Changing lives through learning

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Basic Food Preparation and Cooking

Unit Reference Number: D/615/0288

Level: Level One (1)

Credit Value: Three (3)

Minimum Guided Learning Hours: 30

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know the principal methods of cooking	1.1 State the principal methods of cooking
	1.2 State typical cooking methods for different commodities
2. Be able to prepare, cook and present simple dishes	2.1 Prepare, cook and present simple dishes safely and hygienically
	2.2 Clean work areas and equipment safely and hygienically during and after preparing and cooking food
	2.3 State safe working practices for different cooking methods
	2.4 Review own performance and make suggestions for future improvements

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