

Unit Title: Basic Cooking Techniques
Unit Level: Entry 1
Unit Credit Value: 3
GLH: 30
LASER Unit Code: CAL080
Ofqual Unit Code: J/600/6198

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand different methods of cooking.	1.1	Identify at least two methods of cooking.
		1.2	Identify a food that can be cooked using different methods.
2.	Recognise different equipment needed for cooking.	2.1	Identify equipment needed for each of the methods of cooking.
3.	Understand Health and Safety issues relating to different methods.	3.1	Identify two safety factors when cooking.
		3.2	Identify two risks.
4.	Know how to make a dish using different cooking methods.	4.1	Participate in using two different cooking methods.

Assessment Guidance:

As an E1 unit it is expected that the learner may require some support and prompting when doing the assessment but will be able to provide meaningful and appropriate responses to the tasks. This unit is only assessed at the application stage of the continuum.

Additional Information:

NA