

Title:	Basic Cooking
Level:	Entry Level 3
Credit value:	2
GLH:	20
Unique Reference Number:	Y/502/4808
Sector Subject Area:	7.4 Hospitality and Catering
Aim:	The aim of this unit is to provide learners with the skills and knowledge of basic cooking.
Assessment Type:	Assessment of this unit will be through the completion of internally set and internally assessed evidence.
Assessment Guidance:	Assessment should be based on a range of suitable evidence such as written assignments, reflective accounts, professional discussions, or oral questioning.

Learning outcomes

The learner will:

1. Be able to cook basic food items and dishes.

Delivery content:

The aim of this learning outcome is to provide learners with the skills and knowledge to be able to cook basic food items and dishes.

The learner must be able to:

- 1.1. Select the correct ingredients for basic dishes.
- 1.2. Choose the correct equipment and handle safely and hygienically.
- 1.3. **Cook food items safely and hygienically.**
- 1.4. Clean work areas and equipment safely and hygienically during and after cooking.
- 1.5. Identify what went well and suggest any improvements.

Scope of Training

The Scope of Training identifies areas that must be covered during the delivery of this unit. This is the minimum that is expected but tutors are expected to include other areas, knowledge of which will benefit their learners, based on location, types of work available and from the tutors own professional experience.

Requirements

1.3. Cook food items safely and hygienically.

- Wash hands and wear clean PPE
- Use clean equipment
- Prevent cross-contamination by using separate chopping boards and tools.
- Cook to the correct temperature and use a food thermometer to ensure food is cooked through .
- Follow recipes or cooking times accurately to ensure food is safe and good quality.
- Store cooked food correctly
- Serve immediately
- Cool and refrigerate safely if not served right away.
- Check food is piping hot before serving reheated food must be at least 75°C all the way through.
- Follow food safety rules.