Changing lives through learning

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Make a Meal

Unit Reference Number: A/615/6518

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. Know basic hygiene rules of the kitchen	1.1 Wash hands before food preparation
	1.2 Maintain personal cleanliness
	1.3 Identify how to maintain a clean working environment
2. Be able to select ingredients to make a meal	2.1 Identify ingredients to make a simple meal
3. Be able to prepare ingredients	3.1 Prepare ingredients to make a meal
4. Know how to use utensils safely	4.1 Identify how to use three utensils safely
5. Know how to use a cooker safely	5.1 Use a cooker for at least two different purposes
	5.2 Identify three rules for safe use of a cooker
	5.3 Identify three cooking hazards
6. Be able to serve a meal	6.1 Identify crockery and cutlery for serving a meal
	6.2 Serve a meal

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