Changing lives through learning

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Cooking Techniques

Unit Reference Number: K/615/6515

Level: Entry Level Three (3)

Credit Value: Three (3)

Minimum Guided Learning Hours: 30

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand different methods of cooking	1.1 Identify at least six 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 six methods of cooking
3. Understand health and safety issues relating to different cooking techniques	3.1 Identify equipment needed for each of the six methods of cooking
	3.2 Identify the risks the different methods may have
4. Understand some techniques are healthier than others	4.1 Identify which methods of cooking are healthier
5. Know how to make a dish using different cooking methods	5.1 Select a food that can be cooked using two different methods
	5.2 Make a dish that uses two different cooking methods

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