

**Unit Title:** Cooking Skills  
**Unit Level:** Level 2  
**Unit Credit Value:** 3  
**GLH:** 24  
**LASER Unit Code:** WJD409  
**Ofqual Unit Code:** J/504/9395

This unit has 3 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know how to plan meals according to specific requirements.	1.1	Plan the meals for a day taking into account a) providing a balanced healthy diet b) cost.
2.	Be able to prepare dishes using a variety of ingredients.	2.1	Prepare dishes.
		2.2	Use different cookery methods.
		2.3	Give reasons for the method used.
		2.4	Use tools and equipment to produce meal.
		2.5	Demonstrate how to clean and store correctly the equipment used.
3.	Understand the importance of health and safety requirements in the kitchen.	3.1	Identify health and safety risks in a kitchen.
		3.2	Identify why it is important to meet health and safety requirements in the kitchen.
		3.3	Carry out all tasks safely and hygienically.

**Assessment Guidance:**

NA

**Additional Information:**

NA