

# Qualification Unit

This unit forms part of a regulated qualification.

**Unit Title:** Using Cooking Skills in the Kitchen

**Unit Reference Number:** M/615/8525

**Level:** Level One (1)

**Credit Value:** Three (3)

**Minimum Guided Learning Hours:** 27

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand how to plan and cost nutritionally balanced meals	1.1 Plan a two-course meal, taking into account basic nutritional value and costs
	1.2 Give three reasons for choice of meal
2. Be able to use a variety of food preparation methods	2.1 Identify different food preparation methods
	2.2 Produce a dish using a range of food preparation methods
3. Be able to use fresh ingredients and convenience foods	3.1 Cook a meal using: a) Fresh ingredients b) Convenience foods
4. Be able to use and maintain a range of kitchen equipment	4.1 Identify and use examples of kitchen equipment to produce a meal
	4.2 Clean and store the equipment used
5. Understand the importance of health and safety in a kitchen	5.1 Identify the main health and safety risks in a kitchen
	5.2 Outline how to respond to health and safety risks in a kitchen