

Unit Award Scheme

78036 PREPARING AND COOKING FOOD

In successfully completing this unit, the Learner will have

demonstrated the ability to

		Evidence needed
1	prepare and cook two complex recipes with ten or more ingredients	Teacher completed itemised checklist
2	apply basic food hygiene procedures in the kitchen	Teacher completed checklist
3	work co-operatively as part of a team	Teacher completed checklist
4	follow basic instructions, eg in a written recipe	Teacher completed checklist
5	work independently in the kitchen	Teacher completed checklist
6	be responsible for cleaning and maintaining knives, chopping boards and work surfaces	Teacher completed checklist
7	evaluate either written or orally, a final dish and own performance in the kitchen	Student produced evaluations or teacher completed checklist
8	use a grater, peeler and sharp knife appropriately	Teacher completed itemised checklist

acquired an understanding of

9	the versatility of at least two basic ingredients, eg using eggs in a variety of different ways, like in cake making, pasta and an omelette	Teacher completed itemised checklist
10	basic food hygiene procedure including preparing, using and storing food safely, eg cooked and uncooked meat	Student completed worksheets
11	basic nutritional values of at least two food groups, eg protein, carbohydrates	Student completed worksheets
12	basic healthy eating guidelines including fresh fruit and vegetables within the daily diet.	Student completed worksheets

All outcomes recorded on an [AQA Summary Sheet](#) (incorporating the [Teacher Checklist](#) if required)

Approved 19 January 2011

Level - Level One

Cooking & Food Hygiene.

PREPARING AND COOKING FOOD- 78036

AQA Outcome 1.

Demonstrate the ability to cook two complex recipes with ten or more ingredients;

Meal no:	Meal Title:
Amount Ingredients:	Preparation/ method:
Preparation time:	
Cooking time:	
Cooking temperature:	
Cost of meal or portion:	
Comments:	Taste/ Presentation etc:
Young Person's signature:	Date:
Carer's Signature:	Date:

If you have followed a recipe from a book you could also attach a photocopy with your evidence

Carer or Young person to make notes of main points discussed.

Carer should write the student's name & number, sign & date on each sheet of paper submitted

Carer to date when the outcome was completed on the end of unit checklist.

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AQA Outcome 1.

Demonstrate the ability to cook two complex recipes with ten or more ingredients;

Meal no:	Meal Title:
Amount Ingredients:	Preparation/ method:
Preparation time:	
Cooking time:	
Cooking temperature:	
Cost of meal or portion:	
Comments:	Taste/ Presentation etc:
Young Person's signature:	Date:
Carer's Signature:	Date:

If you have followed a recipe from a book you could also attach a photocopy with your evidence

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Carer to date when the outcome was completed on the end of unit checklist.

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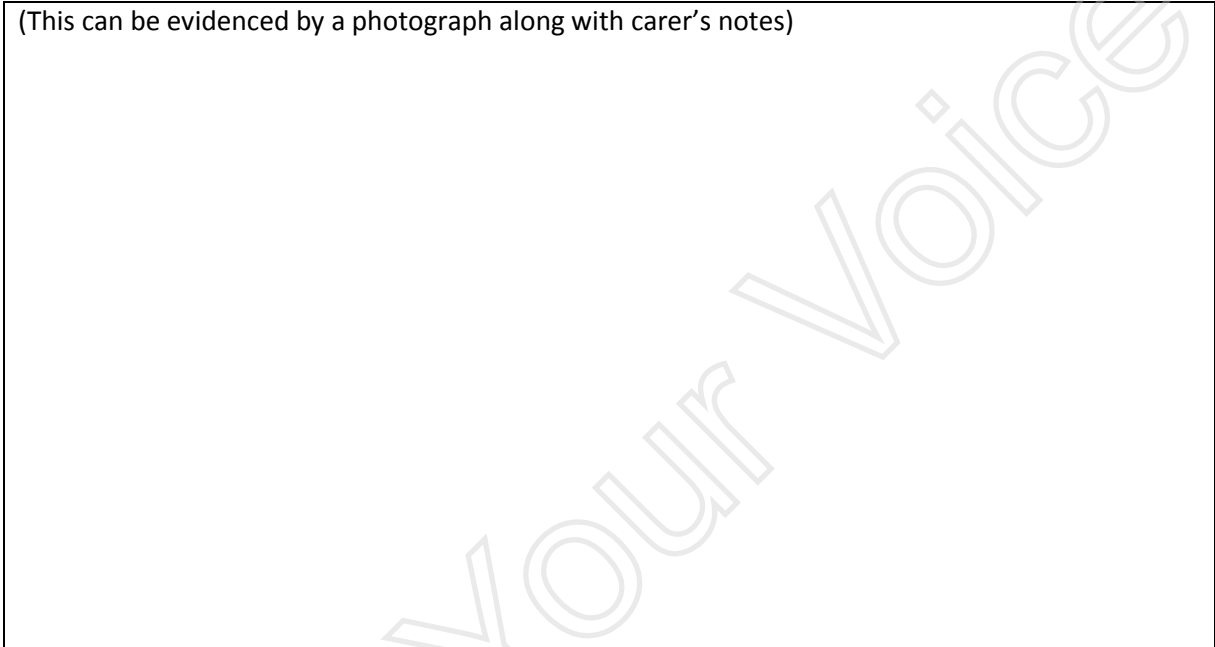
Cooking & Food Hygiene.

