevant experience working within a specific Professional cooking environment.
- Coach and or mentor/learner ratio 1 to 3

Legal Requirements:

- Compliant to all relevant labour relations and employment legislation (Special Dispensation for the hospitality industry)
- Any other statutory requirements relevant to the specific context (e.g. Occupational Health and Safety (OHS) Act, and South African National Standards (SANS))

4.5 Additional Assignments to be Assessed Externally

None

5. 512101000-WM-05, Processes and procedures for cooking a variety of food items using different methods and techniques, equipment and utensils, NQF Level 4, Credits Cr 32

5.1 Purpose of the Work Experience Modules

The focus of the work experience is on providing the learner an opportunity to:

prepare and cook a variety of food items using various preparation methods and techniques and various cooking methods and techniques. The learning contract time for this module is 40 days. The Learner will be required to successfully complete each Work Experience at least three (3) times within the work experience period

The learner will be required to:

- WM-05-WE01: Observe and assist a qualified person in using various cooking methods (including boiling, poaching, steaming, stewing, braising, roasting, grilling, baking, frying and microwaving) and techniques (including browning, gratinating, searing, caramelising, deglazing, glazing, basting, skimming, reducing)
- WM-05-WE02: Use various cooking methods (including boiling, poaching, steaming, stewing, braising, roasting, grilling, baking, frying and microwaving) and techniques (including browning, gratinating, searing, caramelising, deglazing, glazing, basting, skimming, reducing) under the direct supervision of a qualified person
- WM-05-WE03: Use various cooking methods (including boiling, poaching, steaming, stewing, braising, roasting, grilling, baking, frying and microwaving) and techniques (including browning, gratinating, searing, caramelising, deglazing, glazing, basting, skimming, reducing) without assistance but under supervision

5.2 Guidelines for Work Experiences

5.2.1. WM-05-WE01: Observe and assist a qualified person in using various cooking methods (including boiling, poaching, steaming, stewing, braising, roasting, grilling, baking, frying and microwaving) and techniques (including browning, gratinating, searing, caramelising, deglazing, glazing, basting, skimming, reducing)

Scope of Work Experience

The person will be expected to engage in the following work activities:

- WA0101 Maintain a clean and safe working environment
- WA0102 Maintain safe handling and storing of both ingredients and prepared food
- WA0103 Maintain personal safety, hygiene, use of Personal Protective Equipment (PPE), professional appearance and professional behaviour
- WA0104 Follow instructions from a qualified person in using cooking methods (including boiling, poaching, steaming, stewing, braising, roasting, grilling, baking, frying and microwaving) and techniques (including searing, caramelising, browning, sweating, wilting, gratinating, par-cooking, rendering, resting, deglazing, glazing, basting, mounting, skimming, reducing)

- WA0105 Assist in monitoring quality control and waste management processes

Supporting Evidence

- SE0101 Signed documentary evidence by a qualified/SACA registered chef such as logbooks, recipes and work instructions for all required types of cooking methods and techniques

5.2.2. WM-05-WE02: Use various cooking methods (including boiling, poaching, steaming, stewing, braising, roasting, grilling, baking, frying and microwaving) and techniques (including browning, gratinating, searing, caramelising, deglazing, glazing, basting, skimming, reducing) under the direct supervision of a qualified person

Scope of Work Experience

The person will be expected to engage in the following work activities:

- WA0201 Maintain a clean and safe working environment
- WA0202 Maintain safe handling and storing of both ingredients and prepared food
- WA0203 Maintain personal safety, hygiene, use of Personal Protective Equipment (PPE), professional appearance and professional behaviour
- WA0204 Use various cooking methods (including boiling, poaching, steaming, stewing, braising, roasting, grilling, baking, frying and microwaving) and techniques (including searing, caramelising, browning, sweating, wilting, gratinating, par-cooking, rendering, resting, deglazing, glazing, basting, mounting, skimming, reducing) through instruction under direct supervision
- WA0205 Monitor quality control and waste management processes

