

Unit Title: Preparing And Cooking Fish, Meat And Poultry
Unit Level: Entry 3
Unit Credit Value: 3
GLH: 30
LASER Unit Code: WJC476
Ofqual Unit Code: J/506/0817

This unit has 3 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know about some common types of fish, meat and poultry.	1.1	Identify types of fish, meat and poultry.
		1.2	Give examples of storage methods for fresh and frozen fish, meat and poultry.
		1.3	Identify two ways to check that fish, meat or poultry is suitable for cooking.
2.	Know how to prepare fish, meat and poultry.	2.1	State how to defrost fish, meat and poultry safely.
		2.2	Identify preparation methods for: (a) Fish (b) Meat (c) Poultry.
		2.3	State equipment for identified preparation methods.
3.	Know how to cook fish, meat and poultry.	3.1	Identify cooking methods for: (a) Fish (b) Meat (c) Poultry.
		3.2	State how to check that fish, meat and poultry are cooked.
		3.3	Give examples of finishing methods for fish, meat and poultry.

Assessment Guidance:

NA

Additional Information:

NA