

Open Awards Qualification Unit



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1 Unit Details

Unit Title:	Cooking with Meat, Fish and Vegetables
Unit Reference Number:	F/615/9792
Level:	Level 2
Credit Value:	4
Minimum GLH:	35

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Identify, prepare and cook a range of meal	1.1 Classify different meats
	1.2 Describe a minimum of 3 ways to prepare meat
	1.3 Compare a minimum of 3 ways to cook meat
	1.4 For a chosen piece of meat a) Prepare meat b) Cook meat
2. Identify, prepare and cook a range of fish	2.1 Classify different fish
	2.2 Describe a minimum of 3 ways to prepare fish
	2.3 For a chosen piece of fish a) Prepare fish b) Cook fish
3. Identify, prepare and cook a range of vegetables	3.1 Classify different vegetables
	3.2 Produce a seasonal chart outlining when vegetables are in season
	3.2 For a minimum of 2 chosen vegetables a) Prepare vegetables b) Cook vegetables

4. Know about different cooking methods	4.1 Explain when to use the following cooking methods: a) Braising b) Casseroling c) Steaming d) Frying e) Grilling f) Oven roasting g) Boiling h) Pressure-cooking
5. Be able to prepare balanced meal using a healthy recipe and evaluate own work	5.1 Select a healthy recipe <hr/> 5.2 Follow healthy recipes to prepare a meal <hr/> 5.3 Explain nutritive value of the prepared meal <hr/> 5.4 Evaluate own work and identify ways to improve
6. Be able to follow principles of health and safety when preparing food	6.1 Apply health and safety principles in practice