Supporting Evidence

- SE0201 Signed documentary evidence by a qualified/SACA registered chef such as logbooks, recipes and work instructions for all required types of cooking methods and techniques

5.2.3. WM-05-WE03: Use various cooking methods (including boiling, poaching, steaming, stewing, braising, roasting, grilling, baking, frying and microwaving) and techniques (including browning, gratinating, searing, caramelising, deglazing, glazing, basting, skimming, reducing) without assistance but under supervision

Scope of Work Experience

The person will be expected to engage in the following work activities:

- WA0301 Maintain a clean and safe working environment
- WA0302 Maintain safe handling and storing of both ingredients and prepared food
- WA0303 Maintain personal safety, hygiene, use of Personal Protective Equipment (PPE), professional appearance and professional behaviour

- WA0304 Use various cooking methods (including boiling, poaching, steaming, stewing, braising, roasting, grilling, baking, frying and microwaving) and techniques (including searing, caramelising, browning, sweating, wilting, gratinating, par-cooking, rendering, resting, deglazing, glazing, basting, mounting, skimming, reducing)
- WA0305 Monitor quality control and waste management processes

Supporting Evidence

- SE0301 Signed documentary evidence by a qualified/SACA registered chef such as logbooks, recipes and work instructions for all required types of cooking methods and techniques

5.3 Contextualised Workplace Knowledge

1 Company specific policies, rules, instructions and procedures

2 Relevant statutory requirements (e.g. Occupational Health and Safety (OHS) Act; environmental standards, etc.)

3 South African National Standards (SANS)

4 Manufacturer's specifications and operating instructions

5. South African Professional Chef Criteria and Guidelines

5.4 Criteria for Workplace Approval

Physical Requirements:

- Learners must have access to:
- Legally compliant and hygienic kitchens
- The physical resources in terms of tools, equipment, systems, conditions and interfaces that the workplace must have to ensure that learners can participate in all work activities
- Access to categories of tools and equipment in order for learners including:
- Mechanical/electrical Food Preparation equipment, including Scales, Mixers (bowls, K-beater, Whisk and Dough Hook attachments), Food Processors/Bowl Cutters (bowls, blades and cutting disc attachments), Blenders, and Pasta Machines
- Different types of knives, including Chefs/Cooks Knife, Paring/Utility Knife, Filleting Knife, Boning Knife, Bread Knife, Palette Knife, Off-set Palette Knife/Lifter/Spatula
- Colour-coded cutting boards
- Utensils and kitchen smalls including French Balloon Whisk, Piano Whisk, Spatula /Bowl Scraper, Lifter, Ladle, Slotted Spoon, spider, Oyster shuck, Peeler, Corer, Melon-baller, Zester, Grater, Potato Ricer/Mill, Mandolin Slicer, Sieve, Chinois, Conical Strainer, Strainer/colander, rolling pins, Piping Bag and nozzles, metal mixing bowls, Ramekins, Dariole Moulds, Timbales, Bain Marie Inserts, Chaffing Dishes, Measuring cups and spoons, Pestle and Mortar and Mallet
- Different types of pots
- Different types of pans

- Different types of Baking Trays Tins, Dishes
- Different types of cooking equipment such as Ovens, Hobs, Salamanders, Deep-Fat Fryers, Microwaves
- Different types of storage facilities and equipment such as Drystores, Fridges, freezers
- Sinks and separate hand-wash basin
- 1:2 learners per work stations
- Administration documents (stock sheets, assets registers, order books, cleaning schedules, staff scheduling, recipes, costings, function sheets)
- Menus

Human Resource Requirements:

- Workplace coach/mentor with competencies related to Food Preparation and Cooking and Managerial Cheffing with at least 3 years relevant experience working within a specific Professional cooking environment.
- Coach and or mentor/learner ratio 1 to 3

Legal Requirements:

