

Unit Title: Introduction to Food, Drink and Cooking	
Level:	Entry Three
Credit Value:	3
GLH:	30
OCNLR Unit Code:	HJ1/E3/LQ/006
Ofqual Unit Reference Number:	Y/504/8509

This unit has 5 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Know different kitchen utensils and equipment.	1.1. Identify and use small basic items of equipment used in a kitchen. 1.2. Identify which items of electrical equipment may be used and their purpose. 1.3. Safely use a/an: <input checked="" type="checkbox"/> hob <input checked="" type="checkbox"/> grill <input checked="" type="checkbox"/> oven <input checked="" type="checkbox"/> microwave.
2. Understand the importance of preparing balanced nutritious meals.	2.1. Select foods to make a simple balanced meal or snack. 2.2. State why it is important to eat balanced nutritious meals.
3. Be able to prepare hot and cold drinks.	3.1. Identify the range of hot and cold drinks available. 3.2. Prepare a range of basic hot and cold drinks.
4. Be able to recognise food that does not need to be cooked.	4.1. Identify different fresh foods that do not need to be cooked. 4.2. State the types of cold snacks available that do not need cooking or heating.
5. Be able to prepare simple hot and cold snacks.	5.1. List different fresh foods that can form a cooked snack. 5.2. Identify a range of simple hot snacks using basic ingredients. 5.3. Prepare a selection of hot and cold snacks from an agreed list for self and others.

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