

2024

Certificate II in Culinary Arts

UNIT SUMMARY

EMPYREAN EDUCATION INSTITUTE

16 The Terrace, Fremantle, WA 6160

FSA005 Food Safety Practices

Overview: This unit focuses on ensuring food safety through the implementation of hygienic practices. By understanding and applying these principles, individuals can prevent foodborne illnesses and maintain high food safety standards.

Learning Objectives:

- **Identify and Control Food Hazards:** Learn to recognise potential food hazards, such as biological, chemical, and physical contaminants, and implement measures to minimise their impact.
- **Maintain Personal Hygiene:** Develop effective personal hygiene practices, including handwashing, hair restraints, and clean clothing, to prevent food contamination.
- **Practice Safe Food Handling:** Master safe food handling techniques, including proper storage, preparation, and cooking methods, to reduce the risk of foodborne illness.
- **Clean and Sanitise Food Preparation Areas and Equipment:** Learn to clean and sanitise food preparation areas, equipment, and utensils to eliminate harmful bacteria and other contaminants.
- **Follow Organisational Hygiene Procedures:** Understand and comply with organisational hygiene procedures, such as cleaning schedules, temperature control, and waste disposal, to maintain a safe food environment.

Skills Gained: Upon completion of this unit, learners will possess the skills to:

- Apply hygienic practices to prevent foodborne illness
- Identify and control food hazards
- Maintain personal hygiene standards
- Practice safe food handling techniques
- Clean and sanitise food preparation areas and equipment
- Follow organisational hygiene procedures

WHS005 Safe Work Practices

Overview: This unit focuses on the importance of safe work practices to prevent accidents and injuries in the workplace. By understanding and following safety procedures, individuals can contribute to a safer work environment for themselves and others.

Learning Objectives:

- **Follow Organisational Health, Safety, and Security Procedures:** Learn to follow specific procedures and guidelines to ensure a safe working environment.
- **Incorporate Safe Work Practices:** Develop safe work habits and practices to minimise risks and hazards.
- **Follow Safety Directions:** Adhere to safety instructions from supervisors and managers and recognise and respond to workplace safety signs.
- **Use Personal Protective Equipment:** Understand the importance of personal protective equipment (PPE) and use it correctly to protect oneself from potential hazards.
- **Report Unsafe Work Practices:** Identify and report unsafe work conditions or practices to appropriate personnel.

Skills Gained: Upon completion of this unit, learners will be able to:

- Follow organisational health, safety, and security procedures
- Incorporate safe work practices into daily tasks
- Follow safety directions and warnings
- Use personal protective equipment correctly
- Report unsafe work practices and hazards

CCC042 Dietary Requirements

Overview: This unit focuses on preparing food that caters to individuals with specific dietary needs or restrictions, such as allergies, intolerances, and cultural preferences.

Learning Objectives:

- **Identify Special Dietary Requirements:** Learn to recognise and understand various dietary requirements, including allergies, intolerances, and cultural preferences.
- **Source Suitable Ingredients:** Source appropriate ingredients that comply with dietary restrictions and maintain quality standards.
- **Modify Recipes:** Adapt recipes to accommodate special dietary requirements, ensuring the dish's flavour, texture, and nutritional value are preserved.
- **Prepare Food Safely and Hygienically:** Follow strict hygiene practices to prevent cross-contamination and foodborne illness.
- **Present Dishes Appealingly:** Plate dishes in an attractive manner that reflects the specific dietary requirements.

Skills Gained: Upon completing this unit, learners will be able to:

- Identify and understand various dietary requirements
- Source suitable ingredients to meet specific needs
- Modify recipes to accommodate dietary restrictions
- Prepare food safely and hygienically
- Present dishes appealingly to meet specific dietary requirements

CCC023 Food Preparation Equipment

Overview: This unit focuses on the safe and efficient use of various food preparation equipment. By mastering these skills, individuals can prepare food quickly and accurately.

Learning Objectives:

- **Select and Use Equipment:** Choose the appropriate equipment for specific tasks, considering factors such as food type, quantity, and desired outcome.
- **Operate Equipment Safely:** Use equipment according to manufacturer's instructions and safety guidelines to minimise accidents and injuries.
- **Clean and Maintain Equipment:** Clean and maintain equipment to ensure optimal performance and food safety.
- **Prepare Food Using Equipment:** Utilize equipment to prepare a variety of food items, such as chopping, slicing, grating, blending, and mixing.
- **Follow Workplace Safety Procedures:** Adhere to workplace safety procedures, including proper handling and storage of equipment.

Skills Gained: Upon completing this unit, learners will be able to:

- Select and use a range of food preparation equipment
- Operate equipment safely and efficiently
- Clean and maintain equipment
- Prepare food using various equipment techniques
- Follow workplace safety procedures

CCC027 Basic Cookery Methods

Overview: This unit focuses on the fundamental methods of cooking, including grilling, baking, boiling, and frying. By mastering these techniques, individuals can prepare a variety of dishes.

Learning Objectives:

- **Select Cookery Methods:** Choose appropriate cooking methods based on the type of food and desired outcome.
- **Prepare Ingredients:** Properly prepare ingredients, such as cleaning, trimming, and chopping, to ensure quality and consistency.
- **Cook Food:** Apply basic cooking methods, including grilling, baking, boiling, frying, and steaming, to cook food to the desired level of doneness.
- **Monitor Cooking Processes:** Monitor cooking processes to ensure food is cooked to the correct temperature and time.
- **Present Dishes:** Plate and present dishes attractively to enhance their visual appeal.

