

Unit DR8F 04 (1FPC3) Prepare and cook pasta

This Unit has the following element:

Element 1 (1FPC3.1) Prepare and cook pasta

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:** _____

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Unit Summary

This Unit is about preparing and cooking pasta.

The Unit covers the following types of pasta:

- ◆ dried
- ◆ fresh bought in
- ◆ frozen

You will use the following preparation and cooking methods:

- ◆ storing
- ◆ defrosting
- ◆ boiling
- ◆ microwaving
- ◆ refreshing
- ◆ blanching
- ◆ straining

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

- ◆ checking the pasta to make sure it is fit for preparation and cooking
- ◆ choosing the right tools and equipment
- ◆ preparing pasta for cooking
- ◆ cooking pasta
- ◆ straining pasta
- ◆ storing cooked pasta not for immediate use

Unit DR8F 04 (1FPC3)

Prepare and cook pasta

Element 1 (1FPC3.1)

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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 pasta to make sure it is fit for preparation and cooking	
②	Choose and use the right tools and equipment	
③	Prepare and cook the pasta as required	
4	Safely store cooked pasta 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>Pasta, at least one required from the following:</i>						
dried						
fresh bought in						
frozen						
<i>Preparation methods, at least two required from the following:</i>						
blanch						
strain						
defrost						
<i>Cooking methods, at least one required from the following:</i>						
boil						
microwave						

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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	The different names and shapes of pasta that may be used
K2	How to check pasta to make sure it is fit for preparation and cooking
K3	What you should do if there are problems with the pasta
K4	The right tools and equipment to prepare and cook pasta
K5	Why it is important to use the correct tools and equipments
K6	When to identify when cooked pasta has the correct texture
K7	Why it is important not to overcook pasta
K8	The correct temperature for holding and serving pasta
K9	How to store cooked pasta and the conditions which need to be met for effective storage

Knowledge evidence retained

Assessor signature: _____

Date: _____

Unit DR8F 04 (1FPC3)**Prepare and cook pasta**

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

Assessor Feedback