

Unit DR8C 04 (1FPC2) Prepare and cook meat and poultry

This Unit has the following element:

Element 1 (1FPC2.1) Prepare and cook meat and poultry

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 DR8C 04 (1FPC2)

Prepare and cook meat and poultry

Unit Summary

This Unit is about preparing and cooking meat/poultry for simple dishes, for example:

- ◆ minute steaks
- ◆ burgers
- ◆ chops
- ◆ sausages
- ◆ bacon
- ◆ chicken nuggets

The Unit covers the following types of meat/poultry:

- ◆ coated
- ◆ pre-prepared uncoated
- ◆ steaks
- ◆ chops
- ◆ cuts of chicken

You will use the following preparation methods:

- ◆ defrosting, when necessary
- ◆ basic seasoning

the following cooking methods:

- ◆ grilling/griddling
- ◆ shallow frying
- ◆ deep frying
- ◆ microwaving

and the following finishing methods:

- ◆ garnishing
- ◆ presentation

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

- ◆ storing fresh or frozen meat and poultry not for immediate use
- ◆ choosing tools and equipment for preparing, cooking and finishing
- ◆ checking the meat/poultry to make sure it is fit for preparation and cooking
- ◆ defrosting meat/poultry where appropriate
- ◆ seasoning meat/poultry
- ◆ cooking meat/poultry
- ◆ garnishing and presenting the dish
- ◆ making sure the dish is held and served at the correct temperature

Unit DR8C 04 (1FPC2)

Prepare and cook meat and poultry

Element 1 (1FPC2.1)

Prepare and cook meat and poultry

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	Safely store any meat/poultry not for immediate use	
2	When necessary, de-frost meat/poultry	
③	Check that the meat/poultry is fit for cooking	
④	Choose the right tools and equipment	
5	Prepare the meat/poultry to meet requirements	
⑥	Cook the meat/poultry as required	
⑦	Finish the meat/poultry as required	
⑧	Make sure the meat/poultry is at the right temperature for holding and serving	

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>Meat/poultry, at least two required from the following:</i>						
pre-prepared/coated						
uncoated						
steaks						
chops						
chicken cuts						
<i>Preparation methods, at least none required from the following:</i>						
defrosting						
seasoning						
<i>Cooking methods, at least two required from the following:</i>						
grilling/griddling						
shallow frying						
deep frying						
microwaving						

Unit DR8C 04 (1FPC2)**Prepare and cook meat and poultry****Element 1 (1FPC2.1)****Prepare and cook meat and poultry**

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

Unit DR8C 04 (1FPC2)**Prepare and cook meat and poultry**

What you must know for the Unit	
For the whole Unit	
K1	How to store fresh and frozen meat/poultry correctly before cooking
K2	How to check that meat/poultry is fit for preparation and cooking
K3	What you should do if there are problems with the meat/poultry or other ingredients
K4	How to decide when meat/poultry needs defrosting before cooking and why this is important
K5	The right tools and equipment for: <ul style="list-style-type: none">◆ defrosting◆ seasoning◆ storing meat/poultry
K6	How to prepare meat/poultry using the following methods: <ul style="list-style-type: none">◆ defrosting◆ seasoning◆ storing
K7	The right tools and equipment for following cooking methods: <ul style="list-style-type: none">◆ grilling/griddling◆ shallow frying◆ deep frying◆ microwaving
K8	Why it is important to use the correct tools and equipment
K9	How to carry out the following cooking methods correctly: <ul style="list-style-type: none">◆ grilling/griddling◆ shallow frying◆ deep frying◆ microwaving
K10	How to finish and season meat/poultry according to requirements
K11	Correct temperatures for holding meat/poultry

Knowledge evidence retained

Assessor signature: _____**Date:** _____

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

Assessor Feedback