- Compliant to all relevant labour relations and employment legislation (Special Dispensation for the hospitality industry)
- Any other statutory requirements relevant to the specific context (e.g. Occupational Health and Safety (OHS) Act, and South African National Standards (SANS))

5.5 Additional Assignments to be Assessed Externally

None

SECTION 4: STATEMENT OF WORK EXPERIENCE

Curriculum Number:	512101000
Curriculum Title:	Cook

Learner Details	
Name:	
ID Number:	

Employer Details	
Company Name:	
Address:	
Supervisor Name:	
Work Telephone:	
E-Mail:	

512101000-WM-01, Preparation processes and procedures to provide cooking services within the cook-serve or cook-chill/freeze food production environment, NQF Level 4, Credits 30

WM-01-WE01	Observe and assist a qualified person in planning commodity resources including the ordering, receiving, storing and issuing of commodities		
	Scope Work Experience	Date	Signature
WA0101	Observe and Assist in the planning and maintaining of Commodity resources such as food ingredients, chemicals, gas and packaging using stock takes to determine levels, ordering supplies (requisitioning), accepting deliveries, handling and storing commodities on delivery, returning commodities to suppliers		
WA0102	Obtain and follow instructions from a qualified person with regards to assisting planning commodity resources		
	Supporting Evidence	Date	Signature
SE0101	Signed documentary evidence by a qualified/SACA registered chef such as logbooks, work instructions for ordering, accepting, handling, storing, returning, or actual copies of stock-take sheets for ingredients, chemicals, gas and packaging, supplier orders/requisitions, issuing notes and delivery notes		
WM-01-WE02	Plan commodity resources including the ordering, receiving, storing and issuing of commodities under the direct supervision of a qualified person		
	Scope Work Experience	Date	Signature
WA0201	Plan and maintain commodity resources such as food ingredients, chemicals, gas and packaging		

	using stock takes to determine levels, ordering supplies (requisitioning), accepting deliveries, handling and storing commodities on delivery, returning commodities to suppliers		
WA0202	Obtain and follow instructions to plan commodity resources under direct supervision of a qualified person		
	Supporting Evidence	Date	Signature
SE0201	Signed documentary evidence by a qualified/SACA registered chef such as logbooks, work instructions for ordering, accepting, handling, storing, returning , or actual copies of stock-take sheets for ingredients, chemicals, gas and packaging , supplier orders/requisitions, issuing notes and delivery notes		
WM-01-WE03	Plan commodity resources including the ordering, receiving, storing and issuing of commodities without assistance but under supervision		
	Scope Work Experience	Date	Signature
WA0301	Plan commodity resources such as food ingredients, chemicals, gas and packaging using stock takes to determine levels, ordering supplies (requisitioning), accepting deliveries, handling and storing commodities on delivery, returning commodities to suppliers		
WA0302	Plan commodity resources with indirect supervision of a qualified person		
	Supporting Evidence	Date	Signature
SE0301	Signed documentary evidence by a qualified/SACA registered chef such as logbooks, work instructions for ordering,		

	accepting, handling, storing, returning, or actual copies of stock-take sheets for ingredients, chemicals, gas and packaging, supplier orders/requisitions, issuing notes and delivery notes		
WM-01-WE04	Observe and assist a qualified person in planning production for different types of menu requirements for food production		
	Scope Work Experience	Date	Signature
WA0401	Obtain the function sheet or minimum stock level of the menu requirements for food production		
WA0402	Observe and Assist in the planning and maintaining of production for different types of menus and functions using prep lists, ingredient lists and work plans		
WA0403	Obtain and follow instructions from a qualified person with regards to assisting planning production for different types of menus and functions		
	Supporting Evidence	Date	Signature
SE0401	Signed documentary evidence by a qualified/SACA registered chef such as logbooks, work instructions, function sheets or actual copies of the production sheets such as prep lists, ingredient lists and work plans for different types of menu requirements for food production		
WM-01-WE05	Plan production for different types of menu requirements for food production under the direct supervision of a qualified person		
	Scope Work Experience	Date	Signature
WA0501	Obtain the function sheet or minimum stock level of the menu requirements for food production		

