

Unit PPL1PC10 (HK9X 04) Prepare and Cook Vegetable Protein

I confirm that the evidence detailed in this unit is my own work.

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| **Candidate’s name** |  | **Candidate’s signature** |  | **Date** |
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I confirm that the candidate has achieved all the requirements of this unit.

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| **Assessor’s name** |  | **Assessor’s signature** |  | **Date** |
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| **Countersigning — Assessor’s name**  **(if applicable)** |  | **Countersigning — Assessor’s signature**  **(if applicable)** |  | **Date** |
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I confirm that the candidate’s sampled work meets the standards specified for this unit and may be presented for external verification.

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| **Internal verifier’s name** |  | **Internal verifier’s signature** |  | **Date** |
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| **Countersigning — Internal verifier’s name**  **(if applicable)** |  | **Countersigning — Internal verifier’s signature**  **(if applicable)** |  | **Date** |
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| **External Verifier’s initials and date (if sampled)** |  |

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| **Unit overview** |
| This unit is about preparing and cooking products for vegetable protein dishes, for example:   * Quorn burger, sausages or mince * tofu * textured vegetable protein   The unit covers preparation and cooking methods associated with vegetable protein dishes and the different types including frozen, chilled and dried. |

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| **Sufficiency of evidence** |
| There must be sufficient evidence to ensure that the candidate can consistently achieve the required standard over a period of time in the workplace or approved realistic working environment. |

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| **Performance criteria** |
| **What you must do:** |
| There must be evidence for all Performance Criteria (PC). The assessor **must** assess PCs 1−7 by directly observing the candidate’s work.  PC 8 may be assessed by alternative methods if observation is not possible. |
| 1 Check the vegetable protein to make sure it is fit for preparation and cooking.  2 Choose the correct tools and equipment to prepare and cook the vegetable protein.  3 Use the tools and equipment correctly when preparing and cooking the vegetable protein.  4 Prepare and cook the vegetable protein to meet requirements.  5 Cook the vegetable protein as required.  6 Present the vegetable protein as required.  7 Ensure the vegetable protein is at the right temperature for holding and serving.  8 Store any prepared vegetable protein products not for immediate use in line with food safety regulations. |

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| **Scope/Range** | | |
| **What you must cover:** | | |
| **All** scope/range must be covered. There must be performance evidence, gathered through direct observation by the assessor of the candidate’s work for: | | |
| **one** from:  a frozen vegetable protein  b chilled vegetable protein  c dried vegetable protein | **one** from:  d defrosting  e marinating  f frying (deep or shallow or stir)  g grilling  h griddling  i braising | Evidence for the remaining points under ‘what you must cover’ may be assessed through questioning or witness testimony. |

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| **Evidence reference** | **Evidence description** | **Date** | **Performance criteria** | | | | | | | | | **Scope/Range** | | | | | | | | |
| **What you must do** | | | | | | | | | **What you must cover** | | | | | | | | |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **a** | | **b** | **c** | **d** | **e** | **f** | **g** | **h** | **i** |
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| **Knowledge and understanding** | | **Evidence reference**  **and date** |
| **What you must know and understand** | |
| For those knowledge statements that relate to **how** the candidate should do something, the assessor may be able to infer that the candidate has the necessary knowledge from observing their performance or checking products of their work. In **all** other cases, evidence of the candidate’s knowledge and understanding must be gathered by alternative methods of assessment (eg oral or written questioning). | |
| 1 | How to store uncooked vegetable protein before cooking. |  |
| 2 | What quality points to look for in vegetable protein. |  |
| 3 | Why and to whom should you report any problems with the vegetable protein or other ingredients? |  |
| 4 | Why it is important to avoid contamination with meat and fish products and how to do so. |  |
| 5 | The right tools and equipment for the preparation and cooking methods. |  |
| 6 | How to carry out the preparation and cooking methods. |  |
| 7 | Why it is important to use the correct tools and equipment. |  |
| 8 | How to make sure when vegetable protein is cooked correctly. |  |
| 9 | Correct temperatures for holding vegetable protein. |  |
| 10 | How to store cooked vegetable protein not for immediate consumption. |  |
| 11 | Healthy eating options when preparing vegetable protein. |  |

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# Supplementary evidence

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| **Evidence** | | **Date** |
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| **Assessor feedback on completion of the unit** |
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