

# Unit mapping

**KQ: Knowledge questions**

**KQ**

**PA**

**PA: Practical assessment – Task (T), Workplace Skills (WS)**

## Elements and performance criteria

### E 1 Select ingredients for vegetarian and vegan dishes

PC 1.1	Confirm food production requirements from standard recipes	Q 1.1 Q 1.2	T 1a–g T 7a–g WS 5
PC 1.2	Calculate ingredient amounts according to requirements	Q 1.3	T 2a T 2b T 5b T 5c T 8a T 8b T 11b T 11c WS 6
PC 1.3	Identify and select ingredients from stores according to recipe, quality, freshness and stock rotation requirements	Q 1.4.a Q 1.4.b Q 1.5 Q 1.6.a Q 1.6.b	T 4a–d T 10a–d WS 3
PC 1.4	Check perishable supplies for spoilage or contamination prior to preparation	Q 1.7 Q 1.8	T 4a–d T10 a–d WS 3

### E 2 Select, prepare and use equipment

PC 2.1	Select type and size of equipment suitable to requirements	Q 2.1 Q 2.2	T 3a T 9a
PC 2.2	Safely assemble and ensure cleanliness of equipment before use	Q 2.3 Q 2.4	T 3b T 9b T 20 c T 20d WS 4
PC 2.3	Use equipment safely and hygienically according to manufacturer instructions	Q 2.5 Q 2.6 Q 2.7	T 20a–e T 20h WS 4

### E 3 Portion and prepare ingredients

PC 3.1	Sort and assemble ingredients according to food production sequencing	Q 3.1 Q 3.2 Q 3.3	T 5a T 11a
PC 3.2	Weigh and measure ingredients and create portions according to recipe	Q 3.4 Q 3.5 Q 3.6	T 5b T 5c T 11b T 11c WS 6

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PC 3.3	Ensure ingredients for vegetarian and vegan dishes are prepared and stored to avoid contact with animal products	Q 3.7.a Q 3.7.b	T 20g T 21b T 22d WS 3
PC 3.4	Clean and cut ingredients as required using basic culinary cuts according to culinary standards	Q 3.8 Q 3.9	T 6a T 6b T 12a T 12b
PC 3.5	Minimise waste to maximise profitability of food items prepared	Q 3.10	T 5b–d T 11b–d WS 7
<b>E 4 Cook vegetarian and vegan dishes</b>			
PC 4.1	Follow standard recipes to select and use relevant cookery methods according to recipe	Q 4.1 Q 4.2 Q 4.3 Q 4.4	T 13a–c WS 5
PC 4.2	Select and add accompaniments suited to the dish	Q 4.5 Q 4.6	T 14a T 14b
PC 4.3	Make food quality adjustments within scope of responsibility	Q 4.7 Q 4.8 Q 4.9a Q 4.9b	T 15a–c WS 5 WS 8
<b>E 5 Present and store vegetarian and vegan dishes</b>			
PC 5.1	Present dishes attractively on appropriate service-ware	Q 5.1 Q 5.2	T 16a T 16b T 17a T 17b
PC 5.2	Add dips, sauces and garnishes according to standard recipes	Q 5.3 Q 5.4 Q 5.5 Q 5.6	T 18a–c
PC 5.3	Visually evaluate dish and adjust presentation	Q 5.7 Q 5.8	T 19a T 19b
PC 5.4	Store prepared food in appropriate environmental conditions	Q 5.9 Q 5.10	T 22a–d WS 3
PC 5.5	Clean work area and dispose of, or store surplus and re-usable by-products according to organisational procedures, environmental considerations, and cost-reduction initiatives	Q 5.11.a Q 5.11.b Q 5.12	T 21a–d T 23a–i WS 3 WS 7

## Knowledge evidence

KE 1	Culinary terms and trade names for ingredients used in standard recipes for vegetarian and vegan dishes, relating to:		T 1a T 7a
	<ul style="list-style-type: none"> <li>▪ convenience products:               <ul style="list-style-type: none"> <li>– meat substitutes</li> <li>– dairy substitutes</li> <li>– egg substitutes</li> </ul> </li> </ul>	Q 3.3	
	<ul style="list-style-type: none"> <li>▪ fresh products</li> </ul>	Q 3.2	
KE 2	Contents of date codes and rotation labels for stock	Q 1.5	
KE 3	Characteristics of different vegetarian and vegan dishes:		
	<ul style="list-style-type: none"> <li>▪ appearance and presentation               <ul style="list-style-type: none"> <li>– balance</li> <li>– colour</li> <li>– contrast</li> </ul> </li> </ul>	Q 4.3 Q 4.5 Q 4.8 Q 5.3 Q 5.4 Q 5.5 Q 5.8	
	<ul style="list-style-type: none"> <li>▪ contemporary variations</li> </ul>	Q 4.3	
	<ul style="list-style-type: none"> <li>▪ freshness and other quality indicators</li> </ul>	Q 1.4.a Q 1.4.b	
	<ul style="list-style-type: none"> <li>▪ taste</li> </ul>	Q 4.3 Q 4.5 Q 4.8 Q 5.3 Q 5.4	
	<ul style="list-style-type: none"> <li>▪ texture</li> </ul>	Q 4.3 Q 4.5 Q 4.8 Q 5.3 Q 5.5	
KE 4	Characteristics of ingredients used in preparing vegetarian and vegan dishes	Q 3.2 Q 3.3	
KE 5	Accompaniments and sauces for vegetarian and vegan dishes	Q 4.6 Q 5.3 Q 5.4 Q 5.6	
KE 6	Historical and cultural origin of different vegetarian and vegan dishes and products	Q 4.3	
KE 7	Cookery methods for vegetarian and vegan dishes listed in the performance evidence	Q 4.2 Q 4.3	
KE 8	Food safety risks associated with raw egg products and alternative egg products	Q 4.4	