WA0502	Assist in the planning and maintaining of production for different types of menus and functions using prep lists, ingredient lists and work plans		
WA0503	Obtain and follow instructions from a qualified person with regards to assisting planning production for different types of menus and functions		
	Supporting Evidence	Date	Signature
SE0501	Signed documentary evidence by a qualified/SACA registered chef such as logbooks, work instructions, function sheets or actual copies of the production sheets such as prep lists, ingredient lists and work plans for different types of menu requirements for food production		
WM-01-WE06	Plan production for different types of menu requirements for food production without assistance but under supervision		
	Scope Work Experience	Date	Signature
WA0601	Obtain the function sheet or minimum stock level of the menu requirements for food production		
WA0602	Assist in the planning and maintaining of production for different types of menus and functions using prep lists, ingredient lists and work plans		
WA0603	Obtain and follow instructions from a qualified person with regards to assisting planning production for different types of menus and functions		
	Supporting Evidence	Date	Signature
SE0601	Signed documentary evidence by a qualified/SACA registered chef such as		

	logbooks, work instructions, function sheets or actual copies of the production sheets such as prep lists, ingredient lists and work plans for different types of menu requirements for food production		
--	---	--	--

	Contextualised Workplace Knowledge	Date	Signature
1	Company specific policies, rules, instructions and procedures		
2	Relevant statutory requirements (e.g. Occupational Health and Safety (OHS) Act; environmental standards, etc.)		
3	SANS standards		
4	Manufacturer's specifications and operating instructions		

	Additional Assignments to be Assessed Externally	Date	Signature
--	---	------	-----------

512101000-WM-02, Hygiene practices and cleaning processes and procedures within the cook-serve or cook-chill/freeze food production environment, NQF Level 2, Credits 5

WM-02-WE01	Observe and assist a qualified person in maintaining a hygienic, clean and safe working environment		
------------	---	--	--

	Scope Work Experience	Date	Signature
WA0101	Observe and Assist in maintaining the health and safety standards using proper cleaning and sanitation practices		
WA0102	Clean all food preparation and service areas, cooking surfaces, equipment and exterior according to standards by following schedules and checklists		
WA0103	Clean all smalls, cutlery and crockery according to standards		
WA0104	Return all cleaned items to their designated areas		
	Supporting Evidence	Date	Signature
SE0101	Signed documentary evidence by a qualified/SACA registered chef such as logbooks, work instructions, cleaning schedules and cleaning checklists		
WM-02-WE02	Assist in maintaining a hygienic, clean and safe working environment under the direct supervision of a qualified person		
	Scope Work Experience	Date	Signature
WA0201	Assist in maintaining the health and safety standards using proper cleaning and sanitation practices under direct supervision of a qualified person		
WA0202	Clean all food preparation and service areas, cooking surfaces, equipment and exterior according to standards by following schedules and checklists		
WA0203	Clean all smalls, cutlery and crockery according to standards		
WA0204	Return all cleaned items to their designated		

	areas		
	Supporting Evidence	Date	Signature
SE0201	Signed documentary evidence by a qualified/SACA registered chef such as logbooks, work instructions, cleaning schedules and cleaning checklists		
WM-02-WE03	Maintain a hygienic, clean and safe working environment without assistance but under supervision		
	Scope Work Experience	Date	Signature
WA0301	Maintain health and safety standards using proper cleaning and sanitation practices		
WA0302	Clean all food preparation and service areas, cooking surfaces, equipment and exterior according to standards by following schedules and checklists		
WA0303	Clean all smalls, cutlery and crockery according to standards		
WA0304	Return all cleaned items to their designated areas		
	Supporting Evidence	Date	Signature
SE0301	Signed documentary evidence by a qualified/SACA registered chef such as logbooks, work instructions, cleaning schedules and cleaning checklists		

	Contextualised Workplace Knowledge	Date	Signature
1	Company specific policies, rules, instructions and procedures		

