

Unit Award Scheme

86270 PLANNING AND COOKING FOUR DIFFERENT CONVENIENCE MEALS

In successfully completing this unit, the Learner will have

Evidence needed

demonstrated the ability to

- 1 plan four different meals from a given list of convenience foods
- 2 cook each of the planned meals without help

Student completed worksheet

Teacher itemised checklist

shown knowledge of

- 3 how each food from the given list should be cooked
- 4 at least two other possible meals that can be made from the list of convenience foods.

Teacher itemised checklist

Teacher itemised checklist

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

Approved 15 March 2001

Level - Entry Level

Cooking & Food Hygiene.

PLANNING AND COOKING FOUR DIFFERENT CONVENIENCE MEALS - 86270

List of convenience foods to plan your meals.

Frozen chips

Cheese

Bread

Pasta/ Rice

Tinned spaghetti/ beans

Frozen mixed vegetables

Tinned tuna

Tinned soup

Tomatoes

Potatoes

Meatballs

Mushrooms

Gravy/Stock

Sliced ham

Frozen pizza

Eggs

Frozen pie

Frozen fish pieces

Tinned peas

Chicken

Chicken kiev

Sausages



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.

Cooking & Food Hygiene.

PLANNING AND COOKING FOUR DIFFERENT CONVENIENCE MEALS - 86270

AQA Outcome 1.

Demonstrate the ability to plan four different meals from a given list of convenience foods;

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:

Try to keep within a budget of £3.00 per meal or portion

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

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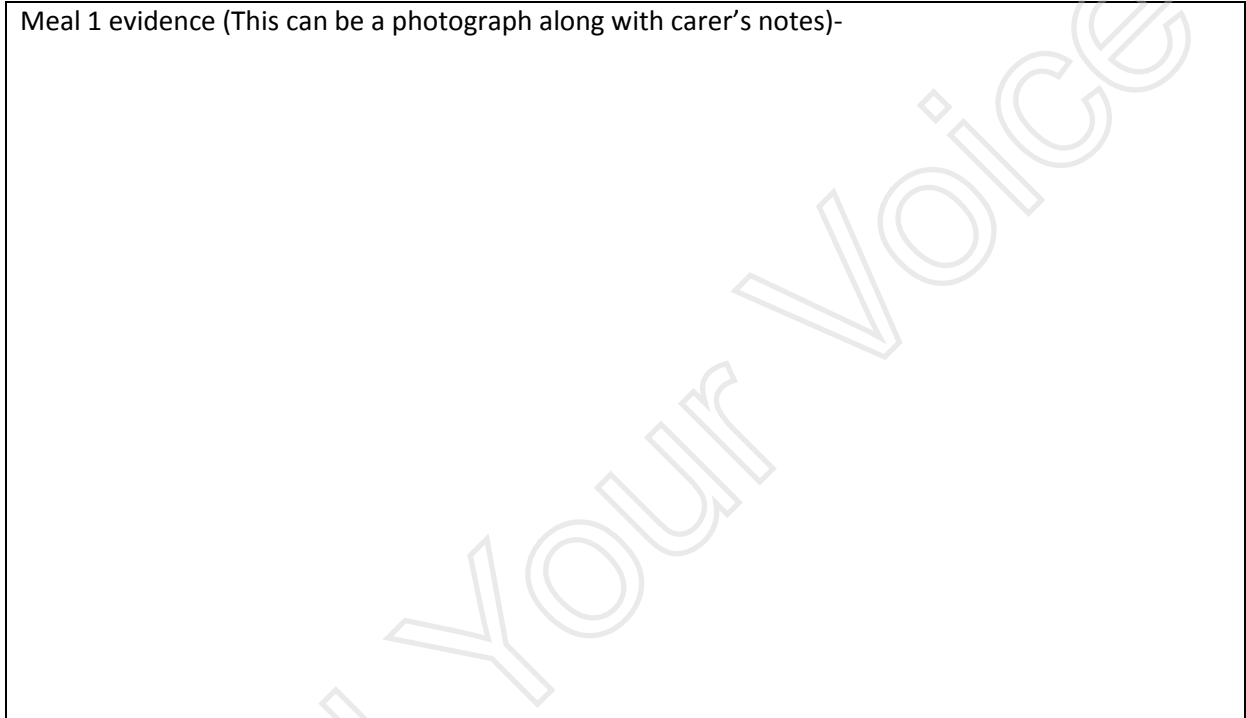
Cooking & Food Hygiene.

