

Unit Title: Basic Food Preparation and Cooking	
Level:	One
Credit Value:	3
GLH:	30
OCNLR Unit Code:	HJ1/1/LQ/005
Ofqual Unit Reference Number:	K/505/4072

This unit has 2 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Know the principal methods of cooking.	1.1. State the principal methods of cooking. 1.2. State typical cooking methods for different produce.
2. Be able to prepare, cook and present simple dishes.	2.1. Prepare, cook and present simple dishes safely and hygienically, using wet and dry methods. 2.2. Clean work areas and equipment safely and hygienically during and after preparing and cooking food. 2.3. Outline safe working practices for different cooking methods. 2.4. Review own performance and make suggestions for future improvements.

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	