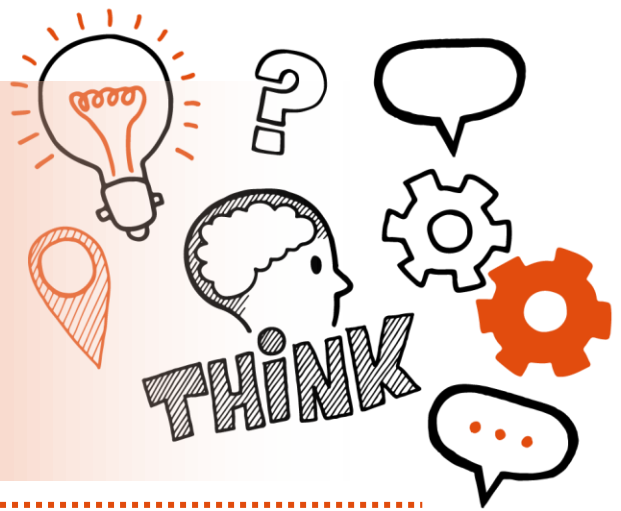


Think about

Simulated practical with
questions

Level 2 ST0228 Commis Chef v1.4



On the day of this assessment you will carry out:



A 3-hour simulated practical with questions



Face-to-face



In a simulated environment selected by Highfield



With an end-point assessor



Key point

You will have already submitted your recipes and your end-point assessor will have reviewed any relevant organisational policies and procedures prior to your simulated practical.



Do

- Review the criteria associated with the simulated practical with questions - this can be found in the EPA Kit and in the table at the end of this document
- Review relevant legislations, regulations and your organisation's policies and procedures
- Ensure a quiet room is available and that there are no interruptions
- Be prepared to answer at least 4 questions during the practical assessment



Don't

- Forget to bring your ID
- Forget to plan



Next steps

- Results can take up to 7 working days to be confirmed
- Your manager or training provider will inform you of the results



Resits

- If you do not achieve a pass result on the simulated practical with questions, you can resit the assessment





Use the table below to plan and prepare for the simulated practical with questions

(P) indicates pass criteria

(D) indicates distinction criteria

Assessment criteria	Key points to remember
Select and prepare ingredients	
(P) Select ingredients of the appropriate quality and seasonality, and explain how they can be used in a way that reduces waste (K2, K17, S3, S19)	
(P) Select knives appropriate to the task and use them effectively to prepare fresh ingredients from whole, producing accurate portions and acting to maximise yield (K1, K22, S1, S2, S23)	



(P) Flavour ingredients using seasoning, or spices, or rubs, or marinades (K18, S20)

(P) Accurately weighs, measures and scales ingredients (K3, S4)

(D) Use knives with dexterity and skill to efficiently prepare ingredients from whole, maximising yield and portioning accuracy. (K1, S2, S23)



Cook, plate and finish

(P) Produce finished dishes that are correctly cooked, seasoned and flavoured, achieve the intended texture, and are well proportioned and presented, showing accuracy and attention to detail (K20, K21, K23, S5, S22, S24, B3)

(D) Produce dishes that are cooked, seasoned, flavoured and presented with careful attention to detail and high levels of accuracy (K20, K21, K23, S5, S22, S24, B3)

Use of kitchen equipment

(P) Use manual and electrical tools and specialist equipment safely, correctly and efficiently (K26, S27)



Maintaining a safe and hygienic working environment

(P) Prioritise hygiene and food safety, monitor temperatures, and manage allergens during preparation, cooking, and holding, in line with food safety legislation (K27, S28, B2)

(P) Select and apply hygiene management techniques and health and safety procedures, to maintain a safe, clean working environment (K28, K29, S29, S30)

Managing own workload

(P) Manage own workload and time to ensure tasks are completed (K36, S38)



<p>(D) Prioritise and sequence tasks efficiently to ensure completed dishes come together on time (K36, S38)</p>	
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V1.0

