

ASSESSMENTS

SITHCCC003 Prepare and present sandwiches

Trainee/Student Name:	
Assessor Name:	
School/Venue:	
Year (if applicable):	

RECORD OF EVIDENCE	
o KBT	Date achieved:
o PD	Date achieved:

Unit Completion

This section below is only to be signed off when the trainee has achieved competency in all elements of this unit

1. Select ingredients
2. Make sandwiches
3. Present and store sandwiches

Prerequisite – SITXFSA001 – Use Hygienic practices for food safety

UNIT OF COMPETENCE	
Trainee/Student Signature:	Date:
Employer/Supervisor Signature:	Date:
Assessor Signature:	Date

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1. Suggest sandwiches for the following 3 customers?

Vegan

Gluten Free

Lactose Free

2. Sandwiches and remaining fillings must be stored correctly to maintain optimum quality of ingredients. Name 3 different things you can do to make sure that sandwiches/fillings will store for a few hours without spoiling:

1.

2.

3.

- 3a. Identify 2 types of equipment you could use to either toast or heat a sandwich

1.

2.

- 3b. Choose 1 and write a safe operational practice to follow while using this piece of equipment.

Equipment:

4. What is the meaning and role of mise en place in the process of preparing sandwiches?

5. Name 2 reasons why it is essential to be completely organised before you begin sandwich preparation:

1.

2.

6. Why is it important to cut ingredients and sandwiches to standard recipe guidelines?

7. Name 3 garnishes that are suitable for presentation on a sandwich:

1.

2.

3.

- 8a. Which of the following must you take into consideration when preparing, displaying and serving a sandwich: (tick the appropriate answer(s))

- a. Neatness of presentation/creativity
- b. Appropriate ingredient combination
- c. Uniform size and shape
- d. Attractive service ware and garnishes
- e. All of the above

- 8b. If any of the above did not meet organisational standards what would need to be done?

9. Name 6 safe food handling practices that must you follow in the preparation and presentation of sandwiches?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

10. Presenting the sandwich is important. What sort of service ware (crockery or packaging) would you use for the following prepared sandwiches?

Multiple sandwiches for a function:

Sandwiches pre-prepared for storage in a refrigerated cabinet:

Order for a single customer eating in the cafe/restaurant:

11. Why is it important to label stored ingredients/leftovers from sandwich making?
What does the term FIFO mean in relation to stock rotation?

12. List the contents of stock date codes and rotation labels and their implication for food quality standards

13. List 6 areas of preparation and presentation to keep in mind creating when sandwiches.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

14. Name a classical and contemporary sandwich and give an example of a trend for each.

Type of Sandwich	Example	Trend
Classical		
Contemporary		

15. Below is a list of culinary terms and trade names for different types of sandwiches and breads, suggest appropriate fillings and spreads and describe how produced, (if a traditional sandwich please ensure the traditional ingredients are included)

Sandwiches and breads	Description	Suggested filling
Club		
Filled rolls		
Focaccia		
Open		
Pullman		
Wraps		
White		
Grain		
Wholemeal		
Sourdough		
Flatbreads		

16. Write a description under the following headings for methods used in sandwich preparation

Cutting

Garnishing

Layering

Moulding

Portioning

Spreading

17. When storing prepared sandwiches pay attention to the _____
and _____ and ensure there is adequate _____

18. Read the extract from the recipe card below for a Club sandwich, and then answer the questions.

RECIPE CARD	
Recipe Name: Club Sandwich	Preparation Time: 10 mins
Cooking Time: 15 mins	Portions: 4
INGREDIENTS (list)	QUANTITIES OR AMOUNT
Sliced Bread – white/wholemeal	12
Bacon Rashers	12
Mayonnaise	125g
Lettuce	12 leaves
Sliced Chicken Breast	320g
Tomatoes (sliced)	4
Salt and Pepper	To taste

a. How many portions does this recipe make?

b. How much chicken breast would you need if you were making 12 portions?

c. How could you adapt this recipe for a coeliac?

d. What is the total time required to make these sandwiches, according to the recipe?



The following sections will be assessed at a time agreed with your trainer.

**PRACTICAL DEMONSTRATION
Assessment Conditions**

Skills must be demonstrated in an operational kitchen. This can be:

- An industry workplace
- A simulated industry environment, such as a training kitchen servicing customers.

