

Unit Title: Basic Cooking Techniques
Unit Level: Entry 3
Unit Credit Value: 3
GLH: 30
LASER Unit Code: CAL084
Ofqual Unit Code: T/600/6200

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 six 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 six 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 which methods of cooking are healthier.
5.	Know how to make a dish using different cooking methods.	5.1	Select a food that can be cooked using two different methods.
		5.2	Cook the food and comment on the results.
		5.3	Make a dish that uses two different cooking methods.

Assessment Guidance:

As an E3 level unit it is expected that the learner for the majority of the assessment will be acting independently with any support being minimal. Practical tasks should normally be in a real environment.

Additional Information:

NA