

<b>Title:</b>	Preparing Simple Foods
<b>Level:</b>	Entry Level 3
<b>Credit value:</b>	2
<b>GLH:</b>	20
<b>Unique Reference Number:</b>	Y/652/0418
<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 simple foods in catering environments. Learners will recognise simple food preparation methods, prepare ingredients for simple foods, prepare simple foods during kitchen activities, and maintain safe food preparation practices.
<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 simple foods using appropriate ingredients and equipment.</p> <p>Assessment must reflect realistic catering contexts.</p>

## Learning outcomes

*The learner will:*

1. Recognise simple food preparation methods.
<b>Delivery content:</b> The aim of this learning outcome is to provide learners with the knowledge and skills to recognise basic food preparation methods used in catering environments.  The learner must: <ul style="list-style-type: none"><li>1.1 Identify examples of <b>simple food preparation methods</b> used in kitchens.</li><li>1.2 Recognise examples of <b>simple foods</b> prepared in catering environments.</li><li>1.3 Name ingredients used for simple food preparation.</li></ul>
2. Prepare ingredients for simple foods.
<b>Delivery content:</b> The aim of this learning outcome is to provide learners with the skills to prepare ingredients used when making simple foods.  The learner must demonstrate how to: <ul style="list-style-type: none"><li>2.1 Prepare ingredients for simple foods during kitchen activities.</li><li>2.2 Follow instructions for ingredient preparation during food preparation tasks.</li><li>2.3 Use food preparation equipment when preparing ingredients.</li></ul>
3. Prepare simple foods.
<b>Delivery content:</b> The aim of this learning outcome is to provide learners with the skills to prepare simple foods during kitchen activities.  The learner must demonstrate how to: <ul style="list-style-type: none"><li>3.1 Prepare simple cold foods during kitchen activities.</li><li>3.2 Prepare simple snack foods using prepared ingredients.</li><li>3.3 Follow instructions for simple food preparation tasks.</li></ul>
4. Review equipment care practices.
<b>Delivery content:</b> 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 improvements to 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

#### Simple food preparation methods:

#### Definition.

Basic methods used to prepare food before serving or cooking.

#### Teaching must include.

Simple and common food preparation methods used in the learner's context. For example:

Mixing ingredients.

Assembling foods.

Layering ingredients.

Spreading ingredients

#### Teaching could include.

Simple food preparation methods not often used / not used in the learner's context.

#### Simple foods:

#### Definition.

Basic food items prepared using simple ingredients and preparation methods.

#### Teaching must include.

Simple and common food in the learner's context. For example:

Sandwiches.

Salads.

Basic cooked food

Wraps.

Simple snack foods.

	<p><b>Teaching could include.</b></p> <p>Simple food not commonly prepared in the learner's context.</p>
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