

Title:	Basic food preparation
Level:	Entry 3
Credit value:	2
GLH:	20
Unique Reference Number:	J/600/0711
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 food preparation.
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 prepare food for cold presentation or cooking.

Delivery content:

The aim of this learning outcome is to provide learners with the skills to be able to prepare food for cold presentation or cooking.

The learner must understand:

- 1.1. Select the correct ingredients for basic dishes.
- 1.2. Choose the correct equipment and handle safely and hygienically.
- 1.3. Prepare food items for cold presentation or cooking safely and hygienically.
- 1.4. Set aside or store prepared food items ready for use according to instructions.
- 1.5. Clean work areas and equipment **safely and hygienically during and after preparing food.**

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

1.5. Clean work areas and equipment **safely and hygienically during and after preparing food.**

- Always use food-safe disinfectants and follow manufacturer instructions.
- Wipe spills and wash equipment during food prep to avoid cross-contamination.
- Use colour-coded cloths for different areas (e.g. food surfaces, floors) to prevent bacteria spread.
- Clean utensils, chopping boards, and surfaces with hot, soapy water and rinse well.
- Empty bins regularly and follow correct procedures for food and packaging waste.