

Unit Title: Preparing And Cooking Fruit And Vegetables
Unit Level: Entry 3
Unit Credit Value: 3
GLH: 30
LASER Unit Code: WJC584
Ofqual Unit Code: L/506/0818

This unit has 3 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know about some common fruit and vegetables.	1.1	Identify six common fruits and vegetables.
		1.2	Give three examples of how to check the quality of fruit and vegetables.
		1.3	State some common storage methods for specified fruit and vegetables.
2.	Know some common methods for preparing and cooking fruit and vegetables.	2.1	Identify two common preparation methods for fruit and vegetables.
		2.2	State equipment required for identified preparation methods.
		2.3	Identify two common cooking methods for fruit and vegetables.
3.	Be able to prepare and cook fruit and vegetables.	3.1	Use three common tools for the preparation of specified fruit and vegetables safely.
		3.2	Assemble and prepare fruit and vegetables according to specifications.
		3.3	Cook fruit and vegetables according to recipes.

Assessment Guidance:

NA

Additional Information:

NA