

Unit DR8G 04 (1FPC6) Prepare and cook pulses

This Unit has the following element:

Element 1 (1FPC6.1) Prepare and cook pulses

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 DR8G 04 (1FPC6) Prepare and cook pulses

Unit Summary

This Unit is about preparing and cooking simple pulse dishes.

This Unit covers the following types of pulses:

- ◆ beans (for example, kidney beans, aduki pinto beans, butter beans)
- ◆ peas (for example, chick peas, split peas)
- ◆ lentils (for example, red split lentils)

You will use the following preparation and cooking methods:

- ◆ washing
- ◆ soaking
- ◆ boiling

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

- ◆ checking the pulses are fit for preparation, including checking for stones in lentils
- ◆ choosing the right tools and equipment to prepare and cook the pulses
- ◆ washing pulses
- ◆ soaking pulses
- ◆ boiling pulses
- ◆ storing pulses you are not going to use immediately

Unit DR8G 04 (1FPC6)

Prepare and cook pulses

Element 1 (1FPC6.1)

Prepare and cook pulses

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 pulses to make sure they are fit to be prepared and cooked	
②	Choose and use the correct tools and equipment	
③	Prepare and cook the pulses for the dish as required	
4	Safely store any prepared pulses 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>Pulses, at least two required from the following:</i>						
beans						
peas						
lentils						
<i>Prepare and cook, at least two required from the following:</i>						
washing						
soaking						
boiling						

Unit DR8G 04 (1FPC6)**Prepare and cook pulses****Element 1 (1FPC6.1)****Prepare and cook pulses**

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 pulses before preparation
K2	How to check the following types of pulses are fit to be prepared: <ul style="list-style-type: none">◆ beans◆ peas◆ lentils
K3	What you should do if there are problems with the pulses or other ingredients
K4	The correct tools and equipment for the following preparation and cooking methods: <ul style="list-style-type: none">◆ washing◆ soaking◆ boiling
K5	Why it is important to use the correct tools and equipment
K6	How to carry out the following preparation methods correctly: <ul style="list-style-type: none">◆ washing◆ soaking◆ boiling
K7	How to decide when pulses are correctly soaked
K8	How to store cooked pulses not for immediate use

Knowledge evidence retained

Assessor signature: _____

Date: _____

Unit DR8G 04 (1FPC6)**Prepare and cook pulses**

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

Assessor Feedback