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AQA Outcome 2.

Demonstrate the ability to apply basic food hygiene procedures in the kitchen;

(This can be evidenced by a photograph along with carer's notes)

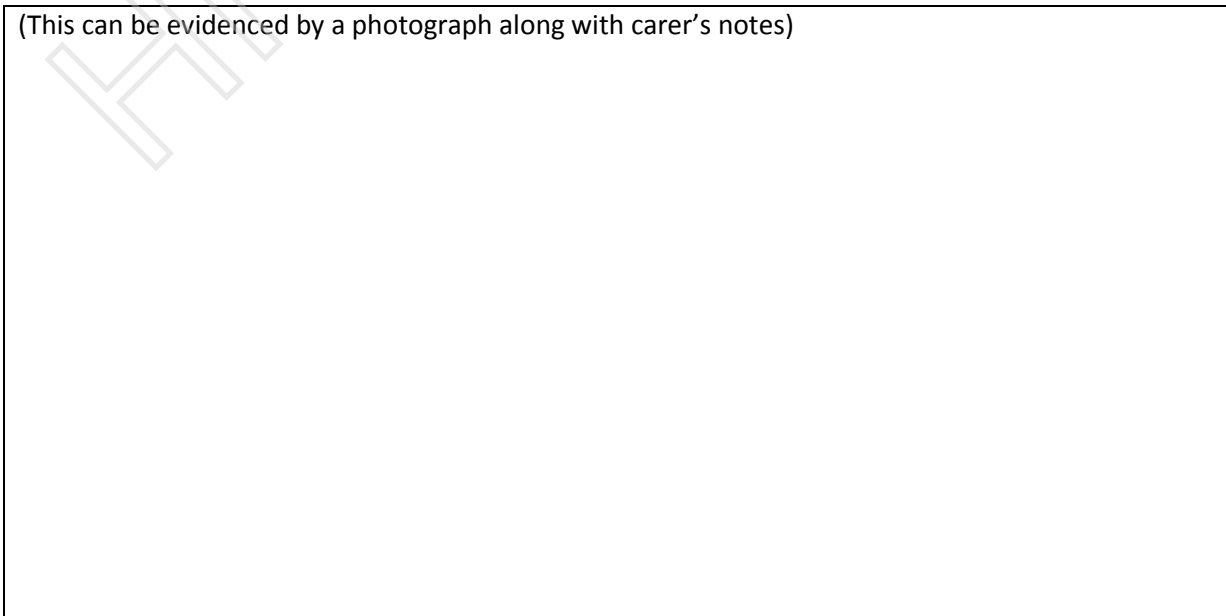
A large empty rectangular box with a black border, intended for a photograph and carer's notes. A faint watermark 'Hampshire Your Voice' is visible diagonally across the box.

AQA Outcome 3.

Demonstrate the ability to work co-operatively as part of a team;

(This could be done by preparing a meal with other people)

(This can be evidenced by a photograph along with carer's notes)

A large empty rectangular box with a black border, intended for a photograph and carer's notes. A faint watermark 'Hampshire Your Voice' is visible diagonally across the box.

Carer or Young person to make notes of main points discussed.

Carer should write the student's name & number, sign & date on each sheet of paper submitted
Carer to date when the outcome was completed on the end of unit checklist.

