

Open Awards Qualification Unit



This unit forms part of a regulated qualification. Click [here](#) to view qualifications.

1 Unit Details

Unit Title:	Kitchen Skills
Unit Reference Number:	Y/615/9796
Level:	Level 2
Credit Value:	3
Minimum GLH:	24

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know how to plan meals according to specific requirements	1.1 Plan the meals for two days for 1 person taking into account: <ul style="list-style-type: none"> a) Providing a balanced healthy diet b) Cost restraints c) Time limitations
	1.2 Identify a minimum of one source of information to find recipes for: <ul style="list-style-type: none"> a) Vegetarian dishes b) Non-vegetarian dishes
2. Be able to cook planned meals	2.1 From planned meals, choose two to make and give reasons for choice
	2.2 Weight/ measure ingredients as required
	2.3 Create meals as per plan
	2.4 Evaluate own work
3. Know how to work safety in a kitchen environment	3.1 Identify health and safety risks associated with working in a kitchen
	3.2 Follow all health and safety requirements when working in a kitchen

4	Know how to work hygienically in a kitchen environment	4.1	State the importance of working hygienically in a kitchen
		4.2	Outline why it is important to use different utensils for a) Cooked meat b) Uncooked meat
		4.3	State a minimum of 2 ways in which cross-contamination can be avoided when working in a kitchen
		4.4	Identify any PPE required when working in a kitchen
		4.5	Outline: a) How to store food correctly b) The importance of storing food correctly