

COOK

EQF LEVEL 3

Output no. 2: Implementation of
the Pilot Project ROMANIA

UNIT OF LEARNING OUTCOME			
CODE	UNIT OF LEARNING OUTCOME	HOURS	CREDITS
1.1	FOOD DISHES	32	1,6
KEY TECHNICAL OUTCOME	KNOWLEDGE	SKILLS	COMPETENCE
1. Prepare pre-cooked	<p>The learner knows and understands:</p> <ul style="list-style-type: none"> the role, nutritional value and digestibility of pre-cooked; the place and role of pre-cooked and its relation with nutritional factors; estimation of the nutritional value and digestibility of pre-cooked (depending on raw ingredients and technological process); identification and dosage of the raw ingredients in accordance with recipes; initial and thermal processing of pre-cooked. 	<p>The learner is able to:</p> <ul style="list-style-type: none"> establish the place and role of pre-cooked in the food production by working on worksheets, scientific books, individual portfolios; choose and to dose the raw ingredients according to the recipe; perform the initial and thermal processing by using specific kitchen utensils; perform the simple physical examination to determine the dosage of each ingredient; carry out the organoleptic test of pre-cooked to determine their quality achieve take-outs; prepare precooked food. 	<p>The learner</p> <ul style="list-style-type: none"> prepares and presents pre-cooked by : <ul style="list-style-type: none"> - presenting the role of nutritional value and digestibility of take outs; - communicating with customers in order to meet their requests; - working in a team; - choosing and measuring the raw and additional ingredients for the take-outs; - respecting the hygiene and safety standards; - scheduling and respecting the program of the services; - acting in accordance with preventing measurements against pollution.
	PERFORMANCE CRITERIA		
	<ul style="list-style-type: none"> Argues the importance of pre-cooked in food production: Chooses and doses raw ingredients according to the recipe of pre-cooked. Performs pre-cooking operations and thermal adaptation using adequate equipment. Uses pre-cooked in the food production. Checks the pre-cooked quality. 		
OUTPUTS			
<ul style="list-style-type: none"> Confectioned pre-cooked according to the raw ingredients and technological process 			
UNIT OF LEARNING OUTCOME			
CODE	UNIT OF LEARNING OUTCOME	HOURS	CREDITS

1.2	Appetizers and snacks	30	1,5
KEY TECHNICAL OUTCOME	KNOWLEDGE	SKILLS	COMPETENCE
2.Prepare appetizers and snacks	<p>The learner knows and understands:</p> <ul style="list-style-type: none"> the role, place on the menu, nutritional value and digestibility of appetizers and snacks; the place and role of appetizers and snacks and its relation with nutritional factors; estimation of the nutritional value and digestibility of appetizers and snacks (depending on raw ingredients and technological process); identification and dosage of the raw ingredients in accordance with recipes; initial and thermic processing in order to prepare appetizers and snacks; arrangement of the processed inventory items suitable for serving; the simple physical examination to determine the dosage of each ingredient; the organoleptic test to determine the eligibility conditions. 	<p>The learner is able to:</p> <ul style="list-style-type: none"> establish the place and role of appetizers and snacks in the food production by working on worksheets, scientific books and individual portfolios; choose and to dose the raw ingredients according to the recipe; perform the initial and thermal processing by using specific kitchen utensils; arrange the inventory ingredients perform simple physical examination to determine the dosage of each ingredient; carry out organoleptic test to determine the eligibility conditions; make preparations; prepare precooked food. 	<p>The learner</p> <ul style="list-style-type: none"> prepares and presents appetizers and snacks by: <ul style="list-style-type: none"> -recognizing the customers' rights while ordering food; - answering without discrimination the customers' requests /needs; - offering quality services to customers - - presenting the socio-economic consequences of bad quality services; -presenting and evaluating preparations served as appetizers and snacks.
	PERFORMANCE CRITERIA		
	<ul style="list-style-type: none"> Argues the importance of food products served as appetizers and snacks; Chooses and doses raw ingredients according to the recipes of appetizers and snacks; Performs pre-cooking operations and thermal adaptation using adequate equipment; Performs the culinary products served as appetizers and snacks; Checks the quality of appetizers and snacks. 		
OUTPUTS			
<ul style="list-style-type: none"> Confectioned appetizers and snacks: bacon and cheese appetizers, pork jelly, hot appetizers based on bread mushrooms and other vegetables, "brouchetta" (Italian dish) etc 			
UNIT OF LEARNING OUTCOME			
CODE	UNIT OF LEARNING OUTCOME	HOURS	CREDITS
1.3	Liquid dishes	31	1,6
KEY TECHNICAL OUTCOME	KNOWLEDGE	SKILLS	COMPETENCE

