

# Fish and Shellfish Skills Proficiency and Enhancement

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Diagnostic Workshop

**Handout A:**

Fillet fish by hand

Understand how to fillet fish by hand

Principles of marine finfish product knowledge

<b>Title</b>	<b>Fillet fish by hand</b>				
<b>Ofqual unit ref</b>	<b>T/602/0520</b>				
<b>Level</b>	<b>2</b>	<b>Credit value</b>	<b>3</b>	<b>GLH</b>	<b>12</b>
<b>Learning Outcomes</b>			<b>Assessment Criteria</b>		
The learner will:			The learner can:		
1 Prepare to fillet fish by hand			1.1 Confirm the filleting specification		
			1.2 Assemble the tools and equipment needed for filleting		
			1.3 Prepare the work station for hand filleting		
			1.4 Sharpen the filleting knife so that filleting specifications can be met		
			1.5 Obtain fish to meet the filleting specification		
			1.6 Take action to deal with operational problems that affect filleting		
			1.7 Maintain communication with relevant people		
			1.8 Follow company procedures to meet legal and regulatory requirements when preparing to fillet fish by hand.		
2 Fillet fish by hand			2.1 Fillet fish to achieve required yield and quality standards		
			2.2 Trim fillets to achieve specified appearance		
			2.3 Handle and store fish and fish products to maintain condition and quality		
			2.4 Fillet fish at a pace which achieves production targets		
			2.5 Follow company procedures to dispose of waste		
			2.6 Check the product is transferred correctly to the next stage of processing		
			2.7 Take action to deal with problems when filleting.		

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<p>3 Maintain tools and the workstation when filleting fish by hand</p> <p>4 Finish hand filleting</p>	<p>3.1 Maintain the condition of the workstation throughout the filleting process</p> <p>3.2 Sharpen knives to maintain their effectiveness</p> <p>3.3 Store knives safely when not in use.</p> <p>4.1 Follow company procedures to deal with materials that can be recycled or reworked</p> <p>4.2 Follow company procedures to dispose of waste material</p> <p>4.3 Make the workstation and equipment ready for use after work is complete</p> <p>4.4 Store knives safely after use</p> <p>4.5 Maintain records of filleting activity.</p>	
<p>Unit purpose and aim(s)</p>	<p>This unit is designed to assess the skills of learners in the workplace, filleting fish by hand. It needs to be assessed on the job. The learner must be able to demonstrate their competent performance consistently over a period of time, to meet all of the assessment criteria. This will be achieved by at least two observations of performance in the workplace, and may be supported by witness testimony and other workplace evidence. Observations must ensure that the learner's working practice is at commercial speed and in compliance with standard operating procedures. The Improve Assessment Strategy for Proficiency Qualifications in Food and Drink sets out the overarching assessment requirements.</p>	

Title	<b>Understand how to fillet fish by hand</b>				
Ofqual unit ref	<b>F/602/0522</b>				
Level	<b>2</b>	Credit value	<b>2</b>	GLH	<b>8</b>
Learning Outcomes			Assessment Criteria		
The learner will:			The learner can:		
<p>1 Know how to prepare to fillet fish by hand</p> <p>2 Know how to fillet fish by hand</p> <p>3 Know how to maintain tools and the workstation</p>			<p>1.1 List the personal protective equipment needed for hand filleting</p> <p>1.2 List the tools and equipment needed for hand filleting</p> <p>1.3 State company procedures to meet legal and regulatory requirements when filleting fish by hand.</p> <p>2.1 State how to obtain and interpret process and quality specifications for filleting fish</p> <p>2.2 Outline how to identify commonly used fish species</p> <p>2.3 Describe how to fillet round and flat fish to achieve maximum yield</p> <p>2.4 Describe the body skeletal structure of round and flat fish commonly used in processing</p> <p>2.5 List the cuts needed to produce single and butterfly fillets</p> <p>2.6 Outline how to assess the quality of whole fish and fish fillets</p> <p>2.7 List common quality problems associated with hand fillets and likely causes</p> <p>2.8 State the importance of accuracy during filleting.</p> <p>3.1 Describe how to sharpen, maintain and store knives</p> <p>3.2 State how to prepare and maintain work stations in a condition suitable for hand filleting</p> <p>3.3 State how to deal with fish which is not fit for use</p>		

