



REGISTERED NATIONAL QUALIFICATION

Title:	National Certificate in Cookery Level 3		
Release:	2	Qualification type:	National qualification
TQF level:	3	TQF Registration code:	QR-03-NQ-001-06-0903-25-02
Credits :	85	Approval date:	18 July 2025
		Next review:	19 March 2030
Qualification developer:	Tonga Ministry of Tourism; Consultants: Dr. Semisi Taumoepeau Dr. Nick Towner Auckland Institute of Studies New Zealand		
Modification history	Release 1 (R1):	Release 1 (R1), TQF code QR-03-NQ-001-06-0903-20-01, is now out-of-date and is available only for reference purposes.	
	Release 2 (R2):	Release 2 (R2) is the current release of this unit, and is the product of a review exercise conducted in April - May 2025. R2 replaces R1	
Purpose:	The purpose of this qualification is to provide competent employees for the hospitality industry who can work as cooks or chefs producing complex food products including a range of traditional dishes and Tongan cuisines, making use of local fruits, produce and traditional cooking techniques. Additionally, graduates will have an in-depth knowledge of workplace health and safety and food safety requirements which are consistent with internationally recognized guidelines such as those endorsed by the <i>United Nations' Codex Alimentarius Commission</i> and the <i>Australian New Zealand Food Standards Code</i> .		
Rationale:	First, tourism is a booming industry in Tonga, and quality food services are amongst the key motivators for tourists to visit our shores. Trained and qualified cooks and chefs are amongst the key enablers of such development. Tonga requires graduates of this qualification to support business sustainability and enhance visitor satisfaction. Second, gastronomic tourism incorporating local cuisine is a rapidly growing niche in the global tourism market. Graduates of this qualification will be able to tap into this market through being able to produce attractive and appealing dishes that promote a range of traditional Tongan cuisine. At the same time graduates will have developed professional skills relating to standard operating procedures, fundamental cookery skills and understand workplace health and safety requirements.		

Outcomes Statement	<p>Graduates of this qualification will be able to:</p> <ol style="list-style-type: none"> i. Apply health and safety, food safety and security practices to ensure own safety and minimise potential hazards for customers; ii. Prepare, cook, and present local fruits, vegetables and other local infused ingredients for commercial food outlets and establishments; iii. Prepare and present Tongan cuisines, making use of local fruits, produce and traditional cooking techniques; iv. Follow standard operating procedures in a range of food establishments including commercial kitchens; and v. Apply fundamental cookery skills to prepare, cook and present a range of basic dishes employing commodities commonly used in industry. 																											
Qualification Components Note: It is recommended that the units on OHS (NS027-03), and knife skills (NS030-27) are taught early in the training programme before the rest of the component units	<p>This qualification consists of the following units of competency:</p> <table border="1" data-bbox="368 725 1485 1547"> <thead> <tr> <th>Unit Code</th> <th>Unit Title</th> <th>Credit value</th> </tr> </thead> <tbody> <tr> <td>NS027-03</td> <td>Maintaining health and safety in a commercial kitchen</td> <td>15</td> </tr> <tr> <td>NS030-03</td> <td>Demonstrate appropriate knife handling skills in the commercial food preparation environment</td> <td>5</td> </tr> <tr> <td>NS028-03</td> <td>Prepare and cook a variety of meat and vegetable dishes in a commercial kitchen</td> <td>15</td> </tr> <tr> <td>NS029-03</td> <td>Prepare and cook pastries, cakes, and sandwiches</td> <td>15</td> </tr> <tr> <td>NS031-03</td> <td>Carry out food costing in a commercial hospitality environment</td> <td>10</td> </tr> <tr> <td>NS019-03</td> <td>Prepare and serve local Tongan cuisines including the traditional 'Umu</td> <td>15</td> </tr> <tr> <td>NS032-03</td> <td>Apply knowledge of nutrition in commercial catering</td> <td>10</td> </tr> <tr> <td colspan="2" style="text-align: right;">TOTAL CREDITS</td> <td>85</td> </tr> </tbody> </table>	Unit Code	Unit Title	Credit value	NS027-03	Maintaining health and safety in a commercial kitchen	15	NS030-03	Demonstrate appropriate knife handling skills in the commercial food preparation environment	5	NS028-03	Prepare and cook a variety of meat and vegetable dishes in a commercial kitchen	15	NS029-03	Prepare and cook pastries, cakes, and sandwiches	15	NS031-03	Carry out food costing in a commercial hospitality environment	10	NS019-03	Prepare and serve local Tongan cuisines including the traditional 'Umu	15	NS032-03	Apply knowledge of nutrition in commercial catering	10	TOTAL CREDITS		85
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Entry Requirements	<p>All of the criteria below:</p> <ol style="list-style-type: none"> 1. <u>Age</u> - Must be 16 years of age or older. 2. <u>Language</u> - Pass with a grade of 5 or better in <i>Tonga School Certificate</i> (TSC) English or an equivalent examination, or IELTS score of 4.5, or discretion of training provider; and 3. <u>Academic</u> - Passed: <ol style="list-style-type: none"> a) EITHER <i>Tonga School Certificate</i> or equivalent or have at least 3 years relevant work experience in Hospitality; b) OR a relevant TNQAB accredited Level 2 training programme. 																											