2	Relevant statutory requirements (e.g. Occupational Health and Safety (OHS) Act; environmental standards, etc.)		
3	SANS standards		
4	Manufacturer's specifications and operating instructions		

	Additional Assignments to be Assessed Externally	Date	Signature
--	---	------	-----------

512101000-WM-03, Processes and procedures for communicating with and assisting other kitchen personnel within a cook-serve or cook-chill/freeze food production environment, NQF Level 4, Credits 4

WM-03-WE01	Observe and assist a qualified person with reporting on kitchen activities including cleaning, production and service as well as recording and monitoring fridge and freezer temperatures, stock availability, ingredient quality and maintenance issues		
	Scope Work Experience	Date	Signature
WA0101	Observe and Assist in promoting and maintaining cleaning of food production areas, equipment and storage areas		
WA0102	Observe and Assist in promoting and maintaining safety in food production processes		
WA0103	Observe and Assist in monitoring quality and ingredient availability in food production		

	processes		
WA0104	Observe and Assist in monitoring waste management processes		
WA0105	Observe and Assist other cooks in food production		
WA0106	Observe and Assist with service requirements		
WA0107	Observe and Report on equipment and maintenance issues		
WA0108	Obtain and follow instructions under direct supervision of a qualified person with regards to all required work activities		
	Supporting Evidence	Date	Signature
SE0101	Signed documentary evidence by a qualified/SACA registered chef such as logbooks, work instructions, reports, staff rosters/rotas, cleaning schedules, cleaning checklists, stocktake lists, ingredient checklists, production checklists, service checklists and equipment checklists for all required work activities		
WM-03-WE02	Assist with and report on kitchen activities including cleaning, production and service as well as recording and monitoring fridge and freezer temperatures, stock availability, ingredient quality and maintenance issues under the direct supervision of a qualified person		
	Scope Work Experience	Date	Signature
WA0201	Assist in promoting and maintaining cleaning of food production areas, equipment and storage areas		
WA0202	Assist in promoting and maintaining safety in		

	food production processes		
WA0203	Assist in monitoring quality and ingredient availability in food production processes		
WA0204	Assist in monitoring waste management processes		
WA0205	Assist other cooks in food production		
WA0206	Assist with service requirements		
WA0207	Report on equipment and maintenance issues		
WA0208	Obtain and follow instructions under direct supervision of a qualified person		
	Supporting Evidence	Date	Signature
SE0201	Signed documentary evidence by a qualified/SACA registered chef such as logbooks, work instructions, reports, staff rosters/rotas, cleaning schedules, cleaning checklists, stocktake lists, ingredient checklists, production checklists, service checklists and equipment checklists for all required work activities		
WM-03-WE03	Assist with and report on kitchen activities including cleaning, production and service as well as recording and monitoring fridge and freezer temperatures, stock availability, ingredient quality and maintenance issues without assistance but under supervision		
	Scope Work Experience	Date	Signature
WA0301	Assist in promoting and maintaining cleaning of food production areas, equipment and storage areas		
WA0302	Assist in promoting and maintaining safety in food production processes		

WA0303	Assist in monitoring quality and ingredient availability in food production processes		
WA0304	Assist in monitoring waste management processes		
WA0305	Assist other cooks in food production		
WA0306	Assist with service requirements		
WA0307	Report on equipment and maintenance issues		
WA0308	Obtain and follow instructions under indirect supervision of a qualified person		
	Supporting Evidence	Date	Signature
SE0301	Signed documentary evidence by a qualified/SACA registered chef such as logbooks, work instructions, reports, staff rosters/rotas, cleaning schedules, cleaning checklists, stocktake lists, ingredient checklists, production checklists, service checklists and equipment checklists for all required work activities		

	Contextualised Workplace Knowledge	Date	Signature
1	Company specific policies, rules, instructions and procedures		
2	Relevant statutory requirements (e.g. Occupational Health and Safety (OHS) Act; environmental standards, etc.)		
3	South African National		