3.Prepare liquid dishes	<p>The learner knows and understands:</p> <ul style="list-style-type: none"> • the role, place on the menu, nutritional value and digestibility of liquid dishes; • identification and dosage of the raw ingredients in accordance with the recipe of liquid dishes; • initial and thermic processing in order to prepare liquid dishes; • usage of the inventory items suitable for serving liquid dishes; • the component parts of the liquid dishes by performing the simple physical examination; • the organoleptic test to determine the quality conditions of liquid dishes. 	<p>The learner is able to:</p> <ul style="list-style-type: none"> • present the place and role of liquid dishes available in food production by working on worksheets, scientific books and individual portfolios; • choose and dose the raw ingredients according to the recipe of liquid dishes; • perform the initial and thermal operations, using specific kitchen utensils; • use adequate inventory items for serving the liquid dishes; • perform simple physical examination to determine the dosage of the ingredients; • carry out organoleptic test to determine the eligibility; conditions for serving the liquid dishes; • prepare liquid dishes 	<p>The learner</p> <ul style="list-style-type: none"> • prepares liquid dishes by: <ul style="list-style-type: none"> -presenting and evaluating the liquid dishes; - communicating with the customers in order to meet their requests; -working in a team; - choosing and measuring the raw and additional ingredients for the liquid dishes; -respecting the hygiene and safety standards; -scheduling and respecting the program of the services; -acting in accordance with preventing measurements against pollution.
	PERFORMANCE CRITERIA		
	<ul style="list-style-type: none"> • Argues the importance of production of liquid dishes; • Chooses and doses raw ingredients according to the recipes; • Performs pre-cooking operations and thermal adaptation using adequate equipment; • Prepares of the liquid dishes; • Checks the quality conditions. 		
OUTPUTS			
<ul style="list-style-type: none"> • Confectioned liquid dishes: bisques, soups and cream soups, sour soups, pottages, stocks. 			

UNIT OF LEARNING OUTCOME			
CODE	UNIT OF LEARNING OUTCOME	HOURS	CREDITS
1.4	Salads	31	1,6
KEY TECHNICAL OUTCOME	KNOWLEDGE	SKILLS	COMPETENCE
4.Prepare salads	<p>The learner knows and understands:</p> <ul style="list-style-type: none"> the role, place on the menu, nutritional value and digestibility of salads; the place and role of salads and its relation with the nutritional factors; evaluation of the nutritional value and digestibility of salads (depending on ingredients and technological process). identification and dosage of the raw ingredients in accordance with the recipe of salads; initial and thermal processing in order to prepare the salads; usage of the inventory items to serve the salads; the physical examination to determine the basic ingredients for the salads; the organoleptic test to determine the eligibility conditions of the salads. 	<p>The learner is able to:</p> <ul style="list-style-type: none"> present the place and role of salads by working on worksheets, scientific books and individual portfolios; choose and dose the raw ingredients according to the recipe of salads; perform simple physical examination to determine the dosage of the ingredients of the salads; perform the initial and thermal operations, using specific kitchen utensils for salads; serve salads according to adequate inventory items; carry out organoleptic test to determine the eligibility conditions; prepare the salads. 	<p>The learner</p> <ul style="list-style-type: none"> prepares the salads by: <ul style="list-style-type: none"> -presenting salads considering their nutritional importance starting from the ingredients; - communicating with customers in order to meet their requests; -working in a team to prepare salads; - choosing and measuring the raw and additional ingredients for salads; - respecting the hygiene and safety standards; - scheduling and respecting the program of the services; -acting in accordance with preventing measurements against pollution.
	PERFORMANCE CRITERIA		
<ul style="list-style-type: none"> Argues the importance of salads; Chooses and doses raw ingredients according to the recipes; Performs cooking operations and thermal adaptation using adequate equipment for the salads; Prepares of salads; Checks the quality conditions of salads. 			
OUTPUTS			
<ul style="list-style-type: none"> Confectionedsalads: boeuf salad, crudités salad with beef or pork tongue, bean salad, French salad, Bulgarian salad, fresh vegetables salad with mayonnaise, potato salad, potato salad with mayonnaise, jellied chicken salad, eggplant salad , celery salad with sour cream, pasta salad with vinaigrette sauce 			

UNIT OF LEARNING OUTCOME			
CODE	UNIT OF LEARNING OUTCOME	HOURS	CREDITS
1.5	Garnishes	31	1,6
KEY TECHNICAL OUTCOME	KNOWLEDGE	SKILLS	COMPETENCE
5.Prepare garnishes	<p>The learner knows and understands:</p> <ul style="list-style-type: none"> the role, place on the menu, nutritional value and digestibility of garnishes; the place and role of garnishes and its relation with the nutritional factors; evaluation of the nutritional value and digestibility of garnishes (depending on ingredients and technological process). identification and dosage of the raw ingredients in accordance with the recipe of garnishes; initial and thermal processing in order to prepare the garnishes; usage of the inventory items to serve garnishes; the physical examination to determine the basic ingredients for the garnishes; the organoleptic test to determine the eligibility conditions of the garnishes. 	<p>The learner is able to:</p> <ul style="list-style-type: none"> present the place and role of garnishes by working on worksheets, scientific books and individual portfolios; choose and dose the raw ingredients according to the recipe of, garnishes; perform simple physical examination to determine the dosage of the ingredients of the garnishes; perform the initial and thermal operations, using specific kitchen utensils for garnishes; serve, garnishes according to adequate inventory items; carry out organoleptic test to determine the eligibility conditions; prepare the garnishes 	<p>The learner:</p> <ul style="list-style-type: none"> prepares the garnishes by: <ul style="list-style-type: none"> -presenting garnishes considering their nutritional importance starting from the ingredients; - communicating with customers in order to meet their requests; -working in a team to prepare garnishes; - choosing and measuring the raw and additional ingredients for, garnishes; - respecting the hygiene and safety standards; - scheduling and respecting the program of the services; -acting in accordance with preventing measurements against pollution.
	PERFORMANCE CRITERIA		
	<ul style="list-style-type: none"> Argues of the importance of garnishes ; Chooses and doses raw ingredients according to the recipes; Performs cooking operations and thermal adaptation using adequate equipment for the garnishes ; Performs the garnishes ; Checks the quality conditions of garnishes . 		
OUTPUTS			
<ul style="list-style-type: none"> Confectioned mushrooms with cream sauce, vegetable stew, steamed cabbage, seasoned potatoes, sautéed summer squash, roasted eggplant, green beans with garlic, creamed spinach, potato stew, mushroom stew 			