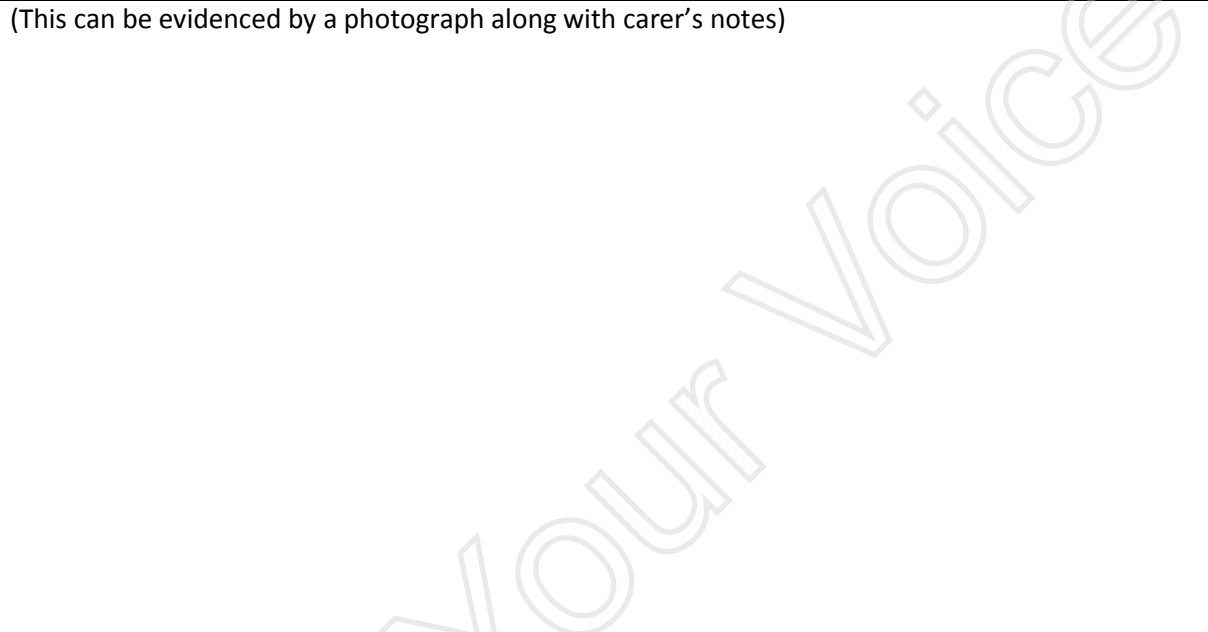
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AQA Outcome 4.

Demonstrate the ability to follow basic instructions, e.g. in a written recipe;

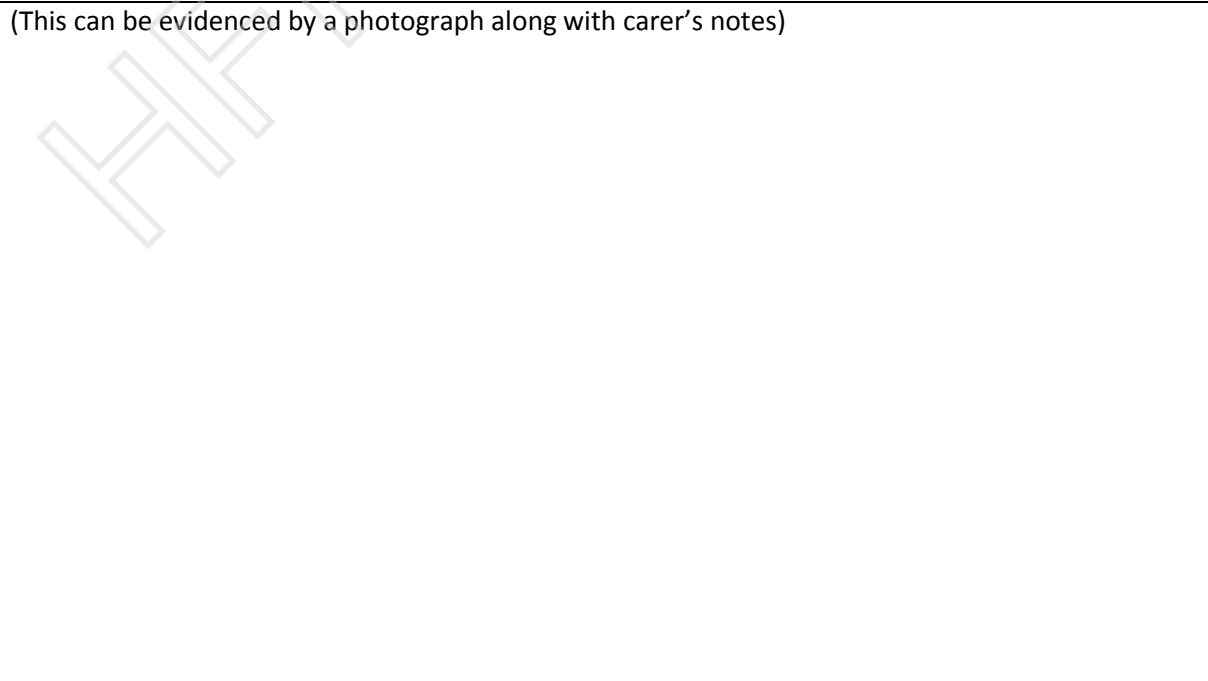
(This can be evidenced by a photograph along with carer's notes)

A large, empty rectangular box with a black border, intended for a photograph and carer's notes. A faint watermark 'Hampshire Your Voice' is visible diagonally across the box.