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KE 9	Mise en place requirements for vegetarian and vegan dishes	Q 1.1 Q 3.1 Q 3.5 Q 3.9	
KE 10	Appropriate environmental conditions for storing food products to:		
	▪ ensure food safety	Q 5.9 Q 5.10 Q 5.12	
	▪ optimise shelf life	Q 5.9 Q 5.10 Q 5.12	
KE 11	Safe operational practices using essential functions and features of equipment used to produce vegetarian and vegan dishes	Q 2.1 Q 2.2 Q 2.3 Q 2.4 Q 2.5 Q 2.6 Q 2.7	

## Performance evidence

PE 1	<p>Complete mise en place activities and follow standard recipes, using each of the following cookery methods at least once, to prepare at least eight finished dishes (at least once across preparation of the eight dishes):</p> <ul style="list-style-type: none"> <li>▪ boiling</li> <li>▪ braising</li> <li>▪ deep and shallow frying</li> <li>▪ poaching</li> <li>▪ steaming</li> <li>▪ grilling</li> <li>▪ blanching</li> <li>▪ roasting</li> <li>▪ stewing</li> </ul>	<p>T 1a–g T 2a T 2b T 3a T 3b T 4a–c T 5a–c T 6a T 6b T 7a–g T 8a T 8b T 9a T 9b T 10a–c T 11a–c T 12a T 12b T 13a–c T 14a T 14b T 15a T 15b WS 5 WS 8</p>
PE 2	<p>Use each of the following types of products at least once when preparing four of the above dishes for vegetarian consumption (at least once across preparation of the four dishes):</p> <ul style="list-style-type: none"> <li>▪ vegetables and fruit: <ul style="list-style-type: none"> <li>– dried</li> <li>– fresh</li> <li>– frozen</li> <li>– fermented</li> </ul> </li> <li>▪ dairy products</li> <li>▪ nuts and seeds</li> <li>▪ arborio rice</li> <li>▪ eggs</li> <li>▪ grains and pulses</li> <li>▪ legumes</li> </ul>	<p>T 4a T 5a–c T 6a T 6b</p>

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PE 3	Use each of the following types of products at least once when preparing four of the above dishes for vegan consumption (at least once across preparation of the four dishes): <ul style="list-style-type: none"><li>▪ vegetables and fruit:<ul style="list-style-type: none"><li>– dried</li><li>– fresh</li><li>– frozen</li><li>– fermented</li></ul></li><li>▪ dairy substitutes:<ul style="list-style-type: none"><li>– coconut products</li><li>– plant-based milks</li><li>– cashew cheese</li><li>– butter alternatives</li><li>– soy-based cheese</li></ul></li><li>▪ meat substitutes:<ul style="list-style-type: none"><li>– portion control cuts</li><li>– mince</li></ul></li><li>▪ tofu:<ul style="list-style-type: none"><li>– firm</li><li>– silken</li><li>– emulsion</li></ul></li><li>▪ egg substitutes:<ul style="list-style-type: none"><li>– flax eggs</li><li>– chia</li></ul></li></ul>	T 10a T 11a–c T 12a T 12b
PE 4	Prepare, plate and present two portions each of the four vegetarian and four vegan finished dishes above:	T 16a T 16b T 17a T 17b T 18a–c T 19a T 19b WS 5
	▪ within commercial time constraints and deadlines	T 1g T 7g WS 1
	▪ following procedures for portion control and food safety practices when handling and storing different food types	T 4b–d T 5c T 5d T 10b–d T 11c T 11d T 17b T 20a–h T 21a–d T 22a–d WS 3 WS 6

## Foundation skills

FS 1	Reading skills to:		
	<ul style="list-style-type: none"> <li>locate information in standard recipes to determine food preparation requirements</li> </ul>	Q1.2	T 1a–g T 7a–g WS 5
	<ul style="list-style-type: none"> <li>locate and read date codes and rotation labels on food products</li> </ul>	Q1.5 Q1.6.a Q1.6.b	T 4c T 10c
FS 2	Writing skills to:		T 21b
	<ul style="list-style-type: none"> <li>label vegetarian and vegan food items</li> </ul>		T 22b
FS 3	Numeracy skills to:		
	<ul style="list-style-type: none"> <li>calculate the number of portions</li> </ul>	Q1.3	T 1e T 2a T 2b T 5b T 7e T 8a T 8b T 11b T 16b WS 6
	<ul style="list-style-type: none"> <li>determine cooking times and temperatures</li> </ul>	Q1.2	T 1d T 7d T 13b T 13c
FS 4	Problem-solving skills to:		
	<ul style="list-style-type: none"> <li>evaluate quality of ingredients and finished dishes and make adjustments to ensure a quality product</li> </ul>		T 4b T 10b T 19a T 19b
	<ul style="list-style-type: none"> <li>adjust taste, texture and appearance of food products according to identified deficiencies</li> </ul>		T 15a–c T 17a T 19b
FS 5	Planning and organising skills to:		T 1a–g
	<ul style="list-style-type: none"> <li>efficiently sequence the stages of food preparation and production</li> </ul>		T 7a–g T 23a–i WS 1 WS 2 WS 5
FS 6	Self-management skills to:		T 1a–g
	<ul style="list-style-type: none"> <li>manage own speed, timing and productivity</li> </ul>		T 7a–g T 23a–i WS 1 WS 2