



Towards Independence Meal Preparation and Cooking: Progression

Name:

Contents

Welcome	1
Record Boxes	2
Tutor Notes	3
Record of Activities	4
Levels of Support	6
Section A: Health and Safety	8
Section B: Food storage	10
Section C: Using equipment	12
Section D: Planning a meal using fresh ingredients	14
Section E: Cooking a meal	16
Section F: Serving and clearing away	18
Section G: Entertaining	20
Section H: Food from other cultures	22
Section I: Planning a menu	24
Section J: Food labelling and packaging	26
Section K: Project	28
Module Review	30
Next Steps	31

This module has been developed as the result of collaborative work between ASDAN and practitioners delivering the Towards Independence programme. Our thanks go to all those who contributed to the development of these materials.

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Welcome

You are starting a module called

Meal Preparation and Cooking: Progression

In doing the activities in this module you will be asked to:

- say
- show
- choose
- make things

You can say things by talking or signing, or by using any other means to let someone know what you want to say.

You can choose and show things by using:

- pictures
- digital recording
- other means
- photographs
- computer

or by telling someone else so they can write or do it for you. All the way through you can have as much help as you need.

As you complete each activity, you or your tutor can tick the box shown alongside the activity and the corresponding box on the **Record of Activities** page.

When you have finished the module, remember to complete the **Module Review** and **Next Steps** at the end of the book.

Record Boxes

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

This box can be used by your tutor to write an extra activity for you to do. This might ask you to practise some of the skills you have already shown, or it might ask you to do an extension activity.

This box can be used in any way to show your achievements throughout the section. It might also show what you need to work on next.

This box can be used to record your achievement by allocating a P level or other descriptor and subject area.

This box shows skills you have used well. These might be Basic Skills, Key Skills or other important life skills.

This box shows what sort of help you had.

This box shows where the work is kept in your ring binder (or other place).

The image shows a sample record box form with several fields and arrows pointing to explanatory text boxes. The form is titled 'Sample' in large red letters. The fields are:

- Activity: (with an 'optional' label)
- Comments: Tutor/Supervisor/Learner (with an 'optional' label)
- P level or other centre assessment tool: (with an 'optional' label)
- Subject area:
- Level of support:
- Skills:
- Evidence ref:
- Verified by:
- Date:

Arrows point from the following text boxes to the form:

- Top-left box points to the 'Activity' field.
- Top-right box points to the 'Comments' field.
- Middle-left box points to the 'P level or other centre assessment tool' field.
- Middle-right box points to the 'Skills' field.
- Bottom-left box points to the 'Level of support' field.
- Bottom-right box points to the 'Evidence ref' field.
- Bottom-center box points to the 'Verified by' and 'Date' fields.

Your tutor will sign and date these boxes when all the other boxes have been filled in.

Levels of Support

Ask your tutor to talk to you about these:



NH No Help – you can do things on your own



SH Spoken/Signed Help – you are helped by someone speaking or signing suggestions to you



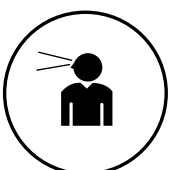
GH Gestural Help – you are helped by someone using hand signals or other gestural prompts



PH Physical Help – you are helped by someone holding you and/or helping you to move



SE Sensory Experience – you are given the opportunity of being involved through a sensory experience, e.g. hearing, touch, sight or taste



ER Experience Recorded – you are provided with an experience of the activity but are unable to take part

Section A:

Health and Safety

- 1 Show you know about possible dangers in the kitchen.

For example:

- Spillages
- Sharp knives
- Electric sockets and wet hands
- Saucepan handles placed on the hob or cooker
- Cupboard doors left open
- Dirty hands
- Dirty equipment
- Inappropriate clothes and shoes
- Long hair
- Other

- 2 Show you know what to do if there is an accident.

For example:

- Cut
- Breakage
- Burn
- Fire
- Spills
- Other

- 3 Show you know how to call the emergency services.

- 4 Show how to leave the building safely.



Section A:

Health and Safety

Activity: optional

Comments: optional
Tutor/Supervisor/Learner

P level or other centre assessment tool: optional

Subject area:

Level of support:

Skills:

Evidence ref:

Verified by:

Date:

Section F:

Serving and clearing away

- 1 Show you can lay the table for the food you have prepared.
- 2 Show how you serve the food correctly and safely.
- 3 Show you can clear the table when everyone has finished.
- 4 Show you know how to throw away waste items correctly.
Recycle any waste.
- 5 Show how you store leftover food correctly.
- 6 Show you can wash up and put away all the things you have used in the correct place.
- 7 Show how you leave the kitchen clean and tidy.



Section F:

Serving and clearing away

Activity: optional

Comments: optional
Tutor/Supervisor/Learner

P level or other centre assessment tool: optional

Subject area:

Level of support:

Skills:

Evidence ref:

Verified by:

Date:

Section K:

Project

In this section you can choose your own activity.

Here are some ideas:

- Eating at a restaurant
- Making a special celebration
- Preparing a meal for a friend
- Preparing food for a party
- Other

- 1 Decide what your project will be.
- 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.

A vertical pink bar containing five rounded square checkboxes. The top checkbox is checked with a black checkmark. The other four checkboxes are empty.

Section K:

Project

optional

Activity:

optional

Comments:

Tutor/Supervisor/Learner

optional

P level or other centre assessment tool:

Subject area:

Level of support:

Skills:

Evidence ref:

Verified by:

Date:

Next Steps

My next challenge:

Activities and modules that will help:

Who can help me and when:

Remember to record that you have completed this module and review on the **Record Page** in your **Starting Out** module.

Learner signature:

Tutor/supervisor signature:

Date:

Sample



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