UNIT OF LEARNING OUTCOME			
CODE	UNIT OF LEARNING OUTCOME	HOURS	CREDITS
1.6	Meat, Poultry And Game Dishes	31	1,6
KEY TECHNICAL OUTCOME	KNOWLEDGE	SKILLS	COMPETENCE
6.Prepare meat, poultry and game dishes	<p>The learner knows and understands:</p> <ul style="list-style-type: none"> the role, place on the menu, nutritional value and digestibility of meat, poultry and game dishes; the place and role of meat, poultry and game dishes and its relation with the nutritional factors; evaluation of the nutritional value and digestibility of meat, poultry and game dishes (depending on ingredients and technological process). identification and dosage of the raw ingredients in accordance with the recipe of meat, poultry and game dishes; initial and thermal processing in order to prepare the meat, poultry and game dishes; usage of the inventory items to serve the meat, poultry and game dishes; the physical examination to determine the basic ingredients for the meat, poultry and game dishes; the organoleptic test to determine the eligibility conditions of the meat, poultry and game dishes. 	<p>The learner is able to:</p> <ul style="list-style-type: none"> present the place and role of meat, poultry and game dishes by working on worksheets, scientific books and individual portfolios; choose and dose the raw ingredients according to the recipe of meat, poultry and game dishes; perform simple physical examination to determine the dosage of the ingredients of the meat, poultry and game dishes; perform the initial and thermal operations, using specific kitchen utensils for meat, poultry and game dishes; serve meat, poultry and game dishes according to adequate inventory items; carry out organoleptic test to determine the eligibility conditions; prepare the meat, poultry and game dishes. 	<p>The learner:</p> <ul style="list-style-type: none"> prepares the meat, poultry and game dishes by: <ul style="list-style-type: none"> -presenting meat, poultry and game dishes considering their nutritional importance starting from the ingredients; - communicating with customers in order to meet their requests; -working in a team to prepare meat, poultry and game dishes; - choosing and measuring the raw and additional ingredients for meat, poultry and game dishes; - respecting the hygiene and safety standards; - scheduling and respecting the program of the services; -acting in accordance with preventing measurements against pollution.
	PERFORMANCE CRITERIA		
<ul style="list-style-type: none"> Argues the importance of meat, poultry and game dishes; Chooses and doses raw ingredients according to the recipes; Performs cooking operations and thermal adaptation using adequate equipment for the meat, poultry and game dishes; Prepares the meat, poultry and game dishes; Checks the quality conditions of meat, poultry and game dishes. 			
OUTPUTS			
<ul style="list-style-type: none"> Confectioned veal: veal scaloppini, veal schnitzel with tomato sauce, veal stew, veal steak with chicken liver, veal roll stuffed with mushrooms and rice, veal risotto, veal chops, meatballs with dill sauce. Confectioned beef: stuffed beef fillet steak, beef with mushrooms, beef with beans, beef steak with wine sauce, beef chop suey, beef with quinces, beef tongue with dill sauce, beef tongue with olives, breaded beef tongue, pea stew, with beef, beef sirloin with mushrooms, beef sirloin in a blanket, plums with beef, beef with cabbage, peasant stew, beef knuckle Confectioned venison: deer tender loin with sour cream sauce, rabbit terrine, wild boar stew, wild boar schnitzel, venison in cabbage, jellied wild boar leg, rabbit with olives, oven-roasted pheasant, deer scaloppini with mushrooms, à la Grecque rabbit with lemon sauce. 			

