

<b>Title:</b>	Cooking Simple Dishes
<b>Level:</b>	Level 1
<b>Credit value:</b>	2
<b>GLH:</b>	18
<b>Unique Reference Number:</b>	H/652/0485
<b>Sector Subject Area:</b>	14.1 Foundations for Learning and Life
<b>Aim:</b>	The aim of this unit is to provide learners with the knowledge and skills to cook simple dishes in catering environments. Learners will develop their understanding of simple cooking methods, prepare ingredients for cooking, cook simple dishes using appropriate equipment, and maintain safe and hygienic practices during cooking activities.
<b>Assessment Type:</b>	Assessment of this unit will be through an internally set and internally assessed portfolio of evidence.
<b>Assessment Guidance:</b>	<p>Assessment decisions for skills-based learning outcomes must be made during the learner's normal work activity.</p> <p>Skills-based assessment must include direct observation as the main source of evidence and must be carried out over an appropriate period of time.</p> <p>Evidence must confirm that the learner can prepare and cook simple dishes using appropriate ingredients and equipment.</p> <p>Assessment must reflect realistic catering contexts.</p>

### Learning outcomes

The learner will:

1. Understand simple cooking methods used in catering environments.

#### Delivery content:

The aim of this learning outcome is to provide learners with the knowledge to understand basic cooking methods used in kitchens.

The learner must:

- 1.1 Describe examples of **simple cooking methods** used in catering environments.
- 1.2 Explain how to cook no less than three simple dishes.
- 1.3 Outline the importance of following cooking instructions.

2. Prepare ingredients for simple cooking tasks.

#### Delivery content:

The aim of this learning outcome is to provide learners with the knowledge and skills to prepare ingredients used in simple cooking activities.

The learner must demonstrate how to:

- 2.1 Prepare ingredients for simple dishes during kitchen activities.
- 2.2 Measure ingredients for cooking during food preparation tasks.
- 2.3 Organise ingredients and equipment ready for cooking.

3. Cook simple dishes using appropriate equipment.

**Delivery content:**

The aim of this learning outcome is to provide learners with the skills to cook simple dishes during kitchen activities.

The learner must demonstrate how to:

- 3.1 Cook simple dishes during kitchen activities.
- 3.2 Use cooking equipment safely when preparing dishes.
- 3.3 Follow cooking instructions when preparing food.

4. Maintain safe cooking practices during kitchen activities.

**Delivery content:**

The aim of this learning outcome is to provide learners with the knowledge and skills to maintain safe and hygienic practices during cooking activities.

The learner must demonstrate how to:

- 4.1 Maintain clean cooking equipment during kitchen activities.
- 4.2 Maintain safe food handling practices during cooking tasks.
- 4.3 Maintain clean kitchen work areas during food preparation and cooking.

Scope of Training

The Scope of Training identifies areas that must be covered during the delivery of this unit. This is the minimum expected but tutors may include additional areas based on local employment contexts.

Requirements

**Simple cooking methods:**

**Definition.**

Basic methods used to cook food during kitchen activities.

**Teaching must include.**

Simple methods commonly used in the learning context. For example:

- Boiling.
- Baking.
- Grilling.
- Frying.

**Teaching could include.**

Simple methods not commonly used in the learning context.