
CU1063 Maintain Food Safety when Storing, Preparing and Cooking Food

Unit summary

This unit covers the main competencies needed for preparing and cooking food safely, and focuses on the four main areas of control - Cooking, Cleaning, Chilling and preventing Cross-contamination, in addition to supplies being satisfactory. It provides staff with a broad understanding of reviewing hazards and hazard procedures such that they are part of a team maintaining food safety. This unit is appropriate to staff that directly prepare and cook food.

Evidence requirements

Unit CU1063	Maintain food safety when storing, preparing and cooking food
Learning outcome 1	Be able to keep yourself clean and hygienic
The assessor <u>must</u> assess assessment criteria 1.1, 1.2, 1.3 and 1.5 by directly observing the candidate's work.	
The assessor may assess assessment criteria 1.4, 1.6, 1.7 and 1.8 through questioning or witness testimony if no naturally occurring evidence is available.	

What you must **COVER** for Learning outcome 1

There must be performance evidence, gathered through observing the candidate's work for:

- at least **four** from **clothes**
 - a) **trousers**
 - b) **tops/jackets**
 - c) **coats**
 - d) **disposable gloves**
 - e) **shoes**
 - f) **headgear**
 - g) **aprons**

- at least **five** from **appropriate times to wash your hands**
 - a) **after going to the toilet or in contact with faeces**
 - b) **when going into food preparation and cooking areas including after any work breaks**
 - c) **after touching raw food and waste**
 - d) **before handling raw food**
 - e) **after disposing of waste**
 - f) **after cleaning**
 - g) **changing dressings or touching open wounds**

- **none** from **unsafe behaviour**
 - a) **failure to wash hands thoroughly when necessary**
 - b) **touching your face, nose or mouth, blowing your nose**
 - c) **chewing gum**
 - d) **eating**
 - e) **smoking**
 - f) **scratching**

Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.

Learning outcome 3	Be able to keep your working area clean and hygienic
<p>The assessor <u>must</u> assess assessment criteria 3.1, 3.2, 3.5 and 3.6 by directly observing the candidate's work.</p> <p>The assessor may assess assessment criteria 3.3, 3.4, 3.7, 3.8 and 3.9 through questioning or witness testimony if no naturally occurring evidence is available.</p>	
<p>What you must COVER for Learning outcome 3</p>	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> ▪ at least two from surfaces and equipment <ul style="list-style-type: none"> a) surfaces and utensils for preparing, cooking and holding food b) surfaces and utensils used for displaying and serving food c) appropriate cleaning equipment <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

Learning outcome 5	Be able to store food safely
<p>The assessor <u>must</u> assess assessment criteria 5.1, 5.2, 5.3, 5.4, 5.5, 5.6 and 5.7 by directly observing the candidate's work.</p> <p>The assessor may assess assessment criteria 5.8 and 5.9 through questioning or witness testimony if no naturally occurring evidence is available.</p>	
<p>What you must COVER for Learning outcome 5</p>	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> ▪ at least two from storage areas <ul style="list-style-type: none"> a) ambient temperature b) refrigerator c) freezer <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

Learning outcome 7	Be able to prepare, cook and hold food safely
<p>The assessor <u>must</u> assess assessment criteria 7.4 and 7.5 by directly observing the candidate's work.</p> <p>The assessor may assess assessment criteria 7.1, 7.2 and 7.3 and 7.6 through questioning or witness testimony if no naturally occurring evidence is available.</p>	
<p>What you must COVER for Learning outcome 7</p>	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> ▪ at least four from operations <ul style="list-style-type: none"> a) defrosting food b) preparing food, including washing and peeling c) cooking food d) reheating food e) holding food before serving f) cooling cooked food not for immediate consumption g) freezing cooked food not for immediate consumption ▪ none from hazards <ul style="list-style-type: none"> a) bacteria and other organisms b) chemical c) physical d) allergenic <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

Learning outcome 1: Be able to maintain food safety when storing, preparing and cooking food					
Assessment criteria					
1.1 obs	Wear clean and hygienic clothes appropriate to the jobs being undertaken				
1.2 obs	Tie hair back and/or wear appropriate hair covering				
1.3 obs	Only wear jewellery and other accessories that do not cause food safety hazards				
1.4	Change clothes when necessary				
1.5 obs	Wash hands thoroughly at appropriate times				
1.6	Avoid unsafe behaviour that could contaminate the food being worked with				
1.7	Report any cuts, boils grazes illness and infections promptly to the appropriate person				
1.8	Make sure any cuts, boils, skin infections and grazes are treated and covered with an appropriate dressing				