Learning Assumed to be in Place	<p>Learners in this programme are assumed to have the following knowledge and/or skills:</p> <ul style="list-style-type: none"> • Work-ready (general) – are independent and have a mature attitude; have basic knowledge of the workplace (organizational structure, working hours, etc.); • Mathematical literacy at TQF Level 1 • Communication literacy at Level 1 • ICT literacy at Level 1 (including computer, internet, mobile technology, and instructional media); • Tonga cultural awareness Level 1 (including Tongan language, protocol, etc.)
International Comparability	<p>The component units of this national qualification are comparable to many of the component units of the following international qualifications:</p> <ol style="list-style-type: none"> 1. New Zealand Certificate in Cookery (Level 3)– offered by NZMA 2. New Zealand Certificate in Cookery (Level 3)– offered by Manukau Institute of Technology 3. New Zealand Certificate in Cookery (Level 3)– offered by Northtec 4. Many of the component units of <i>Certificate III in Commercial Cookery</i> offered by <i>Australia Pacific Training Coalition (APTC)</i> are comparable to the component units of this national qualification.
Recognition of Prior Learning	<p>This qualification may be achieved in part or in whole through <i>Recognition of Prior Learning (RPL)</i>, and in accordance with relevant national and institutional policies and processes. Evidence of skills and knowledge acquired must be sufficiently demonstrated before recognition is given.</p>
Credits transfer	<p>Units of competency which have been successfully delivered in the past three years especially those which are used as components of TNQAB-approved qualifications and short courses, may receive cross credit recognition.</p> <p>Cross credits from the international qualifications mentioned in the section International comparability may be arranged.</p>
Learning Pathways	<p><u>Pathways into:</u></p> <ol style="list-style-type: none"> 1. F4 – 7 high school leavers; 2. Existing workers in travel, tourism or hospitality businesses with relevant work experience; and 3. Graduates of relevant TNQAB accredited Level 2 qualifications. <p><u>Pathways out:</u></p> <ol style="list-style-type: none"> 1. <i>ATI</i> Level 4 Certificate in Hospitality; 2. Existing TNQAB accredited Level 5 diploma programmes (with emphasis on Hospitality); 3. Tonga National Certificate Commercial Cookery Level 4;

	<ol style="list-style-type: none"> 4. Overseas (New Zealand): Level 5 - Tourism Management - Auckland Institute of Studies; and 5. Employment - travel, tourism or hospitality - Tonga and abroad.
Support for Qualification	<p>The standards in this qualification have been endorsed by the Tourism <i>Industry Training Advisory Committee</i> (ITAC) as the Level 3 industry standards for cookery. Both the Ministry of Tourism and Ministry of Education are supportive of this qualification.</p>
Accreditation Requirements	<p>Important accreditation requirements include:</p> <ol style="list-style-type: none"> 1. Teaching staff must have <ol style="list-style-type: none"> (i) at least a Level 4 qualification in cookery (or a related field) plus relevant industry experience; (ii) current First Aid certificate. (iii) received fire-safety training; 2. Commercial Kitchen (or Training kitchen) must have met national fire safety and emergency requirements. 3. Cooking equipment and facilities. (Refer to <i>Minimum requirements for a Commercial kitchen</i>) 4. Other physical resources (satisfied with standard of computers and other class room resources). 5. General course outline is provided to students with details of Purpose, Learning outcomes, Qualification components, Credit values, Entry requirements, Learning assumed to be in place, and Name(s) of teaching team. 6. Unit outlines are provided to students with details of Learning outcomes, assessment (including model answers and/or marking rubrics), moderation plan, recommended readings for students, and Names and contact details of teaching staff.

