

Unit DR5P 04 (1FC1) Cook vegetables

This Unit has the following elements:

Element 1 (1FC1.1) Cook vegetables

Candidate Name:

Assessment Centre:

I have completed the requirements of this Unit.

Candidate signature: _____ **Date:** _____

I can confirm the candidate has completed all requirements of this Unit.

Assessor signature: _____ **Date:** _____

Assessor counter signature:
(where applicable) _____ **Date:** _____

IV signature: _____ **Date:** _____

IV counter signature:
(where applicable) _____ **Date:** _____

Unit DR5P 04 (1FC1)

Cook vegetables

Unit Summary

This Unit is about cooking and finishing vegetables for simple dishes, for example:

- ◆ chips (fresh and frozen)
- ◆ boiled vegetables
- ◆ fried onions
- ◆ mashed potatoes

This Unit covers the following types of vegetables:

- ◆ frozen
- ◆ pre-prepared fresh

You will use the following cooking methods:

- ◆ boiling
- ◆ frying
- ◆ grilling
- ◆ microwaving

The typical day-to-day activities you might carry out for this Unit include:

- ◆ checking the vegetables are fit for cooking
- ◆ where necessary, avoiding contamination from meat and fish products
- ◆ choosing the right tools and equipment
- ◆ cooking the vegetables
- ◆ making sure the dish is held and served at the correct temperature
- ◆ storing cooked vegetables not for immediate use

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What you must do (circled numbers must be observed)		Assessor initials/date
Evidence for the remaining points may be assessed through questioning or witness testimony		
①	Choose and use the correct tools and equipment	
②	Check the vegetables meet quality standards	
③	Cook the vegetables to meet requirements	
④	Finish the vegetables as required	
⑤	Make sure the vegetables are at the correct temperature for holding and serving	
6	Safely store any cooked vegetables not for immediate use	

What you must cover (minimum requirement for observation in italic and bold)	Activity/Evidence (insert tick or supplementary reference)					
	1	2	3	4	5	6
Evidence for the remaining points may be assessed through questioning or witness testimony						
<i>Vegetables, at least one required from the following:</i>						
frozen						
pre-prepared fresh						
<i>Cook by, at least two required from the following:</i>						
boiling						
frying						
grilling						
microwaving						

Unit DR5P 04 (1FC1)**Cook vegetables****Element 1 (1FC1.1)****Cook vegetables**

Candidate name:		Assessor initials/date
No	Activity	
1		
2		
3		
4		
5		
6		

What you must know for the Unit	
For the whole Unit	
K1	How to store frozen and unfrozen vegetables before cooking
K2	What to look for in vegetables before you cook them: <ul style="list-style-type: none"> ◆ frozen ◆ pre-prepared fresh
K3	What you should do if you find problems with the vegetables
K4	Which tools and equipment you should use for the following cooking methods: <ul style="list-style-type: none"> ◆ boiling ◆ frying ◆ grilling ◆ microwaving
K5	Why it is important to use the correct tools and equipment
K6	How to carry out the following cooking methods correctly: <ul style="list-style-type: none"> ◆ boiling ◆ frying ◆ grilling ◆ microwaving
K7	Why it may be necessary to avoid contamination from meat and fish products and how to do so
K8	How to store vegetables that are not for immediate use

Knowledge evidence retained

Assessor signature: _____

Date: _____

Unit DR5P 04 (1FC1)**Cook vegetables**

Candidate name:		Assessor initials/date
Ref	Supplementary evidence	
A		
B		
C		
D		
E		
F		
G		
H		

Assessor Feedback