UNIT OF LEARNING OUTCOME			
CODE	UNIT OF LEARNING OUTCOME	HOURS	CREDITS
1.7	Fish And Seafood Dishes	31	1,6
KEY OUTCOME	TECHNICAL KNOWLEDGE	SKILLS	COMPETENCE
7.Prepare fish and seafood dishes	<p>The learner knows and understands:</p> <ul style="list-style-type: none"> the role, place on the menu, nutritional value and digestibility of fish and sea food dishes; the place and role of fish and sea food dishes and its relation with the nutritional factors; evaluation of the nutritional value and digestibility of fish and sea food dishes (depending on ingredients and technological process). identification and dosage of the raw ingredients in accordance with the recipe of fish and sea food dishes; initial and thermal processing in order to prepare the fish and sea food dishes; usage of the inventory items to serve the fish and sea food dishes; the physical examination to determine the basic ingredients for the fish and sea food dishes; the organoleptic test to determine the eligibility conditions of the fish and sea food dishes. 	<p>The learner is able to:</p> <ul style="list-style-type: none"> present the place and role of fish and sea food dishes by working on worksheets, scientific books and individual portfolios; -choose and dose the raw ingredients according to the recipe of fish and sea food dishes; perform simple physical examination to determine the dosage of the ingredients of the fish and sea food dishes; perform the initial and thermal operations, using specific kitchen utensils for fish and sea food dishes; serve fish and sea food dishes according to adequate inventory items; carry out organoleptic test to determine the eligibility conditions; prepare the fish and sea food dishes. 	<p>The learner</p> <ul style="list-style-type: none"> prepares the fish and sea food dishes by: <ul style="list-style-type: none"> -presenting fish and sea food dishes considering their nutritional importance starting from the ingredients; - communicating with customers in order to meet their requests; -working in a team to prepare fish and sea food dishes; - choosing and measuring the raw and additional ingredients for fish and sea food dishes; - respecting the hygiene and safety standards; - scheduling and respecting the program of the services; -acting in accordance with preventing measurements against pollution.
	PERFORMANCE CRITERIA		
<ul style="list-style-type: none"> Argues the importance of fish and sea food dishes; <ul style="list-style-type: none"> Chooses and doses raw ingredients according to the recipes; Performs cooking operations and thermal adaptation using adequate equipment for the fish and sea food dishes; Performs the fish and sea food dishes; Checks the quality conditions of fish and sea food dishes. 			

OUTPUTS

- Confectioned: fried carp, Portuguese carp, carp stuffed with rice, Portuguese zander fillet, breaded zander fillet, zander fillet with Meuniere sauce, breaded frog legs, frog legs with Meuniere sauce, pike fillet in stew, carp in brine, catfish with mushrooms and sour cream sauce, breaded catfish, grilled carp in brine, (grilled Black Sea sturgeon, grilled mackerel.

UNIT OF LEARNING OUTCOME

CODE	UNIT OF LEARNING OUTCOME	HOURS	CREDITS
1.8	Mousses and desserts	38	2
KEY OUTCOME	TECHNICAL KNOWLEDGE	SKILLS	COMPETENCE
8. Prepare mousses and desserts	<p>The learner knows and understands:</p> <ul style="list-style-type: none"> • the role, place on the menu, nutritional value and digestibility of kitchen candies, mousses and desserts; • the place and role of sweets and its relation with the nutritional factors; • assessment of the nutritional value and digestibility of sweets (depending on ingredients and technological process). • identification and dosage of the raw ingredients in accordance with the recipe of mousses and desserts; • -preparation of sweets according to the inventory items so as to be served; • initial and thermal processing in order to prepare sweets; • the physical examination to determine the basic ingredients for mousses and deserts; • usage of the inventory items to serve mousses and desserts; • the physical examination to determine the basic ingredients for sweets; • the organoleptic test to determine the eligibility conditions of sweets 	<p>The learner is able to:</p> <ul style="list-style-type: none"> • present the place and role of sweets in food production; • choose and dose the raw ingredients according to the recipe of mousses and desserts; • perform the initial and thermal operations, using specific kitchen utensils for mousses and desserts; • arrange mousses and desserts on adequate inventory items; • -perform simple physical examination to determine the dosage of the ingredients of the mousses and deserts; • carry out organoleptic examination to determine the eligibility conditions of mousses and desserts; • prepare mousses and desserts. 	<p>The learner</p> <ul style="list-style-type: none"> • prepares mousses and desserts by: <ul style="list-style-type: none"> -presenting and describing mousses and desserts considering their nutritional importance starting from the component ingredients; - communicating with the customers in order to meet their requests; -working in a team to prepare sweets; - choosing and measuring the raw and additional ingredients for sweets; - respecting the hygiene and safety standards; - scheduling and respecting the program of the services; -acting in accordance with preventing measurements against pollution.

	PERFORMANCE CRITERIA
	<ul style="list-style-type: none"> • Argues the importance of mousses and desserts production; • Chooses and doses raw ingredients according to the recipes; • Performs cooking operations and thermal adaptation using adequate equipment for mousses and desserts; • Prepares mousses and sweets; • Checks the quality conditions.
OUTPUTS	
	<ul style="list-style-type: none"> • Confectioned sweets based on flour(apple rice pudding),sweets based on eggs and milk (poultry milk, caramel sugar cream), sweets based on fillings(cheese pancakes, plum dumplings), sweets based on fruit (soufflés, fruit salads) etc.