Fill out the table on page 11 for the 6 hot or cold sandwiches using a variety of fillings and ingredients. Each of the breads listed below need to be used at least once. Where possible take photos with name card and date to ensure organisational standards are being met:

- White
- Wholemeal
- Wholegrain
- Wraps
- Sourdough
- Flatbreads

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Type	Breads	Hot or cold	Fillings	Date	Signature of Assessor
Club	<input type="checkbox"/> White <input type="checkbox"/> Wholemeal <input type="checkbox"/> Wholegrain <input type="checkbox"/> Wraps <input type="checkbox"/> Sourdough <input type="checkbox"/> Flatbread				
Filled Roll	<input type="checkbox"/> White <input type="checkbox"/> Wholemeal <input type="checkbox"/> Wholegrain <input type="checkbox"/> Wraps <input type="checkbox"/> Sourdough <input type="checkbox"/> Flatbread				
Focaccia	<input type="checkbox"/> White <input type="checkbox"/> Wholemeal <input type="checkbox"/> Wholegrain <input type="checkbox"/> Wraps <input type="checkbox"/> Sourdough <input type="checkbox"/> Flatbread				
Open	<input type="checkbox"/> White <input type="checkbox"/> Wholemeal <input type="checkbox"/> Wholegrain <input type="checkbox"/> Wraps <input type="checkbox"/> Sourdough <input type="checkbox"/> Flatbread				
Pullman	<input type="checkbox"/> White <input type="checkbox"/> Wholemeal <input type="checkbox"/> Wholegrain <input type="checkbox"/> Wraps <input type="checkbox"/> Sourdough <input type="checkbox"/> Flatbread				
Wraps	<input type="checkbox"/> White <input type="checkbox"/> Wholemeal <input type="checkbox"/> Wholegrain <input type="checkbox"/> Wraps <input type="checkbox"/> Sourdough <input type="checkbox"/> Flatbread				

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The following sections will be assessed at a time agreed with your trainer.

PRACTICAL DEMONSTRATION

Assessment Conditions

Assessment must ensure access to:

- Variety of commercial ingredients for preparing sandwiches
- Industry realistic ratios of kitchen staff to customers; these can be:
- Staff and customers in an industry workplace during the assessment process; or
- Individuals who participate in role plays or simulated activities set up for the purpose of assessment, in a simulated industry environment operated within a training organisation

PD must be completed in conjunction with the production of the 6 sandwiches demonstrating the criteria below at least once.

Select Ingredients	Dates
Confirm sandwich requirements, based on standard recipe and customer requests Details:	
Identify and select bread types and fillings taking account of quality, freshness and stock rotation requirements Details:	
Check perishable supplies for spoilage or contamination prior to preparation Details:	
Make Sandwiches	
Use safe food-handling practices to hygienically prepare sandwiches based on requirements Details:	
Cut ingredients and completed sandwiches to ensure uniformity of presentation	

Combine ingredients appropriately based on flavour combinations, customer preference and standard recipes	
Use toasting and heating equipment safely, as required Details:	
Make sandwiches in a logical and sequential manner while minimising waste Details:	
Present and Store Sandwiches	
Present sandwiches on appropriate service-ware to organisational standards Details:	
Add suitable garnishes, as required Details:	
Visually evaluate dish and <i>adjust presentation</i> Accompaniments and garnishes that maximise visual appeal: <ul style="list-style-type: none"> <input type="checkbox"/> Balance <input type="checkbox"/> Colour <input type="checkbox"/> Contrast Plating food for practicality of: <ul style="list-style-type: none"> <input type="checkbox"/> Customer consumption <input type="checkbox"/> Service Wiping drips and spills	
Store sandwiches in appropriate <i>environmental conditions</i> <ul style="list-style-type: none"> <input type="checkbox"/> Atmosphere <input type="checkbox"/> Humidity <input type="checkbox"/> Light <input type="checkbox"/> Packaging <input type="checkbox"/> Temperature <input type="checkbox"/> Use of containers <input type="checkbox"/> Ventilation 	
Clean work area, and dispose of our store surplus and re-usable by-products according to workplace procedures, environmental considerations, and cost reduction initiatives Details:	

Foundation Skills	
Read and interpret recipes for customer sandwich requests	
Locate and read date and codes and rotation labels on food products	
Listen to customer, asking questions where necessary to clarify	
Provide simple face to face explanations to customers about sandwich range	
Count portions	
Use features of heating equipment	
Evaluate quality of sandwich ingredients and finishes and make adjustments to ensure a quality product	
Adjust appearance of food products according to identified deficiencies	
Manage own speed, timing and productivity	

This image shows a single page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The left edge of the paper shows some slight shadowing, suggesting it's part of a bound notebook or folder. The overall appearance is clean and ready for writing.