

<b>Title:</b>	Preparing Ingredients for Cooking
<b>Level:</b>	Level 1
<b>Credit value:</b>	2
<b>GLH:</b>	18
<b>Unique Reference Number:</b>	A/652/0491
<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 prepare ingredients for cooking in catering environments. Learners will develop their understanding of ingredient preparation methods, prepare ingredients for cooking tasks, use appropriate preparation equipment, and maintain safe food preparation practices during kitchen 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 ingredients appropriately for cooking tasks in catering environments.</p> <p>Assessment must reflect realistic catering contexts.</p>

### Learning outcomes

The learner will:

1. Understand ingredient preparation methods used in cooking.

#### **Delivery content:**

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

The learner must:

- 1.1 Describe examples of **ingredient preparation methods** used before cooking.
- 1.2 Explain the purpose of preparing ingredients for cooking.
- 1.3 Outline the importance of using fresh ingredients during food preparation.

2. Prepare ingredients for cooking tasks.

#### **Delivery content:**

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

The learner must demonstrate how to:

- 2.1 Prepare vegetables for cooking during kitchen activities.
- 2.2 Prepare ingredients for simple dishes during food preparation tasks.
- 2.3 Measure ingredients for cooking during preparation activities.

3. Use food preparation equipment during ingredient preparation.

**Delivery content:**

The aim of this learning outcome is to provide learners with the skills to use equipment when preparing ingredients.

The learner must demonstrate how to:

3.1 Use food preparation equipment safely during ingredient preparation.

3.2 Use kitchen hand tools when preparing ingredients.

3.3 Maintain clean preparation equipment during food preparation tasks.

4. Maintain safe preparation practices during ingredient preparation.

**Delivery content:**

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

The learner must demonstrate how to:

4.1 Maintain clean food preparation areas during ingredient preparation.

4.2 Maintain safe food handling practices during preparation tasks.

4.3 Store prepared ingredients appropriately before 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

**Ingredient preparation methods:**

**Definition.**

Methods used to prepare ingredients before cooking.

**Teaching must include.**

Methods usually used in the learning context. For example:

Washing ingredients.

Cutting ingredients.

Peeling ingredients.

Measuring ingredients.

**Teaching could include.**

Specialist or unusual preparation methods.