

# Highfield Level 2 End-point Assessment for Commis Chef

EPA-Kit

## Assessing the On-demand Test

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## The On-Demand Test - Guidance

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The following areas (knowledge) of the commis chef standard will be assessed by a 90-minute on-demand test consisting of 52 questions with the pass mark being 70% (36 out of 52), and distinction mark being 85% (44 out of 52):

- Culinary
- Food Safety
- People
- Business

In each paper, questions will cover each of the areas above, however not every aspect of every area will be covered in every test.

### Before the assessment

- While on-programme, the employer/training provider should brief the apprentice on the areas to be assessed by the on-demand test
- In readiness for end-point assessment, the apprentice should complete a sample test, this can be found at the end of this section of the EPA Kit

## On-Demand Test Criteria

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The following pages include the criteria that are covered by the on-demand test.

The apprentice will	Criteria covered in the on-demand test
<b>Culinary</b>	
Identify the factors which influence the types of dishes and menus offered by the business	CU01 The <b>seasonal</b> calendar of food (fish, meat, game and vegetables) and its impact on cost, quality and flavour
Recognise how technology supports the development and production of dishes and menu items in own kitchen	CU02 Technology and its application within food preparation area CU03 the benefits in terms of cost savings, efficient working practices and end results of technological application in the area of food preparation/production in terms of producing food, food procurement and monitoring of food storage - within the context the wider sector. Technology to include: Equipment; social media and apps and software in terms of SOPs and training; stock control and ordering
Recognise the importance of checking food stocks and keeping the storage areas in good order, know the procedures to carry out and how to deal with identified shortages and food close to expiry date	CU04 Food safety and knowledge/temperature and storage conditions ambient chilled and frozen CU05 The consequences of not checking in terms of self, others and the business
Know how to undertake set up, preparation and cleaning tasks to standard whilst working in a challenging, time-bound environment	CU06 Principles of safe food handling/COSHH and the need to clean as you go CU07 The importance of undertaking mise-en place
Identify the principles of basic food preparation and cooking; taste; allergens; diet and nutrition	CU08 Taste - basic flavour profile, seasoning, herbs and spices CU09 Common food groups and basic requirements for a balanced diet CU10 Basic dietary variations such as vegetarian, vegan, religious diets CU11 The key allergens, how to find information about dish content, and the reasons they must be identified

The apprentice will	Criteria covered in the on-demand test
<b>Culinary</b>	
Identify commonly used knives and kitchen equipment and their specific function	<p>CU12 Common knives and their correct uses with each food group – cooks knives, boning, filleting, paring, pallete, peeler</p> <p>CU13 Commonly used kitchen equipment for cooking, processing and finishing dishes</p> <p>CU14 The correct use of techniques, tools, knives, and equipment when preparing, cooking and presenting food and why using these correctly is important</p>
Recognise and understand sources and quality points of common food groups and commodities	<p>CU15 What quality points to look for in:</p> <ul style="list-style-type: none"> <li>○ fresh vegetables, including: roots, bulbs, flower heads, fungi, seeds and pods, tubers, leaves, stems, vegetable fruits</li> <li>○ a range of fresh poultry including duck, chicken and turkey</li> <li>○ fresh meat, including: beef, lamb, pork</li> <li>○ fresh fish, including: white fish (round), white fish (flat), oily fish</li> <li>○ pre-packaged and dry goods</li> <li>○ frozen and chilled (temperature controlled) foods including dairy</li> </ul>
Identify traditional cuts of; and basic preparation methods for, meat, poultry, fish and vegetables	<p>CU16 Traditional cuts of, and basic preparation methods for, meat, poultry, fish and vegetables:</p> <ul style="list-style-type: none"> <li>○ Meat: Primary (fillet, loin, rib, chops, T-bone) and secondary cuts (neck, skirt, shoulder, leg, cheek), offal: trim, dice, portion, mince, tie, bone, marinate, lard, bard</li> <li>○ Poultry: breast, leg, wing, whole bird: filleting, butterfly, spatchcock, cut for sauté (classical), trimming</li> <li>○ Fish: Darne, darne, goujon, suprême, tronçon, délice, paupiette descaling, skinning, boning, pin boning, marinating (wet &amp; dry), trimming (using shears / filleting knife), gutting, butterflying</li> <li>○ Vegetables: French cuts - julienne, mirepoix, macedoine, paysane, brunoise, baton, jadinere</li> </ul>

