

Unit DR8J 04 (1FPC4) Prepare and cook rice

This Unit has the following element:

Element 1 (1FPC4.1) Prepare and cook rice

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 DR8J 04 (1FPC4)

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Unit Summary

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

- ◆ boiled rice
- ◆ steamed rice

The Unit covers the following types of rice:

- ◆ long
- ◆ short
- ◆ round

You will use the following preparation and cooking methods:

- ◆ washing
- ◆ steaming
- ◆ boiling
- ◆ microwaving
- ◆ straining

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

- ◆ checking the rice to make sure it is fit for preparation and cooking
- ◆ choosing the right tools and equipment for preparation and cooking
- ◆ preparing and cooking the rice
- ◆ straining the rice
- ◆ storing cooked rice 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	Check the rice to make sure it is fit for preparation and cooking	
②	Choose the right tools and equipment	
③	Prepare and cook the rice to meet requirements	
④	Make sure the rice is at the correct temperature for holding and serving	
5	Safely store any cooked rice 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>Rice, at least one required from the following:</i>						
long						
short						
round						
<i>Preparation and cooking methods, at least three required from the following:</i>						
washing						
steaming						
boiling						
microwaving						
straining						

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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	How to store uncooked rice
K2	How to check the rice to make sure it is fit for preparation and cooking
K3	What you should do if there are problems with the rice
K4	The right tools and equipment for the following preparation and cooking methods: <ul style="list-style-type: none"> ◆ washing ◆ steaming ◆ boiling ◆ microwaving ◆ straining
K5	Why it is important to use the correct tools and equipment
K6	How to use the following preparation and cooking methods: <ul style="list-style-type: none"> ◆ washing ◆ steaming ◆ boiling ◆ microwaving ◆ straining
K7	Correct temperatures for holding and serving cooked rice
K8	How to store cooked rice and the conditions which need to be met for effective storage

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