What you must cover for Learning outcome 1													
C1	Clothes						C2	Appropriate time to wash your hands					
	(obs at least 4)							(obs at least 5)					
	a	trousers						a	after going to the toilet or in contact with faeces				
	b	tops/jackets						b	when going into food preparation and cooking areas including after any work breaks				
	c	coats						c	after touching raw food and waste				
	d	disposable gloves						d	before handling raw food				
	e	shoes						e	after disposing of waste				
	f	headgear						f	after cleaning				
	g	aprons	g	changing dressings or touching open wounds									

C3	Unsafe behaviour						
	a	failure to wash hands thoroughly when necessary					
	b	touching your face, nose or mouth, blowing your nose					
	c	chewing gum					
	d	eating					
	e	smoking					
	f	scratching					

Learning outcome 2: Know how to keep yourself clean and hygienic					
Assessment criteria					
2.1	State why clean and hygienic clothes must be worn				
2.2	State why hair must be tied back or an appropriate hair covering be worn				
2.3	State the different types of protective clothes that are appropriate for different jobs in storage, preparation and cooking food				
2.4	Describe the food safety hazards that jewellery and accessories can cause				
2.5	State when clothing should be changed				
2.6	State the importance of changing clothes				
2.7	State why hands must be washed after going to the toilet, before going into food preparation and cooking areas, after touching raw food and waste, before handling ready-to-eat food				
2.8	Describe how to wash hands safely				
2.9	State the importance of not handling food when open cuts are present				
2.10	Describe what to do if anyone has an open cut				
2.11	State the importance of reporting illnesses and infections promptly				
2.12	State why stomach illnesses are particularly important to report				
2.13	State the importance of avoiding touching , face, nose or mouth, blowing nose, chewing gum, eating, smoking when working with food				

Learning outcome 3: Be able to keep working area clean and hygienic					
Assessment criteria					
3.1 obs	Make sure surfaces and equipment are clean and in good condition				
3.2 obs	Use clean and suitable cloths and equipment for wiping and cleaning between tasks				
3.3	Remove from use any surfaces and equipment that are damaged or have loose parts				
3.4	Report damaged surfaces, equipment to the person responsible for food safety				
3.5 obs	Dispose of waste promptly, hygienically and appropriately				
3.6 obs	Identify, take appropriate action on any damage to walls, floors, ceilings, furniture and fittings				
3.7	Report any damage to walls, floors, ceilings, furniture and fittings to the appropriate person				
3.8	Identify, take appropriate action on any signs of pests				
3.9	Report any signs of pests to the appropriate person				

What you must cover for Learning outcome 3						
C1	Surfaces and equipment (obs at least 2)					
	a surfaces and utensils for preparing, cooking and holding food					
	b surfaces and utensils used for displaying and serving food					
	c appropriate cleaning equipment					

Learning outcome 4: Know how to keep working area clean and hygienic					
Assessment criteria					
4.1	State why surfaces and equipment must be clean, hygienic and suitable for the intended use before beginning a new task				
4.2	Describe how to ensure that surfaces and equipment are clean, hygienic and suitable for the intended use before beginning a new task				
4.3	State the importance of only using clean and suitable cloths when cleaning before tasks				
4.4	State how to ensure that clean and suitable cloths are used before tasks				
4.5	Explain why surfaces and equipment that are damaged or have loose parts can be hazardous to food safety				
4.6	List the types of damaged surfaces or equipment that can cause food safety hazards				
4.7	Describe how to deal with damaged surfaces and equipment				
4.8	State the importance of clearing and disposing of waste promptly and safely				
4.9	Describe how to safely dispose of waste				
4.10	Describe how damage to walls, floors, ceilings, furniture, food equipment and fittings can cause food safety hazards				
4.11	State the types of damage that should be looked out for				
4.12	State the types of pests that could be found in catering operations				
4.13	State how to recognise the signs that pests may be present				

