

Training Package	Tourism, Hospitality and Events (SIT07)		HSC Requirements and Advice
Unit title	Prepare appetisers and salads		
Unit code	Competency field	Sector	HSC Indicative Hours
SITHCCC006A	Commercial Cookery	Hospitality	25

Unit descriptor	<p>This unit describes the performance outcomes, skills and knowledge required to prepare and present appetisers and salads in a commercial kitchen or catering operation.</p> <p>Appetisers are foods that normally precede a meal, or may be served as an accompaniment to drinks. They include a range of hot and cold dishes which can be either classical or modern, and vary in ethnic and cultural origins. Salads may be vegetable or fruit-based, and may also include classical or modern and varying ethnic and cultural types.</p> <p>No licensing, legislative, regulatory or certification requirements apply to this unit at the time of endorsement.</p>
Prerequisite units	<p>This unit must be assessed after the following prerequisite units:</p> <ul style="list-style-type: none"> • SITHCCC001A Organise and prepare food • SITHCCC002A Present food • SITXOHS002A Follow workplace hygiene procedures.
Application of the unit	<p>This unit applies to all hospitality and catering enterprises where food is prepared and served such as restaurants, hotels, clubs, cafeterias and other catering operations. It applies to cooks who usually work as part of a team and under supervision.</p>
Employability skills	<p>The required outcomes described in this unit of competency contain applicable facets of employability skills. The <i>Employability Skills Summary</i> of the qualification in which this unit of competency is packaged, will assist in identifying employability skill requirements.</p>

Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for this Training Package.

Critical aspects for assessment and evidence required to demonstrate competency in this unit	Context of and specific resources for assessment	Methods of assessment	Assessing employability skills
<p>Evidence of the following is essential:</p> <ul style="list-style-type: none"> • ability to prepare a variety of appetisers and salads from different recipes and cultural backgrounds • ability to prepare a number of appetisers and salads within industry realistic timeframes 	<p>Assessment must ensure:</p> <ul style="list-style-type: none"> • demonstration of skills within a fully equipped and commercially realistic food preparation area with appropriate and industry-current equipment, as defined in <i>Appendix 1</i> of this Syllabus 	<p>A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:</p> <ul style="list-style-type: none"> • direct observation of the candidate preparing appetisers and salads 	<p>Employability skills are integral to effective performance in the workplace and are broadly consistent across industry sectors. How these skills are applied varies between occupations and qualifications due to the different work functions and contexts.</p>

Critical aspects for assessment and evidence required to demonstrate competency in this unit cont/d	Context of and specific resources for assessment cont/d	Methods of assessment cont/d	Assessing employability skills cont/d
<ul style="list-style-type: none"> ability to present appetisers and salads attractively and creatively. 	<ul style="list-style-type: none"> a variety of suitable ingredients for appetisers and salads industry-realistic ratios of kitchen staff to customers. 	<ul style="list-style-type: none"> sampling of dishes prepared by the candidate written or oral questions to test knowledge on commodity knowledge and food safety issues review of portfolios of evidence and third-party workplace reports of on-the-job performance by the candidate. <p>Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:</p> <ul style="list-style-type: none"> SITHCCC007A Prepare sandwiches. 	<p>Employability skills embedded in this unit should be assessed holistically with other relevant units that make up the skill set or qualification and in the context of the job role.</p>

Required Skills and Knowledge

This section describes the essential skills and knowledge and their level, required for this unit.

The following skills **must** be assessed as part of this unit:

- knife skills to prepare a range of appetisers and salads
- safe work practices, particularly when using knives
- logical and time-efficient work flow
- waste minimisation techniques and environmental considerations in relation to appetisers and salads
- problem-solving skills to deal with problems such as shortages of food items, mistakes or problems in commodities or meals produced, and equipment failure
- literacy skills to read menus, orders and instructions
- numeracy skills to calculate quantities and portions against orders.

The following knowledge **must** be assessed as part of this unit:

- historical development and current trends in salads and appetisers
- suitable commodities and food combinations for use in salads and appetisers
- compatible dressings and sauces for incorporating into or accompanying salads
- methods of attractive presentation for salads and appetisers
- nutritional values of appetisers, salads and salad ingredients and the effects of cooking on nutrients
- culinary terms commonly used in the industry with regard to appetisers and salads
- principles and practices of hygiene related to working in a kitchen, including appropriate uniform and other personal protective equipment.

Element	Performance Criteria	Range Statement
1 Prepare and present a variety of salads and dressings.	1.1 Choose suitable ingredients that meet enterprise quality standard for <i>salads</i> and <i>dressings</i> .	<p>The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. <i>Bold italicised</i> wording in the performance criteria is detailed below.</p> <p><i>Salads</i> may be:</p> <ul style="list-style-type: none"> • garden salads • fruit salads • classical salads, e.g. caesar and waldorf • modern • diverse cultural and ethnic recipes • warm or cold. <p><i>Dressings</i> may include:</p> <ul style="list-style-type: none"> • French • classic • diverse cultural and ethnic
	1.2 Prepare salads using fresh seasonal ingredients to an acceptable enterprise standard to maximise nutritional value, eating characteristics and taste.	
	1.3 Prepare suitable sauces and dressings to either incorporate into, or accompany, salads.	
	1.4 Present salads attractively according to enterprise standards.	
2 Prepare and present a range of hot and cold appetisers.	2.1 Produce <i>appetisers</i> to an acceptable enterprise standard using the correct ingredients ensuring symmetry and neatness of presentation, appropriate ingredient combinations, precise and uniformly cut ingredients, and attractive serveware and garnishes.	<p><i>Appetisers</i> may also be referred to as and <u>must</u> include:</p> <ul style="list-style-type: none"> • hors d'oeuvres • canapés • savouries • antipasto • tapas • finger foods • sandwiches.
	2.2 Select and prepare glazes correctly, where required.	

Element	Performance Criteria	Range Statement
	2.3 Select and use correct equipment to assist in production of appetisers.	
	2.4 Use quality trimmings or other leftovers where and when appropriate.	
	2.5 Prepare and present appetisers in a hygienic, logical and sequential manner within the required timeframe.	
	2.6 Present appetisers attractively according to classical, cultural or enterprise standards.	
3 Store appetisers and salads.	3.1 Store appetisers and salads in appropriate conditions and containers and at the correct temperature to maintain freshness, taste and quality.	