Skills Gained: Upon completing this unit, learners will be able to:

- Select appropriate cooking methods
- Prepare ingredients for cooking
- Apply basic cooking methods
- Monitor cooking processes
- Present dishes attractively

KOP009 Kitchen Cleaning

Overview: This unit focuses on maintaining a clean and hygienic kitchen environment. By following proper cleaning and sanitizing procedures, individuals can prevent foodborne illness and maintain high food safety standards.

Learning Objectives:

- **Clean Kitchen Premises and Equipment:** Clean and sanitise kitchen areas, equipment, and utensils to remove food debris, grease, and bacteria.
- **Follow Cleaning Schedules and Procedures:** Adhere to established cleaning schedules and procedures to maintain a clean and organised kitchen.
- **Dispose of Waste Safely and Hygienically:** Dispose of waste, including food waste and cleaning chemicals, in accordance with environmental regulations and health and safety standards.
- **Store Cleaning Agents and Chemicals Safely:** Store cleaning agents and chemicals securely to prevent accidents and contamination.
- **Monitor Cleaning Standards:** Regularly inspect the kitchen to ensure cleaning standards are maintained.

Skills Gained: Upon completing this unit, learners will be able to:

- Clean and sanitise kitchen premises and equipment
- Follow cleaning schedules and procedures
- Dispose of waste safely and hygienically
- Store cleaning agents and chemicals safely
- Monitor cleaning standards

FSA006 Safe Food Handling

Overview: This unit focuses on safe food handling practices to prevent foodborne illness. By understanding and implementing these principles, individuals can ensure the safety of food products.

Learning Objectives:

- **Follow Food Safety Procedures:** Adhere to organisational food safety procedures, including temperature control, storage, and preparation guidelines.
- **Identify Food Safety Hazards:** Recognise potential food safety hazards, such as biological, chemical, and physical contaminants.
- **Practice Personal Hygiene:** Maintain good personal hygiene, including handwashing and clean clothing, to prevent food contamination.
- **Store Food Safely:** Store food at appropriate temperatures to inhibit bacterial growth and maintain food quality.
- **Prepare Food Safely:** Prepare food using safe food handling techniques, including proper thawing, cooking, and cooling methods.

Skills Gained: Upon completing this unit, learners will be able to:

- Follow food safety procedures
- Identify food safety hazards
- Practice personal hygiene
- Store food safely
- Prepare food safely

INV006 Stock Control

Overview: This unit focuses on the efficient and effective management of stock within a food service operation. By following proper receiving, storage, and maintenance procedures, businesses can ensure the quality and freshness of their products.

Learning Objectives:

- **Receive Stock:** Check deliveries against purchase orders and invoices, ensuring quantity, quality, and freshness.
- **Store Stock:** Store stock correctly, considering factors such as temperature, humidity, and rotation, to maintain quality and prevent spoilage.
- **Maintain Stock Levels:** Monitor stock levels to prevent shortages and overstocking.
- **Rotate Stock:** Implement a first-in-first-out (FIFO) system to ensure that older stock is used before newer stock.
- **Maintain Stock Records:** Keep accurate and up-to-date stock records to track inventory and inform purchasing decisions.

Skills Gained:

Upon completing this unit, learners will be able to:

- Receive stock efficiently and accurately
- Store stock correctly to maintain quality
- Maintain optimal stock levels
- Implement FIFO rotation
- Maintain accurate stock records

CCC025 Sandwiches Making

Overview: This unit focuses on the preparation and presentation of a variety of sandwiches, from simple to complex. By mastering these skills, individuals can create delicious and visually appealing sandwiches.

Learning Objectives:

- **Select Bread and Fillings:** Choose suitable bread types and fillings to create different types of sandwiches, such as club, panini, and wrap.
- **Prepare Fillings:** Prepare fillings, such as salads, meats, and cheeses, ensuring they are fresh and flavourful.
- **Assemble Sandwiches:** Assemble sandwiches using appropriate techniques, ensuring they are well-balanced and visually appealing.
- **Present Sandwiches:** Present sandwiches in a visually appealing manner, using appropriate garnishes and accompaniments.
- **Maintain Food Safety and Hygiene:** Adhere to food safety and hygiene practices to prevent foodborne illness.

Skills Gained: Upon completing this unit, learners will be able to:

- Select suitable bread and fillings
- Prepare fillings for sandwiches
- Assemble sandwiches effectively
- Present sandwiches attractively
- Maintain food safety and hygiene standards

WHS006 Risk Assessment

Overview:

This unit focuses on identifying potential hazards in the workplace, assessing the associated risks, and implementing control measures to minimise those risks. By understanding and applying risk management principles, individuals can contribute to a safer working environment.

Learning Objectives:

- **Identify Hazards:** Recognise potential hazards in the workplace, including physical, chemical, biological, and ergonomic hazards.
- **Assess Risks:** Evaluate the likelihood and severity of identified hazards to determine the level of risk.
- **Control Risks:** Implement appropriate control measures to eliminate or minimise risks, such as engineering controls, administrative controls, and personal protective equipment.
- **Monitor and Review Risk Control Measures:** Regularly monitor and review risk control measures to ensure their effectiveness and make necessary adjustments.
- **Participate in Workplace Health and Safety Consultations:** Contribute to workplace health and safety discussions and decision-making processes.

Skills Gained:

Upon completing this unit, learners will be able to:

- Identify potential hazards in the workplace
- Assess the level of risk associated with hazards
- Implement appropriate control measures
- Monitor and review risk control measures
- Participate in workplace health and safety consultations