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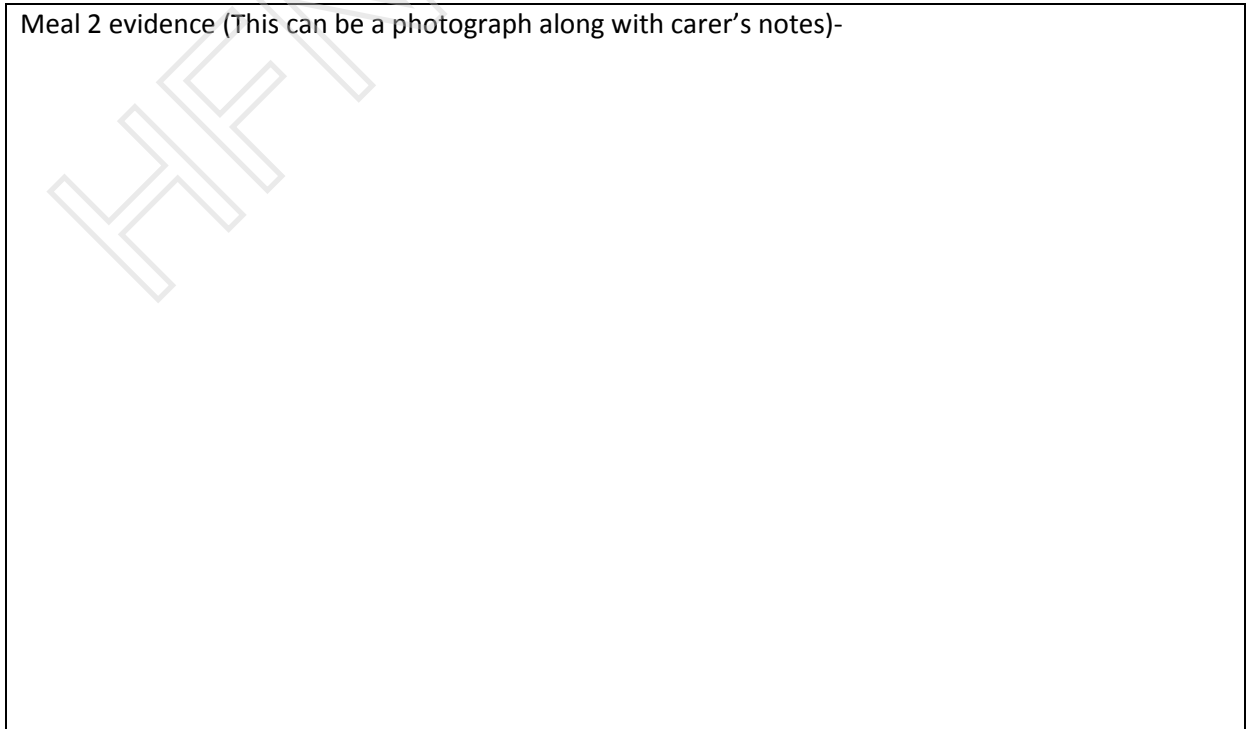
AQA Outcome 2.

Demonstrate the ability to cook each of the planned meals without help;

Meal 1 evidence (This can be a photograph along with carer's notes)-

A large, empty rectangular box with a black border, intended for providing evidence for Meal 1. A faint watermark reading 'HEAR YOUR VOICE' is visible diagonally across the box.

Meal 2 evidence (This can be a photograph along with carer's notes)-

A large, empty rectangular box with a black border, intended for providing evidence for Meal 2. A faint watermark reading 'HEAR YOUR VOICE' is visible diagonally across the box.