	Standards (SANS)		
4	Manufacturer's specifications and operating instructions		

	Additional Assignments to be Assessed Externally	Date	Signature
--	---	------	-----------

512101000-WM-04, Processes and procedures for preparing and assembling a variety of food items using different methods and techniques, equipment and utensils, and to accommodate special dietary requirements, NQF Level 3, Credits 8

WM-04-WE01	Observe and assist a qualified person in using various preparation methods (including the use of knives, utensils, kitchen smalls and equipment) and techniques (including peeling, slicing, chopping, dicing), and accommodate special dietary requirements		
	Scope Work Experience	Date	Signature
WA0101	Maintain a clean and safe working environment		
WA0102	Maintain safe handling and storing of both ingredients and prepared food		
WA0103	Maintain personal safety, hygiene, use of Personal Protective Equipment (PPE), professional appearance and professional behaviour		
WA0104	Follow instructions from a qualified person in using various preparation methods (including the use of knives, utensils, kitchen smalls and equipment) and techniques (including Washing, Re-washing, Cleaning; Peeling, Coring, Grating, Zesting; Slicing, Chopping, Dicing, Cutting;		

	Trussing, Skewering, Tying; Larding, Barding, Tenderising; Brining, Marinating, Basting, Glazing; Stirring, Mixing, Folding-In; Beating, Creaming, Whipping; Sifting, Sieving, Straining/Passing; Blending, Processing, Mincing; Flouring, Breadding, Battering; and Shaping, Rolling, Moulding, Piping)		
WA0105	Assist in checking, transferring, weighing and storing ingredients in refrigerators and other storage areas		
WA0106	Assist in monitoring quality control and waste management processes		
	Supporting Evidence	Date	Signature
SE0101	Signed documentary evidence by a qualified/SACA registered chef such as logbooks, recipes and work instructions for all required types of preparation methods and techniques		
WM-04-WE02	Use various preparation methods (including the use of knives, utensils, kitchen smalls and equipment) and techniques (including peeling, slicing, chopping, dicing), and accommodate special dietary requirements under the direct supervision of a qualified person		
	Scope Work Experience	Date	Signature
WA0201	Maintain a clean and safe working environment		
WA0202	Maintain safe handling and storing of both ingredients and prepared food		
WA0203	Maintain personal safety, hygiene, use of Personal Protective Equipment (PPE), professional appearance and professional behaviour		
WA0204	Use various preparation methods (including the		

	use of knives, utensils, kitchen smalls and equipment) and techniques (including (including Washing, Re-washing, Cleaning; Peeling, Coring, Grating, Zesting; Slicing, Chopping, Dicing, Cutting; Trussing, Skewering, Tying; Larding, Barding, Tenderising; Brining, Marinating, Basting, Glazing; Stirring, Mixing, Folding-In; Beating, Creaming, Whipping; Sifting, Sieving, Straining/Passing; Blending, Processing, Mincing; Flouring, Breading, Battering; and Shaping, Rolling, Moulding, Piping)through instruction under direct supervision		
WA0205	Check, transfer, weigh and store ingredients in refrigerators and other storage areas, through instruction under direct supervision		
WA0206	Monitor quality control and waste management processes		
	Supporting Evidence	Date	Signature
SE0201	Signed documentary evidence by a qualified/SACA registered chef such as logbooks, recipes and work instructions for all required types of preparation methods and techniques		
WM-04-WE03	Use various preparation methods (including the use of knives, utensils, kitchen smalls and equipment) and techniques (including peeling, slicing, chopping, dicing), and accommodate special dietary requirements without assistance but under supervision		
	Scope Work Experience	Date	Signature
WA0301	Maintain a clean and safe working environment		
WA0302	Maintain safe handling and storing of both ingredients and prepared food		

