Unit Title:	**Basic food preparation**
OCR unit number:	D16
Life and Living Skill Area:	Home Management
Level:	Entry 3
Credit value:	2
Guided learning hours:	20

Unit purpose and aim

This unit introduces learners to preparing food for cold presentation or for cooking safely and hygienically.

Learning Outcomes	Assessment Criteria	Example of ways assessment criteria could be met
The Learner will: 1 Be able to prepare food for cold presentation or cooking	**The Learner can:** 1.1 Select the correct ingredients for basic dishes	The learner will have the opportunity to select correct ingredients for basic dishes. Basic dishes may include salad, jacket potato with filling, spaghetti Bolognese etc. Learners can select the ingredients from a food storage area such as fridge, freezer, larder etc. Learners can list the ingredients needed; learners can go to a supermarket to purchase the ingredients needed. Learners can select ingredients from an extended list which can be written or pictorial/Braille etc.
	1.2 Choose the correct equipment and handle safely and hygienically	Learners can list the equipment needed using speech, written or signed mediums etc according to learner need. Equipment may include serving dishes which are clean; knives to prepare vegetables and using them in a safe manner; cooking pans; using the correct coloured chopping board to prepare the ingredients; use the cooker safely e.g. pan handles turned a certain way etc.
	1.3 Prepare food items for cold presentation or cooking safely and hygienically	The learner will prepare food items for cold presentation or cooking safely and hygienically

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Learning Outcomes	Assessment Criteria	Example of ways assessment criteria could be met
		eg wash hands, clean preparation area, use equipment safely etc. Food for cold presentation could include a salad (prepare and wash salad items, chop tomatoes and cucumber etc), a selection of sandwiches (butter bread, prepare fillings, make them look presentable); prepare ingredients needed for cooking eg peeling and cutting vegetables, cutting meat; using the correct chopping boards; washing hands after preparing meats etc.
	1.4 Set aside or store prepared food items ready for use according to instructions	The learner will follow guidelines for storage or setting aside prepared food items. This may include putting food in the fridge until required and stored in an appropriate way, wrapping food, separate food items in the fridge according to good food hygiene eg uncooked meat at the bottom of the fridge, salad in a salad drawer. Learners can discuss how different food is stored; physically carry out the activity of storing food.
	1.5 Clean work areas and equipment safely and hygienically during and after preparing food	Learners will ensure work areas and equipment are used safely and hygienically during and after food preparation. This could include wiping down surfaces including the chopping board; cleaning your knife carefully and returning it to its storage holder/block; mopping up any spillages; washing your equipment thoroughly after use, using equipment guards etc.

Assessment

This unit may be assessed using any method, or combination of methods, which clearly demonstrate that the learning outcomes and assessment criteria have been met.

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The basic dish to be prepared will depend on the environment and the equipment you have available to you. Learners should be given the opportunity to carry out basic food preparation.

Possible ways of demonstrating that the assessment criteria have been met are provided in the third column of the unit, these are examples only, learners may demonstrate their ability to meet the criteria in many other ways.

Evidence requirements

The Record of Assessment and Evidence for this unit must be completed in full and signed by the assessor to confirm the evidence is authentic and meets the requirements of the learning outcomes and assessment criteria. The completed Record of Assessment and Evidence, together with any other appropriate form of evidence that has been generated for the unit, must be submitted for moderation.

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