UNIT OF LEARNING OUTCOME			
CODE	UNIT OF LEARNING OUTCOME	HOURS	CREDITS
2.1	Dishes for digestive diets	50	2,5
KEY OUTCOME	TECHNICAL KNOWLEDGE	SKILLS	COMPETENCE
9. Prepare dishes for digestive diets	<p>The learner knows and understands:</p> <ul style="list-style-type: none"> digestive diseases, such as: ulcer, hyperacidity and gastritis hypoacidity, enter colitis, acid fermentation colitis; characteristics of diets: allowed foods, forbidden foods, adequate thermal treatments; 	<p>The learner is able to:</p> <ul style="list-style-type: none"> present the place and role of processed food in diets production by working on worksheets, scientific books and individual portfolios; choose and dose the raw ingredients according to the recipes; perform the initial and thermal operations, using specific kitchen utensils; perform simple physical examination to determine the dosage of the ingredients; carry out organoleptic examination to determine the eligibility conditions of dishes allowed in diets; prepare the diet dishes; prepare precooked food. 	<p>The learner</p> <ul style="list-style-type: none"> prepares dishes for digestive diets by: <ul style="list-style-type: none"> -presenting and describing dishes for digestive diets considering their nutritional importance starting from the component ingredients; - communicating with the customers in order to meet their requests; -working in a team to prepare dishes for digestive diets; - choosing and measuring the raw and additional ingredients for digestive diets; - respecting the hygiene and safety standards; - scheduling and respecting the program of the services; -acting in accordance with preventing measurements against pollution.
PERFORMANCE CRITERIA			
	<ul style="list-style-type: none"> Presents the characteristics of the digestive disease diets Prepares dishes for digestive disease diets applying the adequate thermal treatment 		

CODE	UNIT OF LEARNING OUTCOME	HOURS	CREDITS
2.2	Dishes for the cardiovascular disease diets	50	2,5
KEY TECHNICAL OUTCOME	KNOWLEDGE	SKILLS	COMPETENCE
10. Prepare dishes for the cardiovascular disease diets	<p>The learner knows and understands:</p> <ul style="list-style-type: none"> cardiovascular diseases: heart attack, blood pressure, and atherosclerosis. characteristics of diets: allowed foods, forbidden foods, adequate thermal treatments. 	<p>The learner is able to:</p> <ul style="list-style-type: none"> present the place and role of processed food in the cardiovascular diets ; choose and to dose the raw ingredients according to the recipes for cardiovascular diseases; perform the initial and thermal operations, using specific kitchen utensils; serve the dishes; perform physical examination to determine the dosage of the ingredients; carry out organoleptic examination to determine the eligibility conditions; achieve preparations; prepare precooked food. 	<p>The learner</p> <ul style="list-style-type: none"> prepares dishes for cardio diets by: <ul style="list-style-type: none"> -presenting and describing dishes for cardio diets considering their nutritional importance starting from the component ingredients; - communicating with the customers in order to meet their requests; -working in a team to prepare dishes for cardio diets; - choosing and measuring the raw and additional ingredients for cardio diets; - respecting the hygiene and safety standards; - scheduling and respecting the program of the services; -acting in accordance with preventing measurements against pollution.
PERFORMANCE CRITERIA			
	<ul style="list-style-type: none"> Presents the characteristics of the diets in cardiovascular diseases Prepares food for diets in cardiovascular diseases applying the adequate thermal treatment 		
OUTPUTS			
<ul style="list-style-type: none"> Dishes for cardiovascular diseases diets: Italian soup, mashed carrots, chicken shin, fruit compotes, apples in dough. 			

UNIT OF LEARNING OUTCOME			
CODE	UNIT OF LEARNING OUTCOME	HOURS	CREDITS
2.3	Prepare dishes for hepato-biliary disease diets	50	2,5
KEY OUTCOME	TECHNICAL KNOWLEDGE	SKILLS	COMPETENCE
11.Prepare dishes for hepatic-biliary disease diets	<p>The learner knows and understands:</p> <ul style="list-style-type: none"> hepatic-biliary diseases: hepatitis, chronic cholecystitis. characteristics of diets: allowed food, forbidden foods, adequate thermal treatments. 	<p>The learner is able to:</p> <ul style="list-style-type: none"> present the place and role of processed food in diets production by working on worksheets, scientific books and individual portfolios; choose and to dose the raw ingredients according to the recipe; perform the initial and thermal operations, using specific kitchen utensils; perform simple physical examination to determine the dosage of the ingredients; carry out organoleptic examination to determine the eligibility conditions; make preparations; prepare precooked food. 	<p>The learner</p> <ul style="list-style-type: none"> prepares food dishes by: <ul style="list-style-type: none"> -drawing diet menus; -making preparations for hepatic-biliary diseases diets; -presenting and describing dishes for hepatic-biliary diets considering their nutritional importance starting from the component ingredients; - communicating with the customers in order to meet their requests; -working in a team to prepare dishes for hepatic-biliary diets; - choosing and measuring the raw and additional ingredients for hepatic-biliary diets; - respecting the hygiene and safety standards.
PERFORMANCE CRITERIA			
<ul style="list-style-type: none"> Presents the characteristics of the diets in hepatic-biliary disease Prepares food for diets in hepatic-biliary disease applying the adequate thermal treatment 			
OUTPUTS			
<ul style="list-style-type: none"> Dishes for hepatic-biliary diets: red been salad, caramel cream, fresh carrot salad, vegetable soup with farina etc 			

