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| Qualification: | **AIM Awards Level 2 Award in Skills for Employment and Further Learning (QCF)** |
| Unit(s) covered: | **L2 Cooking Skills**  |
| Assessor: | **Gareth Metcalf** |
| Assignment 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 more healthy 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** | **Assessment Criteria** | **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 1.1 |  |  |
| Prepare | Select 4 dishes from your plan that require you to use at least 4 different cookery methods.Give reasons for your choices. | Cooking Skills 2.3 |  |  |
| 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 3.1 / 3.2 |  |  |
| Cook | Prepare the 4 dishes using appropriate tools and equipment in a safe and hygienic manner  | Video OR photo and tutor observation | Cooking Skills 2.1 / 2.2 / 2.4 / 3.3 |  |  |
| Tidy | Clean and store all equipment and work areas | Cooking Skills 2.5 |  |  |

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

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**Student Evaluation (evaluation of own work and comment on assessment task):**

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Student Submission Disclaimer

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

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| **Assessor** |  | **Student** |  | **Date** |  |