

Open Awards Qualification Unit



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1 Unit Details

Unit Title:	Prepare, Cook and Finish Food
Unit Reference Number:	J/615/9583
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. Know the basic principles of food preparations	1.1 List appropriate tools and equipment for preparing food commodities
	1.2 Describe the importance of quality when preparing food commodities
	1.3 Describe the importance of checking that commodities meet requirements
	1.4 Describe the importance of reporting problems with commodities
	1.5 Describe the importance of correct storage of prepared food
2. Know the basic principles for cooking food	2.1 Identify different cooking methods used for a minimum of 2 dishes
	2.2 State appropriate cooking methods for cooking a minimum of 3 different types of food
	2.3 State the key features of healthier 'health foods'
	2.4 Describe the importance of <ul style="list-style-type: none"> a) holding raw food correctly b) holding cooked food correctly
3. Know the basic principles of finishing food	3.1 Compare garnishes used on a minimum of 3

	different dishes
	3.2 Describe the importance of finishing dishes for services
	3.3 State the importance of using appropriate food garnishes
	3.4 Describe the importance of checking that dishes meet requirements for colour, consistency and flavour
4. Know how to clear down work areas and equipment and store food at end of production	4.1 Describe the correct procedure for clearing down
	4.2 Identify food suitable for re-use or disposal