

Unit Title: Basic Food Preparation And Cooking
Unit Level: Level 1
Unit Credit Value: 3
GLH: 27
LASER Unit Code: WJC796
Ofqual Unit Code: Y/506/0806

This unit has 2 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know the principal methods of cooking.	1.1	Identify the principal methods of cooking.
		1.2	State typical cooking methods for different foods.
2.	Be able to prepare, cook and present a simple dish.	2.1	Prepare three simple dishes.
		2.2	Clean work areas and equipment.
		2.3	State safe working practices for different cooking methods.
		2.4	Review own performance.
		2.5	Make suggestions for future improvements.

Assessment Guidance:

NA

Additional Information:

NA