

**Unit Title:** Basic Cooking Techniques  
**Unit Level:** Entry 2  
**Unit Credit Value:** 3  
**GLH:** 30  
**LASER Unit Code:** CAL083  
**Ofqual Unit Code:** L/600/6199

This unit has 5 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand different methods of cooking.	1.1	Identify at least four methods of cooking.
		1.2	Outline each of the methods.
		1.3	Identify two foods that can be cooked using different methods.
2.	Recognise different equipment needed for cooking.	2.1	Identify equipment needed for each of the four methods of cooking.
3.	Understand Health and Safety issues relating to different techniques.	3.1	Identify safety factors of using different methods of cooking.
		3.2	Identify the risks different methods may have.
4.	Understand some techniques are healthier than others.	4.1	Identify a method of cooking which is healthy.
5.	Know how to make a dish using different cooking methods.	5.1	Cook food using two different methods and comment on the results.

**Assessment Guidance:**

As an E2 unit it is expected that the learner may require some assistance in the form of prompts for the assessment. Practical tasks may be in a simulated environment.

**Additional Information:**

NA