

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Prepare, Cook and Finish Food

Unit Reference Number: J/505/5391

Level: Level Two (2)

Credit Value: Four (4)

Minimum Guided Learning Hours: 35

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know the basic principles of food preparation.	1.1 List appropriate tools and equipment for preparing food commodities
	1.2 Describe the importance of quality when preparing food commodities
	1.3 Describe the importance of checking that commodities meet requirements
	1.4 Describe the importance of reporting problems with commodities
	1.5 Describe the importance of correct storage of prepared food
2. Know the basic principles for cooking food	2.1 Identify different cooking methods used for a range of dishes
	2.2 State appropriate methods for cooking food
	2.3 State the key features of healthier foods
	2.4 Describe the importance of providing healthy eating options
	2.5 Describe the importance of holding cooked food at the correct temperature
3. Know the basic principles of finishing food	3.1 Describe the importance of finishing dishes for service
	3.2 State the importance of using appropriate food garnishes

	3.3 Describe the importance of checking that dishes meet requirements for colour, consistency and flavour
4. Know how to clear down work areas and equipment and store food at end of production	4.1 Describe the correct procedure for clearing down
	4.2 Identify food suitable for re-use or disposal
	4.3 Safely store food for reuse
	4.4 Dispose of food correctly