

Title:	Introduction to Food Preparation Tasks
Level:	Entry Level 3
Credit value:	2
GLH:	20
Unique Reference Number:	K/652/0413
Sector Subject Area:	14.1 Foundations for Learning and Life
Aim:	The aim of this unit is to provide learners with the knowledge and skills to recognise basic food preparation tasks carried out in catering environments. Learners will recognise common food preparation activities, understand simple preparation methods, and support basic food preparation tasks during kitchen activities.
Assessment Type:	Assessment of this unit will be through an internally set and internally assessed portfolio of evidence.
Assessment Guidance:	<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 recognise food preparation activities and support simple food preparation tasks.</p> <p>Assessment must reflect realistic catering contexts.</p>

Learning outcomes

The learner will:

1. Recognise common food preparation activities.

Delivery content:

The aim of this learning outcome is to provide learners with the knowledge and skills to recognise food preparation activities carried out in catering environments.

The learner must:

- 1.1 Identify at least three examples of food preparation tasks carried out in kitchens.
- 1.2 Recognise at least three examples of ingredients used in food preparation.
- 1.3 Name at least three examples of **food preparation equipment** used in kitchens.

2. Understand preparation methods used in kitchens.

Delivery content:

The aim of this learning outcome is to provide learners with the knowledge and skills to understand basic preparation methods used in catering environments.

The learner must:

- 2.1 Describe examples of **cutting methods** used during food preparation.
- 2.2 Match simple preparation activities to the correct method.
- 2.3 Select measuring equipment for simple preparation tasks.

3. Support simple food preparation tasks.

Delivery content:

The aim of this learning outcome is to provide learners with the knowledge and skills to support simple preparation activities during kitchen tasks.

The learner must demonstrate how to:

- 3.1 Follow instructions for ingredient preparation during kitchen activities.
- 3.2 Support simple food preparation tasks during kitchen activities.
- 3.3 Prepare ingredients for simple foods.

4. Review equipment care practices.

Delivery content:

The aim of this learning outcome is to provide learners with the knowledge and skills to review kitchen equipment care practices used in catering environments.

The learner must:

- 4.1 Review the equipment care practices used during kitchen activities.
- 4.2 Identify strengths of equipment maintenance procedures.
- 4.3 Suggest improvements to the organisation or storage of kitchen equipment.

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

Food preparation equipment:

Definition.

Equipment used when preparing ingredients before cooking.

Teaching must include.

Manual food preparation equipment

Electronic food preparation equipment.

Teaching could include.

Industrial food preparation equipment.

Cutting methods:

Definition.

Techniques used to cut ingredients during food preparation.

Teaching must include.

Basic cutting methods (must include chopping, slicing, dicing)

Teaching could include.

Specific cutting methods for presentation.