

Unit DR9N 04 (1FP1) Prepare vegetables

This Unit has the following elements:

Element 1 (1FP1.1) Prepare 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 DR9N 04 (1FP1)

Prepare vegetables

Unit Summary

This Unit is about preparing vegetables for use in cooked or uncooked dishes.

The Unit covers the following vegetables:

- ◆ tubers (for example, potatoes or artichokes)
- ◆ roots (for example, parsnips, carrots)
- ◆ flower heads (for example, cauliflower, broccoli)
- ◆ leaves (for example, cabbage)
- ◆ vegetable fruits (for example, tomatoes, aubergine, cucumber)
- ◆ stems (for example, celery)
- ◆ bulbs (for example, onions, garlic)
- ◆ basic fungi (for example, button or open mushrooms)

You will prepare the vegetables by:

- ◆ defrosting
- ◆ washing
- ◆ peeling
- ◆ re-washing
- ◆ cutting (slicing, chopping and shredding)
- ◆ blanching

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

- ◆ making sure the vegetables are fit to be prepared
- ◆ choosing the right tools and equipment to prepare the vegetables
- ◆ preparing vegetables using a knife to meet requirements
- ◆ where necessary, avoiding cross-contamination with meat and fish products
- ◆ storing prepared vegetables safely

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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	Check the vegetables are fit to be prepared	
②	Choose and use the correct tools and equipment	
③	Prepare the vegetables to meet the requirements	
4	Safely store any prepared 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 four required from the following:</i>						
tubers						
roots						
flower heads						
leaves						
vegetable fruits						
stems						
bulbs						
basic fungi						
<i>Prepare by, at least four required from the following, which must include a minimum of two from cutting:</i>						
defrosting						
washing						
peeling						
re-washing						
cutting:						
◆ slicing						
◆ chopping						
◆ shredding						
blanching						

Unit DR9N 04 (1FP1)**Prepare vegetables****Element 1 (1FP1.1)****Prepare vegetables**

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

Unit DR9N 04 (1FP1)**Prepare vegetables**

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

Assessor Feedback