UNIT OF LEARNING OUTCOME			
CODE	UNIT OF LEARNING OUTCOME	HOURS	CREDITS
2.4	Prepare dishes for kidney disease diets	15	0,8
KEY TECHNICAL OUTCOME	KNOWLEDGE	SKILLS	COMPETENCE
12. Prepare dishes for kidney disease diets	<p>The learner knows and understands:</p> <ul style="list-style-type: none"> • description of kidney diseases: glucomerulonefrite, renal failure, renal gravel; • characteristics of diets for kidney diseases: allowed food, forbidden foods, adequate thermic treatments. 	<p>The learner is able to:</p> <ul style="list-style-type: none"> • present the place and role of processed food in kidney diets; • to choose and to dose the raw ingredients according to the recipes; • perform the initial and thermal operations, using specific kitchen utensils; • make preparations on adequate inventory items • perform simple physical examination to determine the dosage of the ingredients for kidney diets • carry out organoleptic examination to determine the eligibility conditions of dishes for kidney diets • prepare dishes for kidney diets • prepare precooked food. 	<p>The learner</p> <ul style="list-style-type: none"> • prepares various diets for kidney diseases by: <ul style="list-style-type: none"> -drawing diet menus for kidney diets; -presenting and describing dishes for kidney diets considering their nutritional importance starting from the component ingredients; - communicating with the customers in order to meet their requests; -working in a team to prepare dishes for kidney diets; - choosing and measuring the raw and additional ingredients for kidney diets; - respecting the hygiene and safety standards; -scheduling and respecting the program of the services.
PERFORMANCE CRITERIA			
	<ul style="list-style-type: none"> • Presents the characteristics of the diets in kidney diseases • Preparesdishes for diets in kidney diseases applying the adequate thermal treatments 		
OUTPUTS			
<ul style="list-style-type: none"> • Confectioned dishes for kidney disease diets: cauliflower and rice soup, fish sour soup, minced-vegetable in spinach leaves, rice and milk, fruit cream. 			

UNIT OF LEARNING OUTCOME			
CODE	UNIT OF LEARNING OUTCOME	HOURS	CREDITS
2.5	Prepare dishes for metabolic disease diets	50	2,5
KEY TECHNICAL OUTCOME	KNOWLEDGE	SKILLS	COMPETENCE
13. Prepare dishes for metabolic disease diets	<p>The learner knows and understands:</p> <ul style="list-style-type: none"> • description of metabolic diseases: diabetes, obesity. • characteristics of metabolic diseases diets: allowed foods, forbidden foods, adequate thermic treatments. 	<p>The learner is able to:</p> <ul style="list-style-type: none"> • present the place and role of processed food in diets by working on worksheets, scientific books and individual portfolios, • choose and to dose the raw ingredients according to the recipe, • perform the initial and thermal operations, using specific kitchen utensils, • make preparations on adequate inventory items, • perform simple physical examination to determine the dosage of the ingredients for metabolic diets, • carry out organoleptic examination to determine the eligibility conditions of dishes for metabolic diseases, • prepare dishes for metabolic diseases • prepare precooked foods. 	<p>The learner</p> <ul style="list-style-type: none"> • prepares dishes for metabolic diseases diets by: <ul style="list-style-type: none"> -presenting and describing dishes for metabolic diseases diets considering their nutritional importance starting from the component ingredients; - communicating with the customers in order to meet their requests; -working in a team to prepare dishes for metabolic diseases diets; - choosing and measuring the raw and additional ingredients for metabolic diseases diets; -respecting the hygiene and safety standards; -scheduling and respecting the program of the services.
	PERFORMANCE CRITERIA		
	<ul style="list-style-type: none"> • Presents the characteristics of the diets for metabolic diseases. • Prepares the dishes for metabolic diseases diets applying adequate thermal treatments. 		
OUTPUTS			
<ul style="list-style-type: none"> • Confectioned dishes for metabolic disease diets: beef grill, baked peppers and tomato salad, marrows in oil, spinach salad, beef schnitzel, apple soufflé, mushroom soup, etc. 			

