

**Unit Title:** Using Cooking Skills In The Domestic Kitchen  
**Unit Level:** Level 1  
**Unit Credit Value:** 3  
**GLH:** 27  
**LASER Unit Code:** WJC795  
**Ofqual Unit Code:** Y/506/0790

This unit has 5 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand how to plan and cost nutritionally balanced meals.	1.1	Plan a two-course meal, taking into account basic nutritional value and costs.
		1.2	Give three reasons for choice of meal.
2.	Be able to use fresh ingredients and convenience foods.	2.1	Cook a meal using: a) fresh ingredients b) convenience foods.
3.	Be able to use and maintain a range of domestic kitchen equipment.	3.1	Identify and use examples of domestic kitchen equipment to produce a meal.
		3.2	Clean and store the equipment used.
4.	Be able to use a variety of food preparation methods.	4.1	Identify different food preparation methods.
		4.2	Produce a dish using a range of food preparation methods.
5.	Understand the importance of health and safety in a domestic kitchen.	5.1	Identify the main health and safety risks in a domestic kitchen.
		5.2	Outline how to respond to health and safety risks in a domestic kitchen.

**Assessment Guidance:**

NA

**Additional Information:**

NA