

Unit Title: Food, Drink And Cooking
Unit Level: Entry 3
Unit Credit Value: 3
GLH: 30
LASER Unit Code: WJC743
Ofqual Unit Code: T/506/0781

This unit has 8 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know about kitchen utensils and basic kitchen equipment.	1.1	Identify small basic items of equipment used in a kitchen.
		1.2	Identify items of electrical equipment used in a kitchen.
		1.3	State what each item in 1.1 and 1.2 is used for.
2.	Be able to use kitchen utensils and basic kitchen equipment.	2.1	Demonstrate how to use the equipment in 1.1
		2.2	Demonstrate how to use: a) hob b) grill c) oven d) microwave.
3.	Understand the importance of preparing balanced nutritious meals.	3.1	Select foods to make a simple balanced meal or snack.
		3.2	State why it is important to eat balanced nutritious meals.
4.	Know about hot and cold drinks.	4.1	Identify hot and cold drinks.
5.	Be able to make drinks.	5.1	Prepare basic hot and cold drinks.
6.	Know about fresh foods that do not need to be cooked.	6.1	Identify different fresh foods that do not need to be cooked.
		6.2	State the types of cold snacks available that do not need cooking/heating.
7.	Know about simple cooked snacks.	7.1	List different fresh foods that can form a cooked snack.
		7.2	Identify simple hot snacks using basic ingredients.
8.	Be able to make snacks.	8.1	Prepare a selection of hot and cold snacks.

Assessment Guidance:

NA

Additional Information:

NA