



Basic food preparation

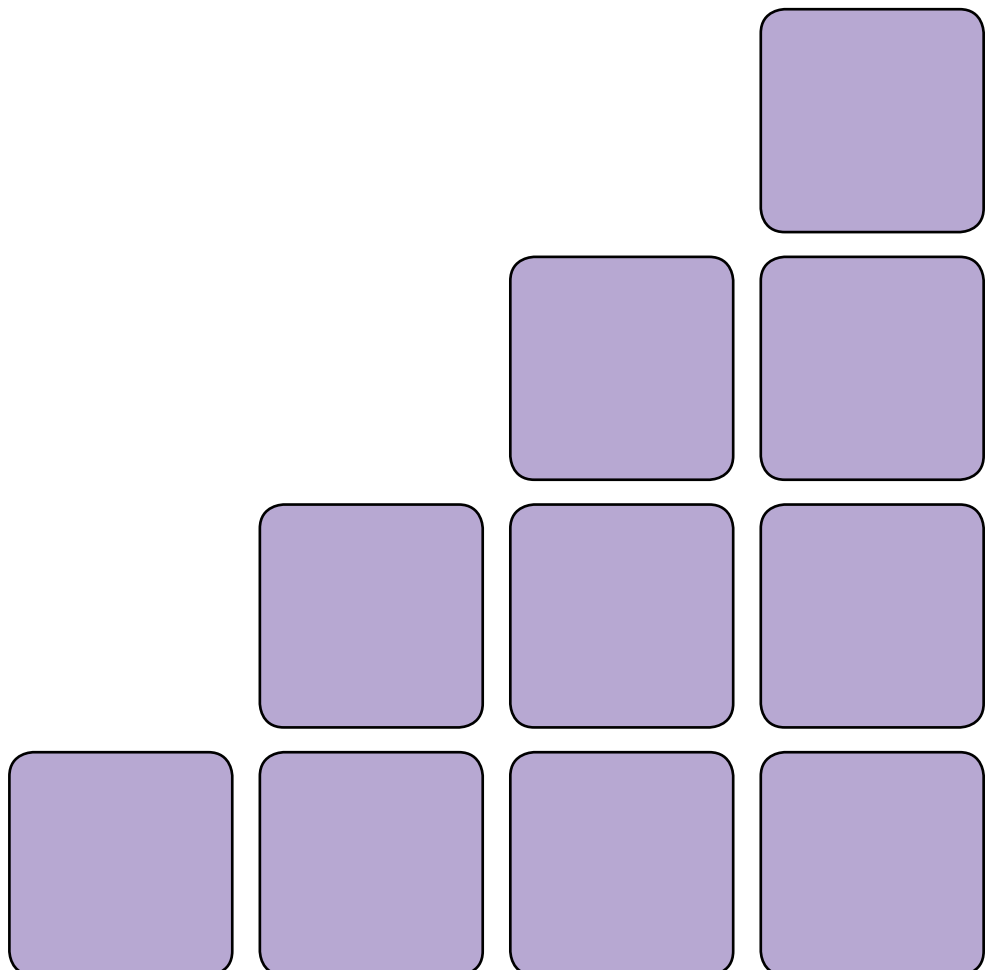
UV31037

J/600/0711

Learner name:

Learner number:

VRQ



UV31037

Basic food preparation

The aim of this unit is to develop your skills in basic food preparation. It will encourage you to work safely and hygienically, and to develop the skills needed for the preparation of basic food items.

Level

E3

Credit value

2

GLH

20

Observation(s)

2

External paper(s)

0



Basic food preparation

Learning outcomes

On completion of this unit you will:

1. Be able to prepare food for cold presentation or cooking

Evidence requirements

1. *Environment*
Evidence for this unit may be gathered within the workplace or realistic working environment (RWE).
2. *Simulation*
Simulation may be used in this unit, where no naturally occurring evidence is available.
3. *Observation outcomes*
Competent performance of Observation outcomes must be demonstrated on **at least two occasions**. Assessor observations, witness testimonies and products of work are likely to be the most appropriate sources of performance evidence. Professional discussion may be used as supplementary evidence for those criteria that do not naturally occur.

Assessed observations should not be carried out on the same day for the same learning outcome. There should be sufficient time between assessments for reflection and personal development.

You need to meet the same standard on a regular and consistent basis. Separating the assessments by a period of at least two weeks is recommended as competence must be demonstrated on a consistent and regular basis.
4. *Tutor/Assessor guidance*
You will be guided by your tutor/assessor on how to achieve learning outcomes in this unit. All outcomes must be achieved.
5. *External paper*
There is no external paper requirement for this unit.

Achieving observations and range

Achieving observation outcomes

Your assessor will observe your performance of practical tasks. The minimum number of competent observations required is indicated in the Evidence requirements section of this unit.

Criteria may not always naturally occur during a practical observation. In such instances you will be asked questions to demonstrate your competence in this area. Your assessor will document the criteria that have been achieved through professional discussion and/or oral questioning. This evidence will be recorded by your assessor in written form or by other appropriate means.

Your assessor will sign off a learning outcome when all criteria have been competently achieved.

Achieving range

There is no range section that applies to this unit.



Observations

Learning outcome 1

Be able to prepare food for cold presentation or cooking

You can:

- a. Select the correct ingredients for basic dishes
- b. Choose the correct equipment and handle safely and hygienically
- c. Prepare food items for cold presentation or cooking safely and hygienically
- d. Set aside or store prepared food items ready for use according to instructions
- e. Clean work areas and equipment safely and hygienically, during and after preparing food

* *May be assessed by supplementary evidence.*

Observation	1	2	Optional	Optional
Criteria questioned orally				
Date achieved				
Portfolio reference				
Learner signature				
Assessor initials				

Unit content



This section provides guidance on the recommended knowledge and skills required to enable you to achieve each of the learning outcomes in this unit. Your tutor/assessor will ensure you have the opportunity to cover all of the unit content.

Outcome 1: Be able to prepare food for cold presentation or cooking

Ingredients for basic dishes: Meat, fish, dairy, fruit, vegetable, dry goods, tinned goods, bottled goods, frozen, pre-prepared, fresh.

Equipment: Types of knives (small-bladed knife, cook's knife, bread knife, potato peeler), frying pans, saucepans, sandwich toaster, scales, food processor, chopping board, hob, grill, oven, microwave oven.

Prepare food items for cold presentation: Weighing, measuring, beating, chopping, grating, mixing, peeling, stirring, cleaning, correct storage, follow health/safety/hygiene procedures (washing hands, correct uniform, use correct equipment).

Set aside or store prepared food items: Refrigerator, freezer, labelled, containers, trays, clingfilm, storage bags, aluminium foil, greaseproof paper, vacuum bags, follow organisation's procedures.

Clean work areas and equipment: Cleaning, clearing, sterilising, returning to correct storage area, use correct personal protective equipment (PPE), follow organisation's procedures.