WA0303	Maintain personal safety, hygiene, use of Personal Protective Equipment (PPE), professional appearance and professional behaviour		
WA0304	Use various preparation methods (including the use of knives, utensils, kitchen smalls and equipment) and techniques (including Washing, Re-washing, Cleaning; Peeling, Coring, Grating, Zesting; Slicing, Chopping, Dicing, Cutting; Trussing, Skewering, Tying; Larding, Barding, Tenderising; Brining, Marinating, Basting, Glazing; Stirring, Mixing, Folding-In; Beating, Creaming, Whipping; Sifting, Sieving, Straining/Passing; Blending, Processing, Mincing; Flouring, Breading, Battering; and Shaping, Rolling, Moulding, Piping)		
WA0305	Check, transfer, weigh and store ingredients in refrigerators and other storage areas		
WA0306	Monitor quality control and waste management processes		
	Supporting Evidence	Date	Signature
SE0301	Signed documentary evidence by a qualified/SACA registered chef such as logbooks, recipes and work instructions for all required types of preparation methods and techniques		
WM-04-WE04	Observe and assist a qualified person in assembling hot or cold food, monitoring quality control and waste management at all stages of preparation and finishing, and adapt to accommodate special dietary requirements		
	Scope Work Experience	Date	Signature
WA0401	Maintain a clean and safe working environment		

WA0402	Maintain safe handling and storing of both ingredients and prepared food		
WA0403	Maintain personal safety, hygiene, use of Personal Protective Equipment (PPE), professional appearance and professional behaviour		
WA0404	Follow instructions from a qualified person to assemble hot or cold food		
WA0405	Follow instructions from a qualified person to adapt hot or cold food to accommodate special dietary requirements		
WA0406	Assist in monitoring quality control and waste management processes		
	Supporting Evidence	Date	Signature
SE0401	Signed documentary evidence by a qualified/SACA registered chef such as logbooks, recipes and work instructions for all required types of dishes		
WM-04-WE05	Assemble hot or cold food, monitoring quality control and waste management at all stages of preparation and finishing, and adapt to accommodate special dietary requirements, under the direct supervision of a qualified person		
	Scope Work Experience	Date	Signature
WA0501	Maintain a clean and safe working environment		
WA0502	Maintain safe handling and storing of both ingredients and prepared food		
WA0503	Maintain personal safety, hygiene, use of Personal Protective Equipment (PPE), professional appearance and professional behaviour		
WA0504	Assemble hot or cold food through instruction		

	under direct supervision		
WA0505	Adapt hot or cold food to accommodate special dietary requirements under direct supervision		
WA0506	Monitor quality control and waste management processes		
	Supporting Evidence	Date	Signature
SE0501	Signed documentary evidence by a qualified/SACA registered chef such as logbooks, recipes and work instructions for all required types of dishes		
WM-04-WE06	Assemble hot or cold food, monitoring quality control and waste management at all stages of preparation and finishing, and adapt to accommodate special dietary requirements, without assistance but under supervision		
	Scope Work Experience	Date	Signature
WA0601	Maintain a clean and safe working environment		
WA0602	Maintain safe handling and storing of both ingredients and prepared food		
WA0603	Maintain personal safety, hygiene, use of Personal Protective Equipment (PPE), professional appearance and professional behaviour		
WA0604	Assemble hot or cold food		
WA0605	Follow instructions from a qualified person to adapt hot or cold food to accommodate special dietary requirements		
WA0606	Monitor quality control and waste management processes		
	Supporting Evidence	Date	Signature
SE0601	Signed documentary evidence by a		

	qualified/SACA registered chef such as logbooks, recipes and work instructions for all required types of dishes		
--	---	--	--

	Contextualised Workplace Knowledge	Date	Signature
1	Company specific policies, rules, instructions and procedures		
2	Relevant statutory requirements (e.g. Occupational Health and Safety (OHS) Act; environmental standards, etc.)		
3	South African National Standards (SANS)		
4	Manufacturer's specifications and operating instructions		

	Additional Assignments to be Assessed Externally	Date	Signature
--	---	------	-----------

