

## PREPARE SALADS AND SALAD DRESSINGS

**UNIT CODE: HOS/OS/FP/CR/03/3**

### UNIT DESCRIPTION

This unit specifies the competencies required to plan, prepare and present salads. It requires the ability to do mis-en -place, wash and sanitize, spin (remove excess water), arrange and prepare salad dressings.

### ELEMENTS AND PERFORMANCE CRITERIA

<b>ELEMENT</b> These describe the key outcomes which make up workplace function.	<b>PERFORMANCE CRITERIA</b> These are assessable statements which specify the required level of performance for each of the elements. <i><b>Bold and italicized terms are elaborated in the Range</b></i>
1. Mis-en -place (pre-prepare) ingredients for salad	1.1 Equipment are assembled according to the recipe 1.2 FIFO procedures are followed. 1.3 <b><i>Salad ingredients</i></b> are assembled per the recipe 1.4 Working area is organized and cleaned as per HACCP and SOPs
2. Wash and sanitize the vegetables	2.1 Freshness and quality is checked as per the SOPs. 2.2 Ingredient are washed, rinsed and sanitized (where necessary) as per the three container system. 2.3 Exces water is removed e.g by spinning, patting dry or placing in a strainer.
3. Arrange the vegetables	3.1 Equipment is selected for the salad arrangement as per the recipe. 3.2 Vegetables are arranged/displayed creatively and dispensed 3.3 Vegetables are arranged in well labelled equipment for storage (where necessary).
4. Prepare salad dressings	4.1 FIFO procedures are followed. 4.2 <b><i>Salad dressing ingredients</i></b> are identified and selected as per the recipe. 4.3 Dressings are prepared as per the recipe. 4.4 Present/dispense salads as per recipe and style of service.

## RANGE

This section provides work environments and conditions to which the performance criteria apply. It allows for different work environments and situations that will affect performance.

Variable	Range
1. <i>Salad ingredients</i> include but not limited to:	<ul style="list-style-type: none"><li>• Lettuce</li><li>• Cucumber</li><li>• Onions</li><li>• Tomatoes</li><li>• Carrots</li><li>• Cabbage</li><li>• Assorted sweet capsicums</li></ul>
2. <i>Salad dressing ingredients</i> include but not limited to:	<ul style="list-style-type: none"><li>• Sunflower oil,</li><li>• Black peper</li><li>• Vinegar</li><li>• Mayonnaise</li><li>• Parsley</li><li>• Onions</li><li>• Tomato ketchup</li><li>• Cappers</li><li>• Sweet peppers</li><li>• Green chilli</li><li>• Oil e.g olive, coconut</li></ul>

## REQUIRED SKILLS AND KNOWLEDGE

This section describes the skills and knowledge required for this unit of competency.

### Required Skills

The individual needs to demonstrate the following skills:

- Consistency
- Knife skills
- Vegetable cuts
- Cleaning methods
- Use of other working tools and equipment (chopping board)
- Creativity/Innovation
- Garnishing
- Communication
- Interpersonal relations

### Required Knowledge

The individual needs to demonstrate knowledge and understanding of:

1.1	HACCP- Hazard Analysis of Critical Control Points
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1.2	SOPs - Standard Operating Procedures
1.3	OHS-Occupational Health and Safety
1.4	Product knowledge
1.5	Fruits and vegetables varieties
1.6	Food safety and hygiene
1.8	Quality and control and waste management
1.9	Proper storage
1.10	Purchase specification
1.12	Processed foods
1.14	Herbs and spices
1.15	Oils
1.15	Sugar and salt
1.16	Allergens (gluten free & nut allergy, milk intolerance)
1.17	Special needs
1.18	Garnishes
1.19	Professional ethics

## FOUNDATION SKILLS

<i>The individual needs to demonstrate the following fundamental skills</i>	
Communication Numeracy Interpersonal relations	Computer literacy First aid Time Management

## EVIDENCE GUIDE

This provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge and range.

1. Critical aspects of Competency	<p>Assessment requires evidences that the candidate:</p> <p>1.1 Demonstrated ability to assemble equipment according to the menu</p> <p>1.2 Demonstrated ability to assemble salad ingredients as per the menu</p> <p>1.3 Prepared salad dressings and dressed the salads as per the menu</p> <p>1.4 Demonstrated ability to serve fresh salads</p> <p>1.5 Demonstrated ability to follow storage procedures</p>
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	1.6 Demonstrated ability identify safe food for consumption
2. Resource Implications	The following resources MUST be provided: 2.1 Fully equipped safe kitchen 2.2 Proper working equipment 2.3 A working environment meeting the OSHA standards 2.4 A variety of ingredients
3. Method of Assessment	Competency may be assessed through: 3.1 Direct observation using a checklist 3.2 Written or oral questions to test knowledge. 3.3 Review of portfolios of evidence and third party workplace reports of on-the-job performance by the candidate.
4. Context for Assessment	Assessment may be done in the workplace or in a simulated workplace setting (assessment centers)
5. Guidance information for assessment	Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.