

**Unit Title:** Make A Simple Meal  
**Unit Level:** Entry 3  
**Unit Credit Value:** 3  
**GLH:** 30  
**LASER Unit Code:** CAL144  
**Ofqual Unit Code:** D/600/6224

This unit has 6 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know basic hygiene rules of the kitchen.	1.1	Wash hands before food preparation.
		1.2	Maintain personal cleanliness.
		1.3	Identify how to maintain a clean working environment.
2.	Be able to select ingredients to make a meal.	2.1	Identify ingredients to make a simple meal.
3.	Be able to prepare ingredients.	3.1	Prepare ingredients to make a meal.
4.	Know how to use utensils safely.	4.1	Identify how to use three utensils safely.
		4.2	Use utensils safely.
5.	Know how to use a cooker safely.	5.1	Use a cooker for at least two different purposes.
		5.2	Identify three rules for safe use of a cooker.
		5.3	Identify three cooking hazards.
6.	Be able to serve a meal.	6.1	Identify crockery and cutlery for serving a meal.
		6.2	Serve a meal.

**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