512101000-WM-05, Processes and procedures for cooking a variety of food items using different methods and techniques, equipment and utensils, NQF Level 4, Credits 32

WM-05-WE01	Observe and assist a qualified person in using various cooking methods (including boiling, poaching, steaming, stewing, braising, roasting, grilling, baking, frying and microwaving) and		
------------	---	--	--

	techniques (including browning, gratinating, searing, caramelising, deglazing, glazing, basting, skimming, reducing)		
	Scope Work Experience	Date	Signature
WA0101	Maintain a clean and safe working environment		
WA0102	Maintain safe handling and storing of both ingredients and prepared food		
WA0103	Maintain personal safety, hygiene, use of Personal Protective Equipment (PPE), professional appearance and professional behaviour		
WA0104	Follow instructions from a qualified person in using cooking methods (including boiling, poaching, steaming, stewing, braising, roasting, grilling, baking, frying and microwaving) and techniques (including searing, caramelising, browning, sweating, wilting, gratinating, par-cooking, rendering, resting, deglazing, glazing, basting, mounting, skimming, reducing)		
WA0105	Assist in monitoring quality control and waste management processes		
	Supporting Evidence	Date	Signature
SE0101	Signed documentary evidence by a qualified/SACA registered chef such as logbooks, recipes and work instructions for all required types of cooking methods and techniques		
WM-05-WE02	Use various cooking methods (including boiling, poaching, steaming, stewing, braising, roasting, grilling, baking, frying and microwaving) and techniques (including browning, gratinating, searing, caramelising, deglazing, glazing, basting, skimming, reducing) under the direct		

	supervision of a qualified person		
	Scope Work Experience	Date	Signature
WA0201	Maintain a clean and safe working environment		
WA0202	Maintain safe handling and storing of both ingredients and prepared food		
WA0203	Maintain personal safety, hygiene, use of Personal Protective Equipment (PPE), professional appearance and professional behaviour		
WA0204	Use various cooking methods (including boiling, poaching, steaming, stewing, braising, roasting, grilling, baking, frying and microwaving) and techniques (including searing, caramelising, browning, sweating, wilting, gratinating, par-cooking, rendering, resting, deglazing, glazing, basting, mounting, skimming, reducing) through instruction under direct supervision		
WA0205	Monitor quality control and waste management processes		
	Supporting Evidence	Date	Signature
SE0201	Signed documentary evidence by a qualified/SACA registered chef such as logbooks, recipes and work instructions for all required types of cooking methods and techniques		
WM-05-WE03	Use various cooking methods (including boiling, poaching, steaming, stewing, braising, roasting, grilling, baking, frying and microwaving) and techniques (including browning, gratinating, searing, caramelising, deglazing, glazing, basting, skimming, reducing) without assistance but under supervision		
	Scope Work Experience	Date	Signature

WA0301	Maintain a clean and safe working environment		
WA0302	Maintain safe handling and storing of both ingredients and prepared food		
WA0303	Maintain personal safety, hygiene, use of Personal Protective Equipment (PPE), professional appearance and professional behaviour		
WA0304	Use various cooking methods (including boiling, poaching, steaming, stewing, braising, roasting, grilling, baking, frying and microwaving) and techniques (including searing, caramelising, browning, sweating, wilting, gratinating, par-cooking, rendering, resting, deglazing, glazing, basting, mounting, skimming, reducing)		
WA0305	Monitor quality control and waste management processes		
	Supporting Evidence	Date	Signature
SE0301	Signed documentary evidence by a qualified/SACA registered chef such as logbooks, recipes and work instructions for all required types of cooking methods and techniques		

	Contextualised Workplace Knowledge	Date	Signature
1	Company specific policies, rules, instructions and procedures		
2	Relevant statutory requirements (e.g. Occupational Health and Safety (OHS) Act;		

	environmental standards, etc.)		
3	South African National Standards (SANS)		
4	Manufacturer's specifications and operating instructions		

	Additional Assignments to be Assessed Externally	Date	Signature
--	---	------	-----------