

Prepare meals to meet relevant nutritional standards set for school meals

Overview

This standard is about preparing a range of healthy meals which meet the national standard set for school meals. It covers how you would safely prepare the meals, appropriate cooking methods and presentation skills, but primarily ensures that the meals are nutritionally balanced and meet the current guidelines set.

This standard focuses on the technical knowledge and skills required to prepare meals to meet relevant nutritional standards set for school; however it should be assessed in the wider context of safe and hygienic working practices. It is recommended that the following NOS, selected as appropriate to the job role and organisation, are referenced in conjunction with the technical skills and knowledge for the standard:

- Maintain basic food safety in catering
- Maintain food safety in a kitchen environment
- Provide basic advice on allergens to customers
- Minimise the risk of allergens to customers

When you have completed this standard you will be able to demonstrate your understanding of and your ability to:

- Prepare meals to meet the relevant nutritional standards set for school meals

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Performance criteria

You must be able to:

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1. Ensure that the preparation area is clean, undamaged and ready for use according to your workplace standard
2. Ensure that the equipment (including waste containers) is clean, appropriate for the task, undamaged, where it should be and switched on ready for use
3. Check that all ingredients meet the dish, food safety and your workplace requirements
4. Liaise with the relevant people to identify the required nutritional content for each dish
5. Prepare and cook the meals to meet nutritional requirements, making sure that the finished dishes have the correct colour, texture, consistency and flavour
6. Ensure that all meals are cooked and held at the correct temperature
7. Present and finish the meals to meet customer and your workplace requirements
8. Store any cooked dishes not for immediate use according to workplace requirements in line with food safety regulations
9. Report any problems with dishes to the appropriate person

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Knowledge and understanding

You need to know and understand:

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1. Safe and hygienic working practices when preparing, cooking and finishing nutritious meals
2. Where to find the current nutritional standards and daily guidance amounts set for school meals
3. The range of different special dietary requirements that may be encountered, and the impact that they have upon the production of food
4. The differences between dietary, religious and cultural requirements and how these are accounted for within your workplace
5. Why it is important to follow food safety requirements when preparing, cooking and finishing school meals
6. How to check that the ingredients meet your workplace requirements and are fit for use, of the correct quality and quantity
7. Why and to whom you should report any problems with ingredients
8. How to carry out the relevant preparation, cooking and finishing methods for the dish to ensure that nutritional standards are met
9. Healthy eating options when preparing, cooking and finishing meals
10. How to present nutritious school meals in a way that meets your customers' high expectations and your workplace standards
11. The correct storage requirements for basic dishes not for immediate consumption
12. The types of unexpected situations that may occur when preparing, cooking and finishing school meals

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