<i>The apprentice will</i>	<i>Criteria covered in the on-demand test</i>
<b>Food Safety</b>	
Identify the personal hygiene standards, food safety practices and procedures required, understand the importance of following them and consequences of failing to meet them	<p>FS01 Risks to food safety</p> <p>FS02 Types of contamination and cross-contamination of food and surfaces and how they can occur</p> <p>FS03 Vehicles of contamination, including surfaces</p> <p>FS04 The types of food poisoning and how food poisoning organisms can contaminate food</p> <p>FS05 The common symptoms of food poisoning</p> <p>FS06 The factors which enable the growth of food poisoning organisms</p> <p>FS07 The effect of personal hygiene and behaviour on the safety of food</p> <p>FS08 Own role in spotting and dealing with hazards, and in reducing the risk of contamination</p> <p>FS09 The importance of identifying food hazards promptly</p> <p>FS10 The potential impact on health if hazards are not spotted and dealt with promptly</p> <p>FS11 The importance of risk assessments</p> <p>FS12 Types of unsafe behaviour that may impact on the safety of food and why it is important to avoid this type of behaviour when working with food</p> <p>FS13 Outline the legal and regulatory requirements for food safety, the importance of complying with them, the implications of noncompliance and the role of enforcement officers</p> <p>FS18 Explain the importance of keeping work areas and environment clean and tidy, and tools, utensils and equipment in good order, clean condition and stored correctly</p> <p>FS19 Methods and frequency of cleaning and maintenance of equipment, surfaces and environment and how they affect food safety in the workplace</p> <p>FS20 The actions that should be taken in response to spotting a potential hazard</p> <p>FS21 The types of food waste which can occur in the workplace and how it should be safely handled in the workplace</p> <p>FS22 The main types of pests and infestation that may pose a risk to the safety of food, how they can occur, how to recognise them and how to prevent them</p> <p>FS23 The consequences and main symptoms of allergen and intolerant contamination</p>

<i>The apprentice will</i>	<i>Criteria covered in the on-demand test</i>
<b>Food Safety</b>	
	FS24 The legal requirements for a food business to apply a food safety management system based on the codex principles of haccp, and allergen control management
Know how to store, prepare and cook ingredients to maintain quality, in line with food safety legislation	FS14 Control of risks to food safety FS15 The importance of, and methods for, the separation of raw and cooked foods and separation of finished dishes FS16 Identify the temperature danger zone, why food needs to be kept at specified temperatures and how to ensure this FS17 Procedures to follow when dealing with stock including deliveries, storage, date marking and stock rotation, and why it is important to consistently follow them

<i>The apprentice will</i>	<i>Criteria covered in the on-demand test</i>
<b>People</b>	
Understand how personal and team performance impact on the successful production of dishes and menu items	PP01 The impact of poor individual performance from an individual on a team PP02 The impact of poor team performance on the business and the customer experience PP03 The benefits and impact of a high performing team in respect of food production and meeting customers' expectations of the food experience
Know how to support team members when the need arises	PP04 How to respond to requests of assistance from colleagues PP05 The importance of being supportive - whilst ensuring own work priorities are met
Have an understanding of professional behaviours and organisational culture	PP06 Professional behaviours such as timekeeping; need for full attendance; following company standards along the lines of reporting illness and absence; booking holidays, wearing of company uniform; attending agreed events such as arranged training  PP07 The impact of own behaviours on the team and the impact of unprofessional/negative behaviours on team working

<i>The apprentice will</i>	<i>Criteria covered in the on-demand test</i>
<b>Business</b>	
Understand the basic costing and yield of dishes and the meaning of gross profit	BN01 why menu items need to be costed and the importance of working to budgets BN02 the terms yield and gross profit and describe their relevance to planning food production operations
Understand the principles of supply chain and waste Management	BN03 The supply chain in terms of basic principles and that of the establishment they are working in BN04 Procurement and the importance of working with nominated suppliers and tendering for suppliers on a regular basis BN05 The impact of wastage on P&L and not making full use of produce by creative and efficient menu planning BN06 Principles of waste management and recycling
Recognise potential risks in the working environment, how to address them and the potential consequences of those risks	BN07 Potential hazards within food preparation areas BN08 Risks in work environment and how to mitigate such risks