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<p>3 Know how to maintain tools and the workstation</p> <p>4 Know how to finish hand filleting</p>	<p>3.4 Describe product control and traceability arrangements for filleting operations.</p> <p>4.1 State what action to take when the process specification is not met</p> <p>4.2 List what parts of the filleted fish frame can be reworked and recycled</p> <p>4.3 State how to dispose of waste following company procedures</p> <p>4.4 State the limits of own authority and competence</p> <p>4.5 Describe the importance of working within the limits of own authority and competence</p> <p>4.6 List the recording, reporting and communication requirements when filleting fish.</p>	
Unit purpose and aim(s)	<p>This unit is designed to assess the knowledge and understanding of learners in the workplace context, when filleting fish. It can be assessed on or off the job. The learner must demonstrate their current knowledge and understanding, to meet all assessment criteria. Assessment methods appropriate to the needs of the learner must be used to generate satisfactory evidence of knowledge and understanding. It is recommended that this unit is taken with the relevant Occupational Skills Unit. The Improve Assessment Strategy for Proficiency Qualifications in Food and Drink sets out the overarching assessment requirements.</p>	

<b>Title</b>	<b>Principles of marine finfish product knowledge</b>				
<b>Ofqual unit ref</b>	<b>A/602/0616</b>				
<b>Level</b>	<b>3</b>	<b>Credit value</b>	<b>5</b>	<b>GLH</b>	<b>20</b>
<b>Learning Outcomes</b>			<b>Assessment Criteria</b>		
The learner will:			The learner can:		
<p>1 Understand the range of marine finfish species and principles of harvesting and fish stocks</p> <p>2 Understand the principles of processing, packing and distribution of marine finfish and seasonal impacts</p> <p>3 Understand the principles of taste, flavour, nutrition of marine finfish and food safety issues</p>			<p>1.1 Describe the range of commercial fish species that are commonly defined as marine finfish including alternative legally acceptable or approved commercial names</p> <p>1.2 Describe the methods commonly used to harvest these species and locations /regions/grounds from which they are harvested</p> <p>1.3 Explain the role of aquaculture in supplying marine finfish for retail sale</p> <p>1.4 Explain the current general state of fish stocks and species-specific issues including quotas, sustainability and the environmental impact of fishing/aquaculture methods.</p> <p>2.1 Summarise different methods used to process and distribute chilled and frozen marine finfish products commonly traded commercially in the UK</p> <p>2.2 Describe the impact of seasonal variations and adverse weather conditions on a specific product availability, condition, quality and typical price</p> <p>2.3 Clarify the range of marine finfish products available including different packaging systems and processing methods such as MAP, Vac-Pack, smoking, marinating, drying</p> <p>2.4 Describe where to find up to date information on marine finfish for use by seafood retailers, wholesalers and consumers.</p> <p>3.1 Explain taste and texture attributes of chilled, frozen and defrosted fish and how these are perceived by customers</p>		

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<p>3 Understand the principles of taste, flavour, nutrition of marine finfish and food safety issues</p> <p>4 Understand the principles of consumer needs for marine finfish and quality assessment issues</p>	<p>3.2 Explain those species-specific attributes including flavour, texture, colour, oil content and packaging/presentation that may influence individual buying choices</p> <p>3.3 Summarise general nutrition and health issues, including any species-specific recommended consumption targets/limits</p> <p>3.4 Describe specific food safety risks such as potential presence of allergens, contaminants, and other threats to human health and how these risks may be mitigated.</p> <p>4.1 Describe the typical cuts and portion sizes for adults and children, and suggested cooking methods/recipes for commercial species</p> <p>4.2 Describe what alternative or substitute products and species may be suitable for the consumer, and the dietary, cultural or religious factors that may mitigate your advice</p> <p>4.3 Explain the fish quality assessment and quality indicators that apply to marine finfish/finfish products, and the limitations of shelf-life and best before dates</p> <p>4.4 Summarise appropriate recommendations to consumers for handling and storage prior to consumption.</p>	
<p>Unit purpose and aim(s)</p>	<p>This unit is designed to assess the underpinning knowledge and understanding of learners in the workplace context, in the principles of marine finfish. It can be assessed on or off the job. The learner must demonstrate their current knowledge and understanding, to meet all assessment criteria. Assessment methods appropriate to the needs of the learner must be used to generate satisfactory evidence of knowledge and understanding. The Improve Assessment Strategy sets out the overarching assessment requirements.</p>	