UNIT OF LEARNING OUTCOME			
CODE	UNIT OF LEARNING OUTCOME	HOURS	CREDITS
3.1	"Fast food" prepares	140	7
KEY TECHNICAL OUTCOME	KNOWLEDGE	SKILLS	COMPETENCE
14. Prepare "fast food"	<p>The learner knows and understands:</p> <ul style="list-style-type: none"> the role, place on the menu, nutritional value and digestibility of fast food dishes; the place and role of fast food dishes and its relation with the nutritional factors; assessment of the nutritional value and digestibility of fast food dishes (depending on ingredients and technological process); identification and dosage of raw ingredients in accordance with recipes; the initial and thermic treatments in order to obtain fast food dishes; simple physical examination to determine the component parts of the dishes; organoleptic examination to determine the eligibility conditions of fast food dishes. 	<p>The learner is able to:</p> <ul style="list-style-type: none"> present the place and role of fast food products available in the food production; choose and dose the raw ingredients according to the recipes. perform the initial and thermal treatments, using specific kitchen utensils perform simple physical examination to determine the dosage of the ingredients for fast food carry out organoleptic examination for determining the eligibility conditions of fast foods. achieve preparations prepare precooked fast food 	<p>The learner</p> <ul style="list-style-type: none"> prepares fast food dishes by: <ul style="list-style-type: none"> -presenting and describing fast food dishes considering their nutritional importance starting from the component ingredients; - communicating with the customers in order to meet their requests; -working in a team to prepare fast food dishes; - choosing and measuring the raw and additional ingredients for fast food dishes; -respecting the hygiene and safety standards; -scheduling and respecting the program of the services
PERFORMANCE CRITERIA			
	<ul style="list-style-type: none"> Identifies the types of "fast-food" dishes Prepares "fast-food" dishes Applies "fast-food" dishes serving techniques. 		
OUTPUTS			
<ul style="list-style-type: none"> Confectioned fast food dishes: sandwiches, salads, desserts, preparations specific to other countries 			

UNIT OF LEARNING OUTCOME			
CODE	UNIT OF LEARNING OUTCOME	HOURS	CREDITS
3.2	Decorations	140	7
KEY TECHNICAL OUTCOME	KNOWLEDGE	SKILLS	COMPETENCE
15. Select the type of decoration according to the dish	<p>The learner knows and understands:</p> <ul style="list-style-type: none"> the raw ingredients required to make the decorations; the type of decorations: meat, vegetable and mixed ingredients. the characteristics of raw ingredients for decorations: eatable and uneatable. the balance of decorations: size, colour, shape, texture, taste, flavour. 	<p>The learner is able to:</p> <ul style="list-style-type: none"> choose the raw ingredients and the mixtures necessary for the decorations, balance the decoration according to components of dishes, use specific tools to make the decorations, make decorations by using various operations, choose decorations/ ornaments items for the dishes on the menu, decorate dishes 	<p>The learner</p> <ul style="list-style-type: none"> prepares aesthetic dishes by: <ul style="list-style-type: none"> -selecting the type of decoration in accordance with each specific dish; -ensuring hygienic and sanitary conditions; -supplying the raw and additional ingredients to the workplace; - presenting their own characteristics involved in achieving professional performance.
PERFORMANCE CRITERIA			
	<ul style="list-style-type: none"> Chooses and doses raw ingredients for decorations Performs balanced decorations using dish ingredients 		
KEY TECHNICAL OUTCOME	KNOWLEDGE	SKILLS	COMPETENCE
16. Perform decoration items	<p>The learner knows and understands:</p> <ul style="list-style-type: none"> selection of utensils used to prepare decorations: shape cutters, knives, piping nozzles; raw materials selection: fresh and canned vegetables, fresh and canned fruit, dairy products, eggs, mixtures; specific operations to achieve decorations: cutting, assembling the food items, mounting and final touch. 	<p>The learner is able to:</p> <ul style="list-style-type: none"> choose the raw materials necessary for their dishes and decorations; balance the decoration according to dish components; use specific tools to make decorations; make decorations in various ways; choose decoration/ornament items from the menu; decorate the dishes. 	<p>The learner</p> <ul style="list-style-type: none"> prepares aesthetic dishes by: <ul style="list-style-type: none"> -making decoration components; -ensuring hygienic and sanitary conditions; -supplying raw and additional ingredients to the workplace; - describing the wide variety of professions; - demonstrating effective learning habits.

PERFORMANCE CRITERIA			
	<ul style="list-style-type: none"> • Uses the appropriate tools to create the decorations • Performs various decorations 		
KEY TECHNICAL OUTCOME	KNOWLEDGE	SKILLS	COMPETENCE
17. Decorate dishes from the menu options	<p>The learner knows and understands:</p> <ul style="list-style-type: none"> • the decorations for the dishes on menus ; • the raw materials for decorations; • arrangement of decorations. 	<p>The learner is able to:</p> <ul style="list-style-type: none"> • choose the raw materials necessary for their compositions and decorations, • balance the decoration according to the dish components, • use specific tools to achieve decorations, • achieve decorations in various ways, • choose decoration items from the menu, • decorate the dishes 	<p>The learner</p> <ul style="list-style-type: none"> • makes aesthetic dishes by: <ul style="list-style-type: none"> -decorating dishes from the menu; -performing the initial and thermic treatments, using specific kitchen utensils; -ensuring hygienic and sanitary conditions; - supplying the raw and additional ingredients at the workplace; - expressing options for the personal education and training path.
PERFORMANCE CRITERIA			
	<ul style="list-style-type: none"> • Chooses decorations for the dishes in the menus • Decorates the dishes 		
OUTPUTS			
<ul style="list-style-type: none"> • Confectioned decoration: fresh or preserved vegetables (tomatoes, cucumbers, parsley), olives, eggs, cheese, mayonnaise, sugar, preserved or fresh fruits. • Confectioned ornaments: vanilla sauces, caramel, chocolate, wine, mayonnaise, fruit syrups, white cream sauce 			