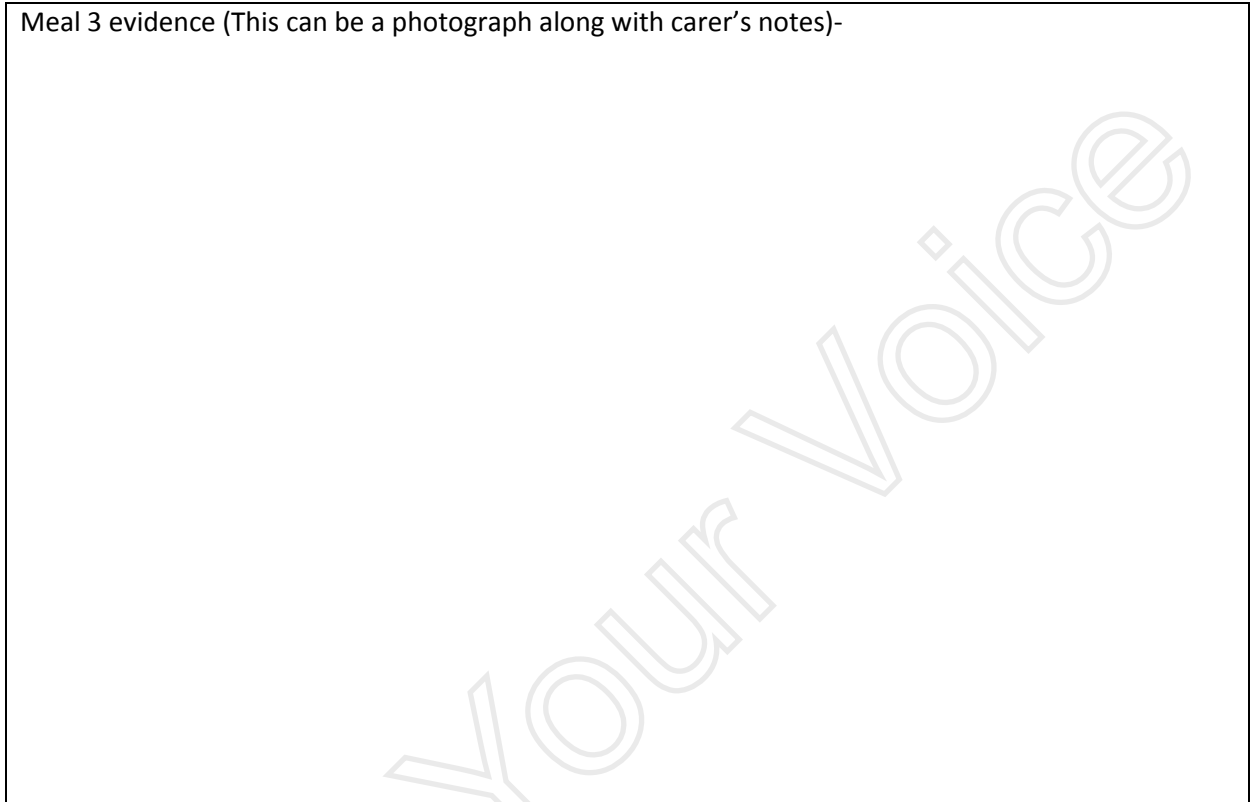
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Carer to date when the outcome was completed on the end of unit checklist.

