

Fill in the table below to support you during your observation. Remember to detail the following relevant to the range required:

- food groups
- preparation methods
- cooking methods

Activity	Completed (✓)

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Show off your skills!

- Prepare, cook and serve a range of dishes (cover the food groups above)
- Apply company/brand standards
- Show great customer service and team-working skills
- Follow policies and procedures
- Complete tasks, follow instructions and make decisions

SKILLS

Culinary

- Complete mise en place
- Use dish specifications/ recipes and manage portion sizes, follow brand standards
- Weigh and measure ingredients
- Pay attention to details and work consistently, professionally and speedily
- Use knives, equipment and technology appropriately and safely
- Store and use food items correctly
- Follow cleaning schedules/cleaning routines
- Use technology to prepare/cook food

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Food safety

- Reduce contamination risks
- Avoid cross-contamination
- Work cleanly and safely
- Keep relevant records
- Deal appropriately with hazards, unsafe or spoilt foods
- Temperature checks



People

- Work with others to produce high quality dishes, on time and to the organisation's standards
- Demonstrate teamwork
- Help others
- Communicate with others
- Respond to instructions, ask appropriate questions for clarification or guidance
- Participate in team meetings or briefings

Business

- Work to brand standards/organisation's requirements
- Effective waste management
- Be aware of risks, take action if needed
- Keep relevant records

During your observation you need to show off all the knowledge, skills and behaviours you have learnt during your apprenticeship.

Your observation will last for 3 hours (there can be a break if appropriate). You should use this time to demonstrate to your end-point assessor your practical skills, knowledge and behaviours in the workplace. If you want to you can explain what you are doing and why you are doing it.

Keep an eye on the time and make sure you cover all the areas and tasks you planned to show the assessor. Between the culinary challenge and practical observation you must cover the following range of food groups:

Food groups may be assessed in either the practical observation or the culinary challenge, but the total number detailed below must be achieved:		FOOD GROUPS
Food groups	<p>Mandatory: All apprentices MUST cover one of the group range from each of:</p> <ul style="list-style-type: none"> • Fish • Meat • Poultry <p>Of which at least one must be prepared from 'whole' - e.g. whole chicken, whole trout, whole leg of lamb in the culinary challenge.</p> <p>Apprentices must also cover at least four of the following food groups:</p> <ul style="list-style-type: none"> • Shellfish • Game • Offal • Vegetables • Sauces • Stock • Soup • Rice • Pasta • Vegetables protein <p>And at least two of the following food groups:</p> <ul style="list-style-type: none"> • Egg dishes • Bread and dough • Pastry • Cakes, sponges, biscuits, scones • Cold and hot desserts 	
Preparation methods	At least six preparation methods selected as appropriate to the groups (for example, one method might be demonstrated on fish, another on stock etc.)	
Cooking methods	At least six cooking methods selected as appropriate to the groups (for example, one method might be demonstrated on fish, another on stock etc.)	



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