UNIT OF LEARNING OUTCOME			
CODE	UNIT OF LEARNING OUTCOME	HOURS	CREDITS
4.1	Liquid dishes specific to the area	75	3.75
KEY OUTCOME	TECHNICAL KNOWLEDGE	SKILLS	COMPETENCE
18. Prepare liquid dishes specific to the area	<p>The learner knows and understands:</p> <ul style="list-style-type: none"> • presentation of specific liquid dishes in the area such as: traditions, influences, work equipment for liquid preparations. • preparation of liquid dishes specific to the area: raw materials, specific recipes and preparation technologies of the region. • preparation of liquid dishes specific to the area, for presentation and serving: inventory items and decorations serving the region. 	<p>The learner is able to:</p> <ul style="list-style-type: none"> • present the place and role of processed food in diets by working on worksheets, scientific books and individual portfolios, • choose and dose the raw materials according to the recipe, • perform the initial and thermal treatments, using specific kitchen utensils, • decorate dishes using the inventory items , • perform simple physical examination to determine the dosage of the ingredients , • carry out organoleptic examination to determine the eligibility conditions, • make the dishes, • prepare precooked dishes. 	<p>The learner</p> <ul style="list-style-type: none"> • makes the dishes by: <ul style="list-style-type: none"> -preparing liquid dishes specific to the area; -presenting and describing dishes specific to the area (providing their nutritional value) starting from the component ingredients; - communicating with the customers in order to meet their requests; -working in a team to prepare dishes specific to the area; - choosing and dosing the raw and additional ingredients in accordance with the recipes specific to the area; -respecting the hygiene and safety standards; -scheduling and respecting the program of the services.
	PERFORMANCE CRITERIA		
	<ul style="list-style-type: none"> • Presents the liquid dishes specific to the area • Prepares the liquid dishes specific to the area • Decorates the liquid dishes specific to the area 		
OUTPUTS			
<ul style="list-style-type: none"> • Confectioned liquid dishes specific to the area: white cabbage ,soup with sour cream, calf soup, fish soup, pork soup, lamb soup 			

UNIT OF LEARNING OUTCOME				
CODE	UNIT OF LEARNING OUTCOME		HOURS	CREDITS
4.2	Main dishes specific to the area		75	3,75
KEY OUTCOME	TECHNICAL	KNOWLEDGE	SKILLS	COMPETENCE
19. Prepare main dishes specific to the area		<p>The learner knows and understands:</p> <ul style="list-style-type: none"> the main dishes specific to the area according to traditions, influences, work equipment; preparation of main dishes specific to the area: raw materials, specific recipes and preparation technologies of the region; decoration of the main dishes specific to the area so as to be presented and served according to the inventory items and decorations specific to that area. 	<p>The learner is able to:</p> <ul style="list-style-type: none"> present the place and role of processed food in diets by working on worksheets, scientific books and individual portfolios choose and dose the raw materials according to the recipe. perform the initial and thermal treatments, using specific kitchen utensils decorate dishes with ingredients from the inventory items perform simple physical examination to determine the dosage of the ingredients carry out organoleptic examination to determine the eligibility conditions. make the dishes prepare precooked food 	<p>The learner</p> <ul style="list-style-type: none"> prepares the main dishes specific to the area by: <ul style="list-style-type: none"> -training to improve their performance; -fitting in the job requirements; -taking responsibility for the task received; - communicating with the customers in order to meet their requests; -working in a team to prepare dishes specific to the area; -choosing and dosing the raw and additional ingredients in accordance with the recipes specific to the area; -respecting the hygiene and safety standards.
		PERFORMANCE CRITERIA		
		<ul style="list-style-type: none"> Presents main dishes specific to the area. Prepares main dishes specific to the area. Decorates main dishes specific to the area. 		
OUTPUTS				
<ul style="list-style-type: none"> Confectioned main dishes specific to the area: lamb roast, lamb, slices, meat roasted with sausages, cabbage with meat mince, sausages, kebab, vegetable roasted, smoked cabbages, Moldavian minced meat croquettes. Confectioned area specific desserts: Easter cheese bread, pancakes, langoshi, pumpkin pie, apple pie, cabbage pie, alivenci (Moldavian traditional cheese pies). 				

TECHNICAL SHEET

This training referential is based on learning outcomes and adapted from the original qualification training referential for the qualification of “Cook”, EQF level 3, for IVET Courses, available through the Romanian Qualifications’ Schedules & Classification for Initial Education .

This training referential only contains the technical component of the Course.

It was elaborated during the implementation of a Pilot Project - Intellectual Output no. 2 of the *EURspace_European IVT Recognition Gateway* Project. The adaptation of the original training referential was influenced by the methodology developed during the project implementation, presented in the *ECVET Methodological Guide for Professionals*, which is available for download at <https://eurspace.eu/>.

The partner responsible for the adaptation of this training referential is Colegiul Tehnic Gheorghe Cartianu Piatra Neamț.

EURspace: European IVT Recognition Gateway

Project number 2015-1-PT01-KA202-013119

ERASMUS+ PROGRAMME

KA2 Strategic Partnerships for Vocational Education and Training

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