



REGISTERED NATIONAL STANDARD

UNIT OF COMPETENCY

Title:	Prepare and cook a whole range of dishes in a commercial kitchen NS028-03				
TQF Level:	3	Credits:	15	Version:	1
National standard code:	NS028-03				
Associated qualification (and code):	National Certificate in Cookery Level 3 (QR-03-NQ-001-06-0903-20-01)				
Approval date:	19 March 2020	Review date:	19 March 2025		
Purpose:	People credited with this unit will be able to apply fundamental cookery skills to prepare, cook and present a range of basic dishes employing commodities commonly used in the industry and in accordance to internationally recognized food preparation standards.				
Learning Outcome 1 (LO1)	Prepare popular meat dishes in a commercial kitchen.				
Performance standards	1.1 Required meat (quality and quantity) and other ingredients are carefully chosen according to dish requirements. <i>[Range: quality includes but is not limited to – appearance, smell, within the expiry date.]</i>				

	<p>1.2 Required ingredients are prepared using procedures that meet both dish and establishment requirements according to industry standard.</p> <p>1.3 Safe food management practices associated with meat dishes are identified;</p> <p>1.4 Food safety issues are explained according to industry standards and relevant legislative requirements.</p>
Learning Outcome 2 (LO2)	<p>Cook and present popular meat dishes in a commercial kitchen.</p> <p><i>[Range: methods may include but are not limited to – dry (roast, grill, deep-fry, sauté), wet (stew, braise, boil); evidence of one wet and one dry method is required.]</i></p>
Performance Standards	<p>2.1 Meat dishes are cooked according to quality, dish and establishment requirements and industry standards.</p> <p><i>[Range: quality includes but is not limited to – flavour, smell, degree of cooking, appearance.]</i></p> <p>2.2 Cooking techniques are appropriate for the requirements of the dish.</p> <p>2.3 Cooked meats meet dish requirements.</p> <p>2.4 Portions for meat dishes are identified and explained according to dish and establishment requirements.</p>
Learning Outcome 3 (LO3)	<p>Prepare popular vegetable dishes in a commercial kitchen.</p>
Performance standards	<p>3.1 Ingredients of the required type, quality and quantity are carefully chosen according to dish requirements.</p> <p>3.2 Ingredients are prepared using procedures that meet carefully chosen dish and establishment requirements according to industry standards.</p> <p>3.3 Food safety management practices associated with vegetables are explained according to industry standards and relevant legislative requirements.</p>
Learning Outcome 4 (LO4)	<p>Cook and present popular vegetable dishes in a commercial kitchen.</p> <p><i>[Range evidence is required of one dish for each vegetable type.]</i></p>

Performance standards	<p>4.1 Cooking techniques, appropriate to the requirements of the dish are selected.</p> <p>4.2 Vegetable dishes are cooked according to quality, dish and establishment requirements and industry standards.</p> <p><i>[Range cooking methods may include but are not limited to – steaming, boiling, roasting, baking, grilling, shallow fry (can include sauté, stir fry), deep fry, blanching, braising, chargrilling, grilling, poaching; a minimum of four methods is required; processes may include but are not limited to – time or degree of cooking, temperature, identification and correction of faults, refreshing.]</i></p> <p><i>[Range: quality includes but is not limited to – flavour, smell, degree of cooking, appearance.]</i></p> <p>4.3 Portions for vegetable dishes are identified and explained according to dish and establishment requirements.</p> <p>4.4 Cooked vegetable dishes are presented in accordance with dish and establishment requirements.</p>
Pre-requisites	N/A
Co-requisites	N/A
Underpinning skill and knowledge	<p>Knowledge Tongan culture and traditions; Tongan protocol and etiquette; General human health and diseases; Human foods and nutrition; Basic food commodities, Hazards and safety; Personal grooming and presentation; Effective time management; Communication including writing (Tongan and English); Environmental awareness; General geographical knowledge of the (map) location of tourists home countries, Cultural awareness and sensitivity; Interpersonal communication skills; Workplace security; Metric measurements (volume, length, time, Attention to details.</p>
Suggested assessment methods	<p>1) Written theory examination (20%)</p> <p>2) Practical assessment (80%):</p> <p>Examples:</p> <ul style="list-style-type: none"> • Simulation • Work-place attachment
Resource requirements	<ol style="list-style-type: none"> 1. Commercial kitchen (Refer to <i>Minimum requirements for a kitchen</i>) 2. Unit outline 3. Relevant readings such as:

	<ul style="list-style-type: none"> • Cooking/culinary books • Internationally known Culinary/Food safety standards such as the <i>Australia New Zealand Food Standards Code</i>, • <i>Tonga Food Act</i> • <i>Tonga Public Health Act</i>
Moderation arrangements	Use the provider's approved moderation process, OR TNQAB moderation processes
Requirements to complete this unit	<p>Learners must be assessed as 'Competent' to complete this unit. Competency for this unit is at least 100% of the Performance standards.</p> <p>Learners who fail to be competent after 3 attempts will be advised to re-enrol in this unit.</p>
Public comments on unit	Please contact TNQAB National Qualifications Unit (email EnquireNQ@tnqab.to or Telephone 28136) if you like to discuss or suggest changes to the details of this unit.

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

	EQUIPMENT	DESCRIPTION	MINIMUM REQUIREMENT (for 15 - 20 students)
29	Sifter	Stainless or plastic	3 either type
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	Handbasin	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 huokauvao, Hakalo, Umu-stones and Firewoods)	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