



LEVEL 1: ASSOCIATE OF THE ACADEMY OF CHEESE

STANDARDS DOCUMENT & LEARNING OUTCOMES

This document sets out the skills and knowledge we would expect an individual at Level 1 to have. These can be gained in a number of ways such as attending an Academy of Cheese Level 1 Programme, relevant work experience, other appropriate training programmes or a programme of self-learning. For an individual to gain Academy of Cheese Accreditation at Level 1, they will also have to complete and pass the Level 1 assessment.

WHO IS LEVEL 1 AIMED AT?

This level is aimed at the following individuals: cheesemonger/cheese retailer, counter staff or team member, assistant cheesemaker, sales or junior warehouse staff working in cheese distribution, chefs,

catering college students; or consumers with a love of cheese who aspire to become more knowledgeable and skilful.

THE SUCCESSFUL CANDIDATE WILL BE ABLE TO DEMONSTRATE THE FOLLOWING SKILLS & KNOWLEDGE:

MILK PRODUCTION AND CHEESEMAKING

- Has knowledge of and is able to describe the key ingredients used in cheesemaking and their purpose (e.g. milk, cultures, rennet and salt)
- Has an overview of the steps involved in cheesemaking and maturation
- Understands the Academy of Cheese Make/Post-Make (MPM) Model
- Understands how milk is produced

THE LEARNER CAN:

Describe the key ingredients used in cheesemaking, i.e. milk, cultures, rennet and salt, their purpose, the order in which they are used and the general process steps involved in cheesemaking and maturation for hard and soft cheeses.

Identify the MPM class for a specified list of 25 cheeses.
Describe the processes involved in milk production, from conception of the young animal through to end product.



MATURING, AFFINAGE AND GRADING

- Is able to recognise the condition of a soft mould-ripened cheese in terms of degree of ripeness
- Understands cheese grading and its relevance
- Understands the role of maturation and affinage in adding value to the product
- Knows the different basic techniques to accelerate and decelerate ripening in soft mould-ripened cheese

THE LEARNER CAN:

Visually identify over-ripe, ripe and under-ripe soft mould-ripened cheese.

Describe what the terms cheese grading, maturation and affinage mean and the impact they have on product quality.

Describe how to accelerate and decelerate ripening in soft mould-ripened cheese through the use of temperature.

BUYING AND DISTRIBUTION

- Has an understanding of how cheese is bought and transported including the term 'chill chain'
- Has an awareness of the importance of offering an appropriate range of cheeses for a cheese board

THE LEARNER CAN:

Describe the stages involved from production to retail; production, transportation to wholesaler, distribution by wholesaler, presentation and sale by retailer/caterer, purchase by consumer.

Describe the term 'chill chain' i.e. the effect of temperature control on product quality.

Recommend an appropriate range of cheeses for a cheese board i.e. soft, hard and blue or brie, cheddar and stilton.

PRESENTING AND SERVING

- Is able to select and use appropriate packaging, to wrap or re-wrap cheese
- Is able to cut cheese using appropriate tools
- Understands the importance of caring for, cutting and serving cheeses in a manner appropriate to the variety

THE LEARNER CAN:

List the different types of packaging for cheese. Select appropriate packaging for a particular type of cheese (taken from the specified list of 25 cheeses) and describe the reason why they have chosen this packaging.

Select the tools that can be used to correctly cut cheese to best maintain the appearance of the product.



COMMUNICATING

- Understands the key descriptors of cheese, i.e. country of origin, species of milking animal, vegetarian/animal rennet, raw/pasteurised milk, MPM class, protected status, age
- Understands the principles of pairing cheese and drinks

THE LEARNER CAN:

Describe a cheese, using the following key descriptors:

- Country of origin
- Species of animal
- Vegetarian/animal rennet
- Raw/pasteurised milk
- MPM Class
- Protected status (Protected Designation of Origin, Protected Geographical Indicator, Traditional Speciality Guaranteed)
- Age

Describe how and why some drink types complement cheese, e.g. cider and cheddar or port and stilton.

CHEESE INDUSTRY KNOWLEDGE

- Has an overview of the history of cheesemaking
- Has an overview of the nutritional value of cheese
- Has an understanding of the difference between large scale and artisan production

THE LEARNER CAN:

Describe the most commonly known origins of cheese, including how the first cheese was made and the country/region it was first invented.

Describe the nutritional content of cheese, the benefits and why it is a good source of energy, fat, protein

and minerals (calcium).

Identify the difference between large and artisan production in terms of scale of production, target market and pricing.

REGULATION AND GOOD PRACTICE

- Demonstrates good handwashing techniques
- Understands the difference between 'Use By' and 'Best Before'
- Understands how to handle cheese safely

THE LEARNER CAN:

Describe the steps and correct process for washing hands effectively, including the appropriate materials to be used.

Describe how to handle cheese in a safe way to avoid contamination of the product.

Describe the terms 'Use By' and 'Best Before' and the appropriate use of applying them to a product.



TASTING

- Understands how to use the Academy of Cheese Level 1 Taste Model and is able to assess cheese using the model

THE LEARNER CAN:

List the five simple flavours: sweet, acid, bitter, salty and savoury (umami) used in the Academy of Cheese Level 1 Taste Sheet.

Interpret a completed taste sheet using five simple flavours.

CHEESE LIBRARY

- Recognises the specified 25 cheeses by name, MPM class, species of milking animal, protected status and region of origin.
- Understands the background information, cheesemake and maturation process for the 25 cheeses specified on the Level 1 list.

THE LEARNER CAN:

Identify 25 cheeses by name, MPM class, species of milking animal, protected status and country/region of origin.

Recall the background information, cheesemake and maturation process for the 25 cheeses specified on the Level 1 list.

Identify the 25 cheeses from the Level 1 list by appearance.

RECOMMENDED TRAINING AND/OR QUALIFICATIONS, AND EXPERIENCE

Academy of Cheese Level 1 Programme – attendance on a Level 1 classroom course or completion of Level 1 eLearning or relevant work experience. The candidate is

expected to have tasted the 25 cheeses on the Level 1 list by the time of their assessment

ASSESSMENT

Multiple choice exam (100% weighting) with 30 questions, taken from the 9 elements of learning. A minimum of 2 and maximum of 10 questions taken from each element.

Pass: ≥ 24 questions answered correctly

Fail: < 24 questions answered correctly