

Title	Demonstrate knowledge of nutritional values and cooking methods for meat products		
Level	3	Credits	4

Purpose	<p>This unit standard is intended for people entering the retail meat industry.</p> <p>People credited with this unit standard are able to demonstrate knowledge of: the nutritional values of meat products, and cooking and serving methods for meat products.</p>
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Classification	Meat Processing > Meat Retailing
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Available grade	Achieved
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Guidance Information

- 1 Legislation and references
Legislation, regulations and/or industry standards relevant to this unit standard include but are not limited to the:
Australia New Zealand Food Standards Code, available at <http://www.foodstandards.govt.nz/>.
Animal Products Act 1999;
Biosecurity Act 1993;
Biosecurity Amendment Act 2015;
Consumer Guarantees Act 1993;
Fair Trading Act 1986;
Fair Trading Amendment Act 2013;
Food Act 2014;
Food (Safety) Regulations 2002;
Health and Safety at Work Act 2015;
Resource Management Act 1991;
Sale of Goods Act 1908;
Weights and Measures Act 1987.

Any new, amended or replacement Acts, regulations, standards, codes of practice, guidelines, or authority requirements or conditions affecting this unit standard will take precedence for assessment purposes, pending review of this unit standard.

- 2 Industry information is available from a number of national and international organisations including:
The *New Zealand Beef and Lamb Reference Guide* available at http://www.beeflambnz.co.nz/s/Reference_Guide.pdf.
The New Zealand Pork Industry Board, *100% New Zealand Pork*, available at <http://www.pork.co.nz>.
The Poultry Industry Association of New Zealand website, available at <http://www.pianz.org.nz/index.php>.
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Outcomes and performance criteria

Outcome 1

Demonstrate knowledge of the nutritional values of meat products.

Range any three of – beef, lamb, pork, poultry, a selected game meat.

Performance criteria

- 1.1 Nutritional values of meat products are explained in accordance with industry information.

Range fats, vitamins, iron, zinc, cholesterol, protein, amino acids, carbohydrates.

Outcome 2

Demonstrate knowledge of cooking methods for meat products.

Range cooking methods may include but are not limited to – fry, grill, roast, boil, stew, braise, stir fry, microwave, casserole, pressure cook, crock pot, simmer, rotisserie, bar-b-que.

Performance criteria

- 2.1 The purpose of cooking meat is explained in accordance with industry information.

- 2.2 Recommended cooking methods are explained for a range of meat cuts in accordance with industry information.

Range evidence of a minimum of ten meat cuts with different cooking methods is described.

Outcome 3

Demonstrate knowledge of serving methods for meat products.

Performance criteria

- 3.1 Serving and presentation styles for cooked meat cuts are explained in accordance with industry information.
- Range may include but are not limited to – visual appearance, portion sizes, carving, use of garnishes and condiments.
- 3.2 Accompaniments for cooked meats are explained in accordance with industry information.
- Range may include but is not limited to – garnishes, condiments, seasonings, sauces, vegetables.

Planned review date	31 December 2029
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	31 March 2000	31 December 2020
Review	2	20 April 2006	31 December 2020
Review	3	18 June 2010	31 December 2020
Review	4	16 March 2017	31 December 2027
Review	5	27 February 2025	N/A

Consent and Moderation Requirements (CMR) reference	0013
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Hanga-Aro-Rau Manufacturing, Engineering and Logistics Workforce Development Council qualifications@hangaarorau.nz if you wish to suggest changes to the content of this unit standard.