focus Meal preparation and cooking



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Welcome

You are starting a module called Meal preparation and cooking

As you work through the activities in this module you will be asked to:

- speak
- listen
- record
- write
- make choices
- make things

You may choose to sign your answers.

Your evidence may include:

- photographs
- work done on a computer
- sound/video recordings
- completed worksheets

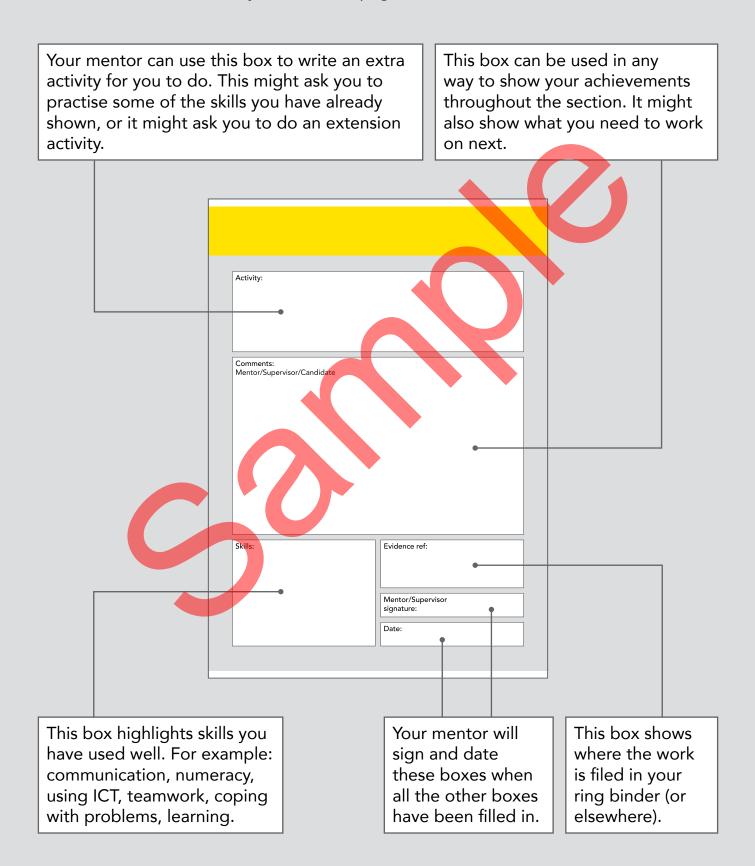


As you complete each activity, you or your mentor can tick the box alongside the activity and the corresponding box on the **Record of progress** (pages 4-5).

When you have finished this module, remember to complete the **Review** and Next steps sections at the end of the book.

Record boxes

At the end of each section you will find a page of record boxes:



Section 1 Hygiene

1

Show that you can get ready for cooking.

For example:

- wash your hands
- tie your hair back
- remove jewellery
- put on an apron
- other

2

Show that you can prepare your work area.

For example:

- clear the work surface
- clean the food preparation area
- other

Section 1 **Hygiene**

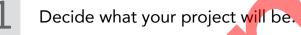
Activity:	
Comments: Mentor/Supervisor/Candidate	
Skills:	Evidence ref:
	Mentor/Supervisor signature:
	Date:

Section 12 **Project**

In this section you can choose your own activity.

Here are some ideas:

- Eating at a café or restaurant
- Preparing food for a special celebration or event
- Choose someone you would like to invite for a snack
- Prepare a meal/party foods
- Other



2

Plan your project.

3

Make a list of the things you need.

4

Do your project.

5

Show what went well in your project.

Section 12 **Project**

Activity:	
Comments: Mentor/Supervisor/Candidate	
Skills:	Evidence ref:
	Mentor/Supervisor signature:
	Date:

Other modules in the Focus series:

Getting started	FOCUS01
Communication: introduction	FOCUS02
Communication: progression	FOCUS03
Horticulture	FOCUS04
Independent living	FOCUS05
Money	FOCUS07
Numeracy: introduction	FOCUS08
Numeracy: progression	FOCUS09
Using computer technology	FOCUS10
Using leisure time	FOCUS11
Using transport	FOCUS12



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