

Student Resource

SITHCCC010A Select, Prepare and Cook
Poultry

Version 1.0
Issue Date: October 2010

Assessment Tool – Student Resource

SITHCCC010A SELECT, PREPARE AND COOK POULTRY

Unit Descriptor	<p>This unit describes the performance outcomes, skills and knowledge required to select, prepare, cook, present and store poultry in a commercial kitchen or catering operation.</p> <p>Poultry dishes may be classical and contemporary and from a variety of ethnic and cultural origins.</p> <p>No licensing, legislative, regulatory or certification requirements apply to this unit at the time of endorsement</p>
Pre-requisite Units	<p>SITHCCC001A Organise and prepare food</p> <p>SITHCCC002A Present food</p> <p>SITHCCC005A Use basic methods of cookery</p> <p>SITXOHS002A Follow workplace hygiene procedures</p>
Assessment Methods	<p>Project</p> <p>Observation</p>

STUDENT DETAILS

Name

ID

Signature

Date

SUBMISSION REQUIREMENTS

Assessment Task 1 - Project

Due Date:

Assessment Task 2 - Observation

Due Date:

Assessment Task 1 – Project

Select, prepare and cook poultry

You are required to keep a diary over the period of one month of you selecting, preparing and cooking poultry. In preparing a variety of dishes you must include each of the following preparation techniques and cookery methods at least once.

Preparation Techniques

- De-boning
- Stuffing
- Filleting
- Rolling and trussing
- Larding
- Marinating

Cookery Methods

- Roasting and Pot roasting
- Sautéing and Braising
- Deep-frying
- Poaching and stewing
- grilling

For each dish in your diary you should have your supervisor observe you selecting, preparing and cooking it. During each observation they should complete the checklist on the following page. (You will need to photocopy this form for each observation)

Using appropriate culinary language, your diary must include the following information for each dish prepared:

1. Name of the dish
2. Classification and quality criteria of the poultry
3. Appropriate cooking methods
4. Preparation techniques, including culinary uses
5. Nutritional information including food values and any specific issues of the dish
6. Relevant costing
7. Photographs of the finished product

8. Supervisor Observation Checklist (See next page)

Date task to be submitted by:

SAMPLE ONLY

Supervisor Observation Checklist

Please complete the following checklist when observing the student preparing a range of poultry dishes using a variety of preparation techniques and cookery methods. Where a task on the list is not relevant to the food being prepared, please do not check a yes or no box, simply write N/A in the Comments/Feedback column. **(Please make a copy this checklist for each observation)**

Poultry Dish Prepared:.....

Date of Observation:

OBSERVATION CHECKLIST			
Tasks to be observed according to workplace/college policy and procedures, relevant legislation and Codes of Practice (OHS, Food Handling, Hygiene etc)	Yes	No	Comments/Feedback
Select and purchase poultry according to quantity and quality required	<input type="checkbox"/>	<input type="checkbox"/>	
Handle poultry efficiently and hygienically to minimise risk of food spoilage or cross-contamination	<input type="checkbox"/>	<input type="checkbox"/>	
Thaw frozen poultry correctly and safely.	<input type="checkbox"/>	<input type="checkbox"/>	
Store poultry ensuring optimal storage conditions and temperature for poultry are maintained.	<input type="checkbox"/>	<input type="checkbox"/>	
Use poultry preparation techniques correctly.	<input type="checkbox"/>	<input type="checkbox"/>	
Prepare and cook a variety of poultry dishes according to standard recipes and enterprise standards, using appropriate cookery methods.	<input type="checkbox"/>	<input type="checkbox"/>	
Prepare the dish in logical and time-efficient manner	<input type="checkbox"/>	<input type="checkbox"/>	
Prepare the dish to minimise wastage	<input type="checkbox"/>	<input type="checkbox"/>	
Serve poultry according to enterprise standards, including carving, slicing or leaving whole.	<input type="checkbox"/>	<input type="checkbox"/>	
Present poultry using suitable sauces, garnishes and accompaniments.	<input type="checkbox"/>	<input type="checkbox"/>	
Throughout the demonstration displayed good organisational skills and teamwork	<input type="checkbox"/>	<input type="checkbox"/>	
Demonstrated safe work practices, particularly in relation to knife skills	<input type="checkbox"/>	<input type="checkbox"/>	

Supervisor Name:

Supervisor Signature:.....

