

Open Awards Qualification Unit



Form OAQU

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1 Unit Details

Unit Title:	Basic Cooking Techniques.
QAC Code:	L/600/6199
Level:	Entry 2
Credit Value:	3
Minimum GLH:	30

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand different methods of cooking.	1.1 Identify at least four methods of cooking.
	1.2 Outline each of the methods.
	1.3 Identify two foods that can be cooked using different methods.
2. Recognise different equipment needed for cooking.	2.1 Identify equipment needed for each of the four methods of cooking.
3. Understand health and safety issues relating to different techniques.	3.1 Identify safety factors of using different methods of cooking.
	3.2 Identify the risks different methods may have
4. Understand some techniques are healthier than others.	4.1 Identify a method of cooking which is healthy.
5. Know how to make a dish using different cooking methods.	5.1 Cook food using two different methods and comment on the results.