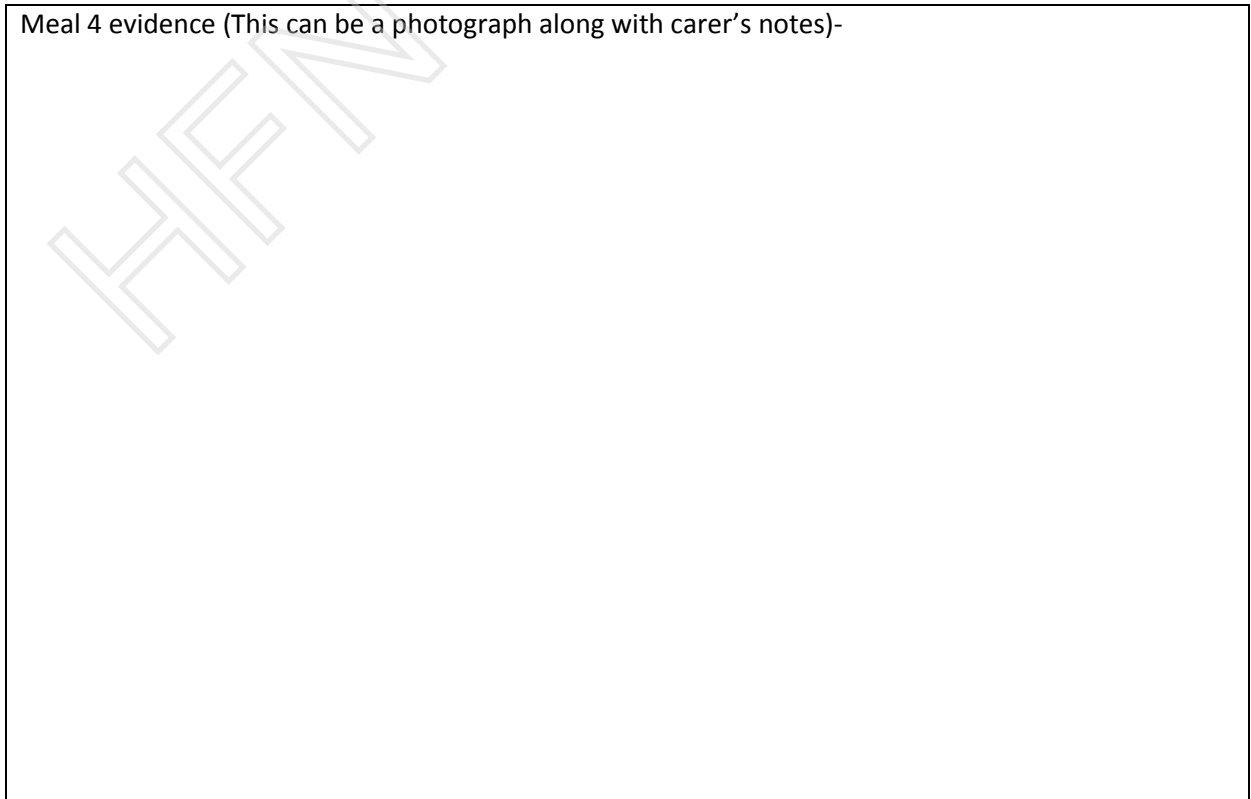
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Meal 3 evidence (This can be a photograph along with carer's notes)-

A large, empty rectangular box with a black border, intended for providing evidence for Meal 3. A faint, diagonal watermark reading "HEM Your Voice" is visible across the box.

Meal 4 evidence (This can be a photograph along with carer's notes)-

A large, empty rectangular box with a black border, intended for providing evidence for Meal 4. A faint, diagonal watermark reading "HEM Your Voice" is visible across the box.

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

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Cooking & Food Hygiene.

PLANNING AND COOKING FOUR DIFFERENT CONVENIENCE MEALS - 86270

AQA Outcome 3.

Show knowledge of how each food from the given list should be cooked;

Frozen chips-

Cheese-

Bread-

Pasta/ Rice-

Tinned spaghetti/ beans-

Frozen mixed vegetables-

Tinned tuna-



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Tinned soup-

Tomatoes-

Potatoes-

Meatballs-

Mushrooms-

Gravy/Stock-

Sliced ham-

Frozen pizza-



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Eggs-

Frozen pie-

Frozen fish pieces-

Tinned peas-

Chicken-

Chicken Kiev-

Sausages-



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AQA Outcome 4.

Show knowledge of at least two other possible meals that can be made from the list of convenience foods;

1-
2-

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

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PLANNING AND COOKING FOUR DIFFERENT CONVENIENCE MEALS - 86270

AQA Unit Award Scheme: Checklist and Portfolio Content

Centre Name: _____

Centre Number: _____

Student Name: _____

Student Number: _____

Unit Title: PLANNING AND COOKING FOUR DIFFERENT CONVENIENCE MEALS

Unit Code: 86270

Outcomes	Evidence	Date completed	Carer's Signature
1	Meal 1 plan sheet		
1	Meal 2 plan sheet		
1	Meal 3 plan sheet		
1	Meal 4 plan sheet		
2	Cook meal 1		
2	Cook meal 2		
2	Cook meal 3		
2	Cook meal 4		
3	Cooking instructions list		
4	2 Alternative meals		

Carer/ worker's signature _____

Date completed _____

Assessor's signature _____

Date completed _____

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.

AQA Unit Award Scheme: Summary Sheet

Name of Centre _____

Centre No

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Unit Title PLANNING AND COOKING FOUR DIFFERENT CONVENIENCE MEALS

Unit Code 86270

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

Student Details		Outcomes *													Date of Completion
		1 Meal 1	1 Meal 2	1 Meal 3	1 Meal 4	2	3	4 Meal 1	4 Meal 2						
Number	Name														
	SURNAME, FORENAME														

Signed _____ (Unit teacher)

Signed _____ (Co-ordinator)

Date _____

Sheet No 1 of 1