Learning outcome 5: Be able to store food safely					
Assessment criteria					
5.1 obs	Check that food is undamaged, at appropriate temperature and within 'use-by-date' on delivery				
5.2 obs	Look at and retain any important labelling information				
5.3 obs	Prepare food for storage				
5.4 obs	Place food in storage as quickly as necessary to maintain its safety				
5.5 obs	Make sure storage areas are clean, suitable and maintained at the correct temperature for the type of food				
5.6 obs	Store food so that cross contamination is prevented				
5.7 obs	Follow stock rotation procedures				
5.8	Safely dispose of food that is beyond 'use-by-date'				
5.9	Keep necessary records up-to-date				

What you must cover for Learning outcome 5					
Storage areas					
(obs at least 2)					
a	ambient temperature				
b	refrigerator				
c	freezer				

Learning outcome 6: Know how to store food safely					
Assessment criteria					
6.1	State the importance of making sure food deliveries are undamaged, at the correct temperature and within use-by-date				
6.2	State the importance of preparing food for storage				
6.3	State why food must be put in the correct storage area				
6.4	State the temperature food should be stored at				
6.5	State the importance of keeping storage areas clean and tidy				
6.6	Describe what to do if storage areas are not clean and tidy				
6.7	State the importance of storing food at the correct temperature				
6.8	Describe how to store food at the correct temperature				
6.9	State what types of food are raw				
6.10	State why types of food are ready-to-eat				
6.11	State why stock rotation n procedures are important				
6.12	State why food beyond its 'use-by-date' must be disposed of				

Learning outcome 7: Be able to prepare, cook and hold food safely					
Assessment criteria					
7.1	Check food before and during operations for any hazards				
7.2	Follow correct procedures for dealing with food hazards				
7.3	Follow organisational procedures for items that may cause allergic reactions				
7.4 obs	Prevent cross-contamination between different types of food				
7.5 obs	Use methods, times, temperatures and checks to make sure food is safe following operations				
7.6	Keep necessary records up-to-date				

What you must cover for Learning outcome 7											
Operations (obs at least 4)					C2	Hazards					
a	defrosting food						a	bacteria and other organisms			
b	preparing food, including washing and peeling					b	chemical				
c	cooking food					c	physical				
d	reheating food					d	allergenic				
e	holding food before serving										
f	cooling cooked food not for immediate consumption										
g	freezing cooked food not for immediate consumption										

Learning outcome 8: Know how to maintain food safety					
Assessment criteria					
8.1	Describe how to operate a food safety management system				
8.2	Explain the concept of hazards to food safety in a catering operation				
8.3	State the necessity of controlling hazards to food safety in order to remove or keep risks to a safe level				
8.4	Describe what may happen if hazards are not controlled				
8.5	State the types of hazards that may occur in a catering operation				
8.6	Describe how to control hazards by cooking, chilling, cleaning and the avoidance of cross-contamination				
8.7	State why monitoring is important				
8.8	State the key stages in the monitoring process				
8.9	State the importance of knowing what to do when things go wrong				
8.10	State why some hazards are more important than others in terms of food safety				
8.11	State who to report to if there are food safety hazards				

Learning outcome 9: Know how to prepare, cook and hold food safely					
Assessment criteria					
9.1	State why it is necessary to defrost foods before cooking				
9.2	State when it is necessary to defrost foods before cooking				
9.3	Describe how to safely and thoroughly defrost food before cooking				
9.4	Describe how to recognise conditions leading to safety hazards				
9.5	State what to do if any food safety hazards are discovered				
9.6	State the importance of knowing that certain foods cause allergic reactions				
9.7	Describe organisational procedures to deal with foods possible of causing allergic reactions				
9.8	State what to do if a customer asks if a particular dish is free from certain food allergen				
9.9	Describe how cross-contamination can happen between different food types				
9.10	Describe how to avoid cross-contamination between different food types				
9.11	Explain why thorough cooking and reheating methods should be used				
9.12	State cooking , reheating, temperatures and times to use for food being worked with				
9.13	Describe how to check that food is thoroughly cooked or safely reheated				

9.14	State the importance of making sure that food is at the correct temperature before and during holding , prior to serving it to the customer				
9.15	State the types of foods that may need to be chilled or frozen because they are not for immediate consumption				
9.16	Describe how to safely store food not for immediate consumption				