MINIMUM REQUIREMENTS FOR A COMMERCIAL KITCHEN

TABLE 1: SMALL EQUIPMENT

	EQUIPMENT	DESCRIPTION	MINIMUM REQUIREMENT (for 15 - 20 students)
1	Baking tin	Stainless small, medium and large, Assorted depth and shapes	6 for each size
2	Baking trays	Stainless small, medium and large	3 for each size
3	Can/bottle opener	Stainless	3 sets
4	Chef Knives	Stainless, Set (Paring, All purpose, Fillet, Serrated Clever, Scissors)	12 Sets
5	Chinois	Stainless small or medium	3 pieces
6	Colander	Stainless or plastic	3 pieces
7	Cutting Boards	Plastic and Wooden, medium and large with colours	6 for each size and type
8	Food Posters	Meat, Fish, Shellfish, Herbs and Spices, Vegetables, Food commodities etc.	2 of each kind
9	Frying pans	for; Omelette and shallow frying (non-stick)	3 for each purpose
10	Grater	Manual, box or 4-sided or flat, stainless or plastics	3 sets either type
11	Ladles	Stainless in multiple sizes; small, medium and large	2 of each size
12	Lifter	Plastic or stainless	3 each type
13	Masher	Stainless (small or Large)	3 sets either size
14	Measuring Cups	Stainless or plastics (minimum of 4 sizes cups)	3 sets either type
15	Measuring Jugs	Stainless, plastics or Glass (minimum of 1000 milliliters)	3 either type
16	Measuring spoons	Stainless or plastics (minimum of 4 sizes spoons)	3 sets either type
17	Mixing bowls	Stainless and Plastic, small, medium and large	6 for each size
18	Moulds	Ceramic or stainless, small and medium	6 each size
19	Oven mitts	Assorted sizes, shapes and color with minimum of 3 layers of thickness	6 pairs
20	Peeler	Plastic or stainless	6 sets
21	Plates	Ceramic, small, medium and large (any design and color)	12 for each size
22	Pot holders	Assorted sizes, shapes and color with minimum of 3 layers of thickness	6 pairs
23	Pots	for; stock, soup, and boiling, preferably stainless	3 for each purpose
24	Rolling Pin	Wooden or Plastic (small and large)	3 each size(6 in total)
25	Sanitizer	Plastic bottle sprayers	3 containers refilled
26	Saucepans	Small to medium sizes, preferably stainless	6 of each size
27	Serving bowls	Ceramic, for Soup and pasta, small and medium (any design and color)	12 of each size
28	Sieve	Stainless or plastic (4 sizes in 1 set)	3 sets either type
29	Sifter	Stainless or plastic	3 either type

	EQUIPMENT	DESCRIPTION	MINIMUM REQUIREMENT (for 15 - 20 students)
30	Spatulas	Wooden or Silicone	3 either type
31	Stirring spoons	Stainless and wooden, medium and large	6 stainless medium, 6 stainless large, 6 wooden medium, 6 wooden large)
32	Tea Towels	Cloth, any colour, sizes and designs	24 towels
33	Thermometer	Waterproof pocket Digital probe or Gun thermometer	2 pieces
34	Tongs	Stainless in multiple sizes; small, medium and large	3 of each size
35	Whisks	Stainless, sizes: medium and large	3 of each size
36	Wok	for; Saute and Stir-frying, either household or commercial brand	2 pieces

TABLE 2: LARGE EQUIPMENT

	EQUIPMENT	DESCRIPTION	MINIMUM REQUIREMENT (for 15 - 20 students)
1	Deep-Fryer	Gas burners or Electric heating element, either household or commercial brand	2 Fryers with minimum of 2 liters capacity each
2	Fire Extinguishers	Approved and valid to be used in the kitchen (OHS & SOP standards)	2 up to date extinguishers either sizes
3	Freezer	Chest or upright freezer or Walk-in freezer, either household or commercial brand	1 set
4	Hand basin	Single Stainless or Ceramic with or without hot water	1 set
5	Oven	Gas burners or Electric heating element, either household or commercial brand	3 Ovens with or without fan
6	Oven Griller or Salamander	Gas burners or Electric heating element, either household or commercial brand	3 Grillers or 1 Salamander
7	Pantry	Good air ventilation set up and well accessible (fixed or removable)	1 set
8	Range or Stovetop burners	Gas burners or Electric hot plates, either household or commercial brand	12 burners or 3 Range with 4 burners each
9	Refrigerator	Reach-in fridge or walk-in cooler, either household or commercial brand	1 set
10	Rubber Floor Mats	Cover the length of the work stations (above)	Enough to cover all Workstations
11	Sinks	Single or Double stainless installed with running water faucet (Hot water optional)	4 set singles or 2 sets double
12	Steamer	Layered Steaming pot	1 set
13	'Umu shed	Shed with well constructed 'Umu pit (including <i>Huokauvao</i> , <i>Hakalo</i> , 'Umu-stones and Firewood)	1 set
14	Work Benches and Tops	Stainless steel double benches and tops with or without drawers	2 sets

TABLE 3: MECHANICAL EQUIPMENT

	EQUIPMENT	DESCRIPTIONS	MINIMUM REQUIREMENT (for 15 - 20 students)
1	Air Ventilation System	Electrical Air Suction or Fixed Air-Vent Ventilator	Designated to ventilate heat and smokes
2	Blender	Any Quality and brand (minimum of 500 milliliters capacity)	1 machine
3	Food Mixer	Any Quality and brand (minimum of 500 milliliters capacity)	1 machine
4	Food Processor	Any Quality and brand (minimum of 500 milliliters capacity)	1 machine
5	Meat Slicer	Stainless and can be any size and brand	1 machine
6	Pasta Machine	Stainless with processing cutters (Manual or electric)	2 sets
7	Kitchen Scale	Digital or mechanical	2 either qualities
8	Toaster	Industrial or household brands, minimum of two bread racks	1 set
9	Vegetable Slicer	Any Quality and brand	1 machine