Assessment Task 2 – Observation

Your assessor will observe you preparing poultry dishes in your workplace or college. You will be required to undertake one demonstration under industry-realistic conditions.

They will use the following checklist to assess your ability to complete the task.

When you feel you are ready to complete your demonstration you should make a time with your assessor to observe you

TASK REQUIREMENTS	<p>You are required to demonstrate to your assessor your ability prepare poultry dishes. Your demonstration must include:</p> <ul style="list-style-type: none"> ▪ Two different preparation techniques and ▪ Two different cookery methods <p>As listed in Assessment Task 1</p>
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NUMBER OF OBSERVATIONS One (1)

OBSERVATION CHECKLIST			
Tasks to be observed according to workplace/college policy and procedures, relevant legislation and Codes of Practice (OHS, Food Handling, Hygiene etc)	Yes	No	Comments/Feedback
Select and purchase poultry according to quantity and quality required	<input type="checkbox"/>	<input type="checkbox"/>	
Handle poultry efficiently and hygienically to minimise risk of food spoilage or cross-contamination	<input type="checkbox"/>	<input type="checkbox"/>	
Thaw frozen poultry correctly and safely.	<input type="checkbox"/>	<input type="checkbox"/>	
Store poultry ensuring optimal storage conditions and temperature for poultry are maintained.	<input type="checkbox"/>	<input type="checkbox"/>	
Use poultry preparation techniques correctly.	<input type="checkbox"/>	<input type="checkbox"/>	
Prepare and cook a variety of poultry dishes according to standard recipes and enterprise standards, using appropriate cookery methods.	<input type="checkbox"/>	<input type="checkbox"/>	
Prepare the dish in logical and time-efficient manner	<input type="checkbox"/>	<input type="checkbox"/>	
Prepare the dish to minimise wastage	<input type="checkbox"/>	<input type="checkbox"/>	
Serve poultry according to enterprise standards, including carving, slicing or leaving whole.	<input type="checkbox"/>	<input type="checkbox"/>	
Present poultry using suitable sauces, garnishes and accompaniments.	<input type="checkbox"/>	<input type="checkbox"/>	
Throughout the demonstration displayed good organisational skills and teamwork	<input type="checkbox"/>	<input type="checkbox"/>	

Demonstrated safe work practices, particularly in relation to knife skills

Date for observation 1:.....

Assessment Cover Sheet

SITHCCC010A SELECT, PREPARE AND COOK POULTRY

ASSESSMENT TASK 1: Project

Student Name:

Student ID:

I declare that the Assessment Tasks submitted for this unit is my own work.

Student Signature

Result: Competent Not Yet Competent

Feedback to Student:

Assessor Name:

Signature:

Date:

Assessment Cover Sheet

SITHCCC010A SELECT, PREPARE AND COOK POULTRY

ASSESSMENT TASK 2: Observation

Student Name:

Student ID:

I declare that the Assessment Tasks submitted for this unit is my own work.

Student Signature

Result: Competent Not Yet Competent

Feedback to Student:

Assessor Name:

Signature:

Date:

Assessment Record Sheet

SITHCCC010A SELECT, PREPARE AND COOK POULTRY

Student Name:

Student ID:

Assessment Task 1 Project

Competent

Not Yet Competent

Assessment Task 2 Observation

Competent

Not Yet Competent

Feedback to Student:

Overall assessment result

Competent

Not Yet Competent

Assessor Name:

Signature:

Date:

Student Signature

Date:

Work Sample Authenticity Declaration

SITHCCC010A SELECT, PREPARE AND COOK POULTRY

Student Name:

Student ID:

Work samples submitted:

I (supervisor) declare that (student) was involved in the preparation of all work samples submitted as part of the assessment and that they were prepared within the last six months.

Supervisor Name:

Signature:

Date:

Student Signature

Date: