

Title:	Introduction to Food Commodities.
Level:	1
Credit value:	1
GLH:	10
Unique Reference Number:	A/502/5059
Sector Subject Area:	7.4 Hospitality and Catering
Aim:	The aim of this unit is to provide learners with the knowledge of food commodities.
Assessment Type:	Assessment of this unit will be through the completion of internally set and internally assessed evidence.
Assessment Guidance:	Assessment should be based on a range of suitable evidence such as written assignments, reflective accounts, professional discussions, or oral questioning.

Learning outcomes

The learner will:

1. Know the main food commodities.

Delivery content:

The aim of this learning outcome is to provide learners with the knowledge to understand the main food commodities.

The learner must:

- 1.1. Describe the **main types of food commodity**.

2. Know where the main food commodities can be obtained.

Delivery content:

The aim of this learning outcome is to provide learners with the knowledge to understand where the main food commodities can be obtained.

The learner must:

- 2.1. State **where different commodities can be obtained**.
- 2.2. State the benefits of using different suppliers of commodities in different settings.

3. Know how the main food commodities should be stored.

Delivery content:

The aim of this learning outcome is to provide learners with the knowledge to understand how the main food commodities should be stored.

The learner must:

- 3.1.State **safe and hygienic storage methods** for the main food commodities.

Scope of Training

The Scope of Training identifies areas that must be covered during the delivery of this unit. This is the minimum that is expected but tutors are expected to include other areas, knowledge of which will benefit their learners, based on location, types of work available and from the tutors own professional experience.

Requirements

<p>1.1. Describe the main types of food commodity.</p>	<ul style="list-style-type: none"> • Cereals and grains • Fruits • Vegetables • Meat and poultry • Fish and seafood • Dairy products • Convenience and processed foods.
<p>2.1. State where different commodities can be obtained.</p>	<ul style="list-style-type: none"> • Supermarkets • Specialist Shops (Fishmongers, Butchers, Greengrocers) • Online retailers and delivery services • Direct from farms • Catering suppliers (large-scale food providers for the hospitality sector)
<p>3.1.State safe and hygienic storage methods for the main food commodities.</p>	<ul style="list-style-type: none"> • Refrigeration (0–5°C) • Freezing (–18°C or below) • Dry storage (Cool, dry, well-ventilated) • Sealed Containers • Use-by and Best-before Date • Stock rotation • Separate storage areas • Labelling and dating

	<ul style="list-style-type: none">• Clean and organised storage.
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