

Unit Title: Cooking With Meat, Fish And Vegetables
Unit Level: Level 2
Unit Credit Value: 4
GLH: 35
LASER Unit Code: WJD402
Ofqual Unit Code: T/504/9392

This unit has 7 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Identify, prepare and cook a range of meats.	1.1	Describe different meats.
		1.2	Prepare meat.
		1.3	Cook meat.
2.	Identify, prepare and cook a range of fish.	2.1	Describe different fish.
		2.2	Prepare fish.
		2.3	Cook fish.
3.	Identify, prepare and cook a range of vegetables.	3.1	Describe different types of vegetables.
		3.2	Prepare vegetables.
		3.3	Cook vegetables.
4.	Understand cooking methods for meat, fish and vegetable cookery.	4.1	Explain when to use the following cooking methods: a) Braising b) Casseroling c) Steaming d) Frying e) Grilling f) Oven roasting g) Boiling h) Pressure-cooking.
5.	Be able to prepare balanced meal using a healthy recipe.	5.1	Select a healthy recipe.
		5.2	Follow healthy recipes to prepare a meal.
		5.3	Explain nutritive value of the prepared meal.
6.	Be able to follow principles of health and safety when preparing food.	6.1	Apply health and safety principles in practice.
7.	Evaluate own work.	7.1	Comment on finished products.
		7.2	Identify ways of improving.

Assessment Guidance:

NA

Additional Information:

NA