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| **Qualification:** | AIM Awards Level 2 Award in Skills for Working in Catering and Hospitality Industries |
| **Unit(s) covered:** | L2 Cooking Skills |
| **Assessor:** | Gareth Metcalf |
| **Assessment Title:** | Meal in a day |

**Why are we doing this?**

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| Being able to plan balanced and cost-effective meals is a very useful skill, as home-made food is often better value and healthier then pre-packaged alternatives. In this assignment, you will be expected to plan and prepare costed and nutritionally balanced meals safely and hygienically. |

**Task**

To complete this assignment, you will need to:

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| **Task** | **Do** | **Type of Evidence** | **Standard** | **Date**  **Achieved** | **Evidence Location** |
| Plan | Produce a plan for 3 meals for a whole day.  Identify how your planned meals are balanced and healthy. Show how you have taken cost into account. | Completed worksheet OR recorded discussion with tutor | Cooking Skills 1.a/2.a |  |  |
| Prepare | Select 3 dishes from your plan that require you to use at least 3 different cookery methods and use fresh and convenience ingredients. Give reasons for your choices. | Cooking Skills 2.a/2.b |  |  |
| Identify why it is important to meet health and safety requirements in a kitchen. Discuss the health and safety risks involved in making your chosen dishes . | Cooking Skills 3.a / 3.b |  |  |
| Cook | Prepare the 4 dishes using appropriate tools and equipment in a safe and hygienic manner. | Video OR photo and tutor observation | Cooking Skills 2.c / 2.d / 2.e / 3.3 |  |  |
| Tidy | Clean and store all equipment and work areas. | Cooking Skills 2.d |  |  |

**Final Tutor Feedback (Strengths and Areas for Improvement):**

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Learner Submission Disclaimer

I declare that this is an original piece of work and that all of the work is my own unless referenced.

Assessor Disclaimer

I confirm that this learner’s work fully meets all the assessment requirements listed above at the correct level and that any specified evidence requirements have been addressed.

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| **Assessor:** |  | **Learner:** |  | **Date:** |  |