

**Unit DR8L 04 (1FP2)**

**Prepare and finish simple salad and fruit dishes**

This Unit has the following elements:

**Element 1 (1FP2.1)**

**Prepare and finish simple salad and fruit dishes**

**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 DR8L 04 (1FP2)

## Prepare and finish simple salad and fruit dishes

### Unit Summary

This Unit is about preparing and presenting salad and fruit dishes, for example:

- ◆ fruit salad
- ◆ mixed salad
- ◆ grapefruit cocktail

This Unit covers the following types of salad and fruit ingredients:

- ◆ frozen fruit
- ◆ fresh fruit
- ◆ fresh salad
- ◆ prepared fruit
- ◆ prepared salad

You will use the following preparation and finishing methods:

- ◆ peeling
- ◆ trimming
- ◆ washing
- ◆ soaking
- ◆ mixing
- ◆ cutting
- ◆ storing

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

- ◆ checking the fruit, salad and other ingredients to make sure they are fit for preparation
- ◆ storing fruit and salad prior to use
- ◆ choosing tools and equipment for preparing fruit and salad
- ◆ preparing fruit and salad:
  - washing
  - soaking
  - cutting
  - trimming
  - mixing
- ◆ presenting fruit and salad dishes according to requirements
- ◆ safely storing prepared fruit and salad not needed for immediate use

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**Element 1 (1FP2.1)**

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<b>What you must do (circled numbers must be observed)</b>		<b>Assessor initials/date</b>
Evidence for the remaining points may be assessed through questioning or witness testimony		
①	Check the <b>ingredients</b> to make sure they are fit for preparation	
②	Choose the correct tools and equipment	
③	<b>Prepare</b> the <b>ingredients</b> correctly for the dish	
④	Present the dish to meet requirements	
5	Safely store any prepared items not for immediate use	

<b>What you must cover (minimum requirement for observation in italic and bold)</b>	<b>Activity/Evidence</b> (insert tick or supplementary reference)					
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Evidence for the remaining points may be assessed through questioning or witness testimony						
<b><i>Ingredients, at least two required from the following:</i></b>						
frozen fruit						
fresh fruit						
fresh salad						
prepared fruit						
prepared salad						
<b><i>Prepare by, at least two required from the following:</i></b>						
peeling						
trimming						
washing						
soaking						
cutting						
mixing						

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

<b>What you must know for the Unit</b>	
<b>For the whole Unit</b>	
K1	How to store salad and fruit before preparation
K2	How to check the salad, fruit and other ingredients to make sure they are fit for use
K3	What you should do if there are problems with the salad, fruit or other ingredients
K4	The right tools and equipment for the following preparation methods: <ul style="list-style-type: none"> <li>◆ peeling</li> <li>◆ trimming</li> <li>◆ washing</li> <li>◆ soaking</li> <li>◆ cutting</li> <li>◆ mixing</li> </ul>
K5	Why it is important to use the correct tools and equipment
K6	How you should carry out the following preparation methods correctly: <ul style="list-style-type: none"> <li>◆ peeling</li> <li>◆ trimming</li> <li>◆ washing</li> <li>◆ soaking</li> <li>◆ cutting</li> <li>◆ mixing</li> </ul>
K7	Why it is important to avoid cross contamination with meat and fish products and how to do so
K8	How to store prepared salads and fruit that are not for immediate use

Knowledge evidence retained

**Assessor signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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

Assessor Feedback