



Student Name:

Unit Title: Cooking for Beginners

NOCN Code: NF11WY501 Credit: 6 Level: 1 Learning Hours :60

Key Learning Outcomes in Bold AC = Assessment Criteria		Evidence Reference	Assessment Method/Activity Key OB = Observation PJ = Project W = Written/Ques S = Simulation PD = Product/Prac APL = Prior exp SA = Self Ass: SUR = Surveys Pres = Presentation TC = Time Con
1.	Prepare him/her self for handling food 1.1 Demonstrate hygiene practices. 1.2 Wear clean and appropriate clothing. 1.3 Clean and care for equipment in accordance with industry standards.		
2.	Deal with simple accidents, e.g. cuts, burns and know fire procedures. 2.1 Identify health and safety procedures for kitchen use.		
3.	Use all equipment correctly and safely. 3.1 Demonstrate safe use of knives. 3.2 Use larger equipment, e.g cookers, fryers etc. safely and appropriately.		
4.	Select a range of raw ingredients for the preparation of a number of dishes. 4.1 Select correct ingredients needed for the dish.		
5.	Weigh out and measure ingredients. 5.1 Provide accurate amounts of ingredients indicated in recipes.		
6.	Prepare and cook competently a range of dishes and present them. 6.1 Competently cook a range of dishes with guidance, using different methods of cooking, e.g boiling, baking, frying etc.		

7.	Evaluate prepare dishes and identify measures to rectify faults with tutor support. 7.1 Comment on dishes made with regard to; flavour, colour, texture, aroma, consistency, presentation		
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<p>Signed studentdate.....</p> <p>Signed tutor.....date.....</p>
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