



Sample

focus

# Meal preparation and cooking



ASDAN

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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:

Your mentor can use this box 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.

Activity:

Comments:  
Mentor/Supervisor/Candidate

Skills:

Evidence ref:

Mentor/Supervisor  
signature:

Date:

This box highlights skills you have used well. For example: communication, numeracy, using ICT, teamwork, coping with problems, learning.

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

This box shows where the work is filed in your ring binder (or elsewhere).

# 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

Sample

# Section 1

## Hygiene

Activity:

Comments:  
Mentor/Supervisor/Candidate

Sample

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

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.



# Section 12

## Project

Activity:

Comments:  
Mentor/Supervisor/Candidate

Sample

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



FOCUS06/1