

**Level 1  
Frying  
Grilling****Exploring Frying and Grilling Techniques in  
Cookery**

|  |  |
|--|--|
| <b>Kaupae   Level</b>                                      | 1  |
| <b>Whiwhinga   Credit</b>                                  | 3  |
| <b>Whāinga   Purpose</b>                                   | This skill standard is designed for individuals studying the hospitality industry in school or early tertiary learning environments. Learners credited with this unit standard can showcase their knowledge by explaining and describing frying and grilling as fundamental cookery methods. |
| <b>Whakaakoranga<br/>me mātua oti  <br/>Pre-requisites</b> |  |

**Hua o te ako me Paearu aromatawai | Learning outcomes and assessment criteria**

| Hua o te ako   Learning outcomes          | Paearu aromatawai   Assessment criteria  |
|---|--|
| 1. Explain frying techniques in cookery   | a. Explain the process of frying, covering shallow frying and deep frying.                 |
|   | b. Identify characteristics of fats and oils suitable for frying.                          |
|   | c. Describe the nutritional aspects of frying.   |
|   | d. Identify four types of foods suitable for frying.                                       |
|   | e. Describe common problems associated with frying.  |
|   | f. Describe safety and hygiene requirements associated with frying.                        |
| 2. Explain grilling techniques in cookery | a. Describe the grilling process, addressing potential issues like overheat and underheat. |
|   | b. Explain the nutritional aspects of grilling.  |
|   | c. Identify two food types suitable for grilling on bars.                                  |
|   | d. Identify two food types suitable for grilling on trays.                                 |
|   | e. Describe common problems associated with grilling.                                      |
|   | f. Describe safety and hygiene requirements associated with grilling.                      |

### Pārongo aromatawai me te taumata paearu | Assessment information and grade criteria

#### Assessment specifications:

- Showcase understanding of frying by preparing a simple dish through shallow frying. Assessment will focus on basic frying techniques, such as temperature control and flipping.
- Complete quiz to assess knowledge of the nutritional aspects related to frying. Questions may include identifying the role of fats/oils and recognizing the impact of frying on food nutrition.
- In a group discussion, collaboratively identify common problems encountered during frying and propose simple solutions. Assessment will focus on communication and problem-solving skills.
- Complete a practical assessment to demonstrate basic grilling skills. The assessment will include preparing a straightforward dish on a grill, considering factors like heat control and turning.
- Give a brief presentation on the basics of grilling, covering key concepts such as food types suitable for grilling and basic safety measures. Assessment will focus on clarity and understanding of fundamental grilling principles.

#### Ngā momo whiwhinga | Grades available

Achieved

### Ihirangi waitohu | Indicative content

- Background Learning: Frying Techniques
  - Basic understanding of frying as a cooking method, including shallow frying.
  - Recognition of common fats and oils used in frying at an introductory level.
  - Awareness of the impact of frying on the texture and flavour of food.
  - Identification of basic safety and hygiene practices during frying.
- Background Learning: Grilling Basics
  - Introduction to grilling as a cooking method, with a focus on simplicity.
  - Recognition of basic grill types and their applications.
  - Understanding the concept of direct heat and its effect on food during grilling.
  - Simple safety guidelines for using grills.

### Rauemi | Resources

All tasks are to be executed with reference to standard industry texts, such as:

- Foskett, D. et al. (2019) *Practical cookery*, 14th ed., London: Hodder Education
- Foskett, D. et al. (2021) *The Theory of hospitality and catering*, 14th ed. London: Hodder Education
- Christensen-Yule L. et al. (2023) *The New Zealand chef*, 5th ed., Auckland, New Zealand: Edify

or the most recent editions available.

### Pārongo Whakaū Kounga | Quality assurance information

|  |  |
|--|--|
| <b>Ngā rōpū whakatau-paerewa  </b><br>Standard Setting Body                                | Ringa Hora Services Workforce Development Council              |
| <b>Whakaritenga Rārangi Paetae Aromatawai  </b><br>DASS classification                     | Service Sector > Hospitality > Hospitality - Foundation Skills |
| <b>Ko te tohutoro ki ngā Whakaritenga i te Whakamanatanga me te Whakaōritenga  </b><br>CMR | 0112   |

| <b>Hātepe  </b> Process                              | <b>Putanga  </b> Version | <b>Rā whakaputa  </b> Review Date | <b>Rā whakamutunga mō te aromatawai  </b> Last date for assessment |
|--|--------------------------|-----------------------------------|--|
| <b>Rēhitatanga  </b> Registration                    | Dd mm 2024               | 31 December 2029                  | N/A  |
| <b>Kōrero whakakapinga  </b> Replacement information | <type here>              |                                   |  |
| <b>Rā arotake  </b> Planned review date              | 31 December 2029         |                                   |  |

Please contact Ringa Hora Workforce Development Council [qualifications@ringahora.nz](mailto:qualifications@ringahora.nz) to suggest changes to the content of this skill standard.