

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Food, Drink and Cooking

Unit Reference Number: A/615/6521

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 about kitchen utensils and basic kitchen equipment	1.1 Identify small basic items of equipment used in a kitchen
	1.2 Demonstrate how to use the identified equipment
	1.3 Identify which items of electrical equipment may be used
	1.4 State why these items are used
	1.5 Demonstrate how to use: a) hobs b) grill c) oven d) microwave
2. Know about the importance of preparing balanced nutritious meals	2.1 Select foods to make a simple balanced meal or snack
	2.2 State why it is important to eat balanced nutritious meals
3. Know about hot and cold drinks	3.1 Identify the range of hot and cold drinks available
	3.2 Prepare a range of basic hot and cold drinks
4. Know which fresh foods do not need to be cooked	4.1 Identify different fresh foods that do not need to be cooked

	4.2	State the types of cold snacks available that do not need cooking/heating
5. Know about simple cooked snacks	5.1	List different fresh foods that can form a cooked snack
	5.2	Identify a range of simple hot snacks using basic ingredients
6. Be able to prepare a variety of snacks	6.1	Prepare a selection of hot and cold snacks for self and others