

Unit Title: Domestic Cooking Skills	
Level:	One
Credit Value:	3
GLH:	27
OCNLR Unit Code:	HD6/1/LQ/012
Ofqual Unit Reference Number:	H/504/8870

This unit has 5 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Know how to plan and cost nutritionally balanced meals.	1.1. Plan a two-course meal, taking into account basic nutritional value and costs. 1.2. Give reasons for choice of meal.
2. Be able to cook a meal using fresh ingredients and convenience foods.	2.1. Cook a meal using: <input checked="" type="checkbox"/> fresh ingredients <input checked="" type="checkbox"/> convenience foods.
3. Be able to use domestic kitchen equipment to produce a meal.	3.1. Identify domestic kitchen equipment to produce a meal. 3.2. Use domestic kitchen equipment to produce a meal. 3.3. Clean and store the kitchen equipment used to produce a meal.
4. Be able to use different food preparation methods.	4.1. Identify different food preparation methods. 4.2. Produce a dish using different food preparation methods.
5. Know about the importance of health and safety in a domestic kitchen.	5.1. Identify the main health and safety risks in a domestic kitchen. 5.2. Outline how to respond to health and safety risks in a domestic kitchen.

Assessment

The grid below gives details of the assessment activities to be used with the unit attached. Please refer to the OCN London Assessment Definitions document for definitions of each activity and the expectations for assessment practice and evidence for verification.

P = Prescribed This assessment method *must* be used to assess all or part of the unit.

O = Optional This assessment method *could* be used to assess all or part of the unit.

Case Study		Project	
Written question & answer/test/exam		Role play/simulation	
Essay		Practical demonstration	P
Report		Group discussion	O
Oral question and answer	O	Performance/exhibition	
Written description	O	Production of artefact	