AQA Outcome 5.

Demonstrate the ability to work independently in the kitchen;

(This can be evidenced by a photograph along with carer's notes)

A large, empty rectangular box with a black border, intended for a photograph and carer's notes. A faint watermark 'Hampshire Your Voice' is visible diagonally across the box.

Carer or Young person to make notes of main points discussed.

Carer should write the student's name & number, sign & date on each sheet of paper submitted
Carer to date when the outcome was completed on the end of unit checklist.

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AQA Outcome 6.

Demonstrate the ability to be responsible for cleaning and maintaining knives, chopping boards and work surfaces.

(This can be evidenced by a photograph along with carer's notes)

Knives-

Chopping Boards-

Work surfaces-

AQA Outcome 7.

Demonstrate the ability to evaluate written or orally, a final dish and own performance in the kitchen;

Young person and/ or carer's notes

Final dish-

Own performance-

Carer or Young person to make notes of main points discussed.

Carer should write the student's name & number, sign & date on each sheet of paper submitted

Carer to date when the outcome was completed on the end of unit checklist.

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AQA Outcome 8.

Demonstrate the ability to use a grater, peeler and sharp knife appropriately;

(This can be evidenced by a photograph along with carer's notes)

Grater-

Peeler-

Sharp knife-



AQA Outcome 9.

Acquire an understanding of the versatility of at least two basic ingredients, e.g. using eggs in a variety of different ways, like in cake making, pasta and an omelette.

1-

2-

Carer or Young person to make notes of main points discussed.

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Carer to date when the outcome was completed on the end of unit checklist.

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AQA Outcome 10.

Acquire an understanding of basic food hygiene procedure including preparing, using and storing food safely, e.g. cooked and uncooked meat;

Young person's notes

Preparing-

Using-

Storing-



AQA Outcome 11.

Acquire an understanding of basic nutritional values of at least two food groups, e.g. protein, carbohydrates;

1-

2-

Carer or Young person to make notes of main points discussed.

Carer should write the student's name & number, sign & date on each sheet of paper submitted

Carer to date when the outcome was completed on the end of unit checklist.

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AQA Outcome 12.

Acquire an understanding of basic healthy eating guidelines including fresh fruit and vegetables within the daily diet.



Carer or Young person to make notes of main points discussed.

Carer should write the student's name & number, sign & date on each sheet of paper submitted

Carer to date when the outcome was completed on the end of unit checklist.

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AQA Unit Award Scheme: Checklist and Portfolio Content

Centre Name: _____

Centre Number: _____

Student Name: _____

Student Number: _____

Unit Title: PREPARING AND COOKING FOOD

Unit Code: 78036

Outcomes	Evidence	Date completed	Carer's Signature
1	Cook meal 1		
1	Cook meal 2		
2	Hygiene procedure evidence		
3	Work as a team evidence		
4	Follow instruction evidence		
5	Independent work evidence		
6	Cleaning evidence		
7	Self evaluate evidence		
8	Use Grater, Peeler & Knife		
9	Versatility information		
10	Food hygiene evidence		
11	Nutritional value evidence		
12	Healthy eating guidelines		

Carer/ worker's signature _____

Date completed _____

Assessor's signature _____

Date completed _____

Carer or Young person to make notes of main points discussed.

Carer should write the student's name & number, sign & date on each sheet of paper submitted

Carer to date when the outcome was completed on the end of unit checklist.

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AQA Unit Award Scheme: Summary Sheet

Name of Centre _____

Centre No

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Unit Title PREPARING AND COOKING FOOD

Unit Code 78036

*Dates must be used to record the achievement of each outcome in the columns below

Student Details		Outcomes *													Date of Completion			
		1 Recipe 1	1 Recipe 2	2	3	4	5	6 Knives 1	6 Board 2	6 Surfaces 3	7	8 Grater 1	8 Peeler 2	8 Knife 3		9Ingredient1		
Number	Name																	
	SURNAME, FORENAME																	

Signed _____ (Unit teacher)

Signed _____ (Co-ordinator)

Date _____

Sheet No 1 of 2

AQA Unit Award Scheme: Summary Sheet

Name of Centre _____

Centre No

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Unit Title PREPARING AND COOKING FOOD

Unit Code 78036

*Dates must be used to record the achievement of each outcome in the columns below

Student Details		Outcomes *													Date of Completion		
		9Ingredient2	10 Prep 1	10 Using 2	10 Storing 3	11 Group 1	11 Group 2	12									
Number	Name																
	SURNAME, FORENAME																

Signed _____ (Unit teacher)

Signed _____ (Co-ordinator) Date _____

Sheet No 2 of 2