

Unit DT8L 04 (1FPC9) Prepare and cook grain

This Unit has the following element:

Element 1 (1FPC9.1) Prepare and cook grain

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 DT8L 04 (1FPC9)

Prepare and cook grain

Unit Summary

This Unit is about preparing, cooking and finishing simple grain dishes:

- ◆ barley, pearl and pot
- ◆ buckwheat
- ◆ com/maize (polenta)
- ◆ oats
- ◆ millet
- ◆ wheat
- ◆ quinoa

You will use the following preparation and cooking methods:

- ◆ boiling
- ◆ leaving covered
- ◆ soaking
- ◆ straining

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

- ◆ choosing the right type and amount of grain
- ◆ checking the grain to make sure it is fit for cooking
- ◆ choosing the right tools and equipment for cooking
- ◆ cooking the grain
- ◆ straining
- ◆ storing cooked grain not for immediate use

Unit DT8L 04 (1FPC9)

Prepare and cook grain

Element 1 (1FPC9.1)

Prepare and cook grain

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 grain to make sure it is fit for preparation and cooking	
②	Choose and use the right tools and equipment	
③	Cook the grain correctly for the dish	
④	Make sure the grain is at the correct temperature for holding and serving	
5	Safely store any cooked grain 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>Grain, at least two required from the following:</i>						
barely (pearl and pot)						
buckwheat						
corn/maize (polenta)						
oats						
millet						
wheat (bulgar, semolina, cous cous)						
quinoa						
<i>Preparation and cooking methods, at least two required from the following:</i>						
boiling						
leaving covered						
soaking						
straining						

Unit DT8L 04 (1FPC9)**Prepare and cook grain****Element 1 (1FPC9.1)****Prepare and cook grain**

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

Unit DT8L 04 (1FPC9)**Prepare and cook grain**

What you must know for the Unit	
For the whole Unit	
K1	How to store uncooked grain
K2	How to check the grain to make sure it is fit for preparation and cooking
K3	What you should do if there are problems with the grain
K4	The right tools and equipment for the following preparation and cooking methods: <ul style="list-style-type: none">◆ boiling◆ leaving covered◆ soaking◆ 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">◆ boiling◆ leaving covered◆ soaking◆ straining
K7	The correct cooking times and processes for: <ul style="list-style-type: none">◆ barley (pearl and pot)◆ buckwheat◆ com/maize (polenta)◆ oats◆ millet◆ wheat (bulgar, semolina, cous cous)◆ guinoa
K8	Correct temperatures for holding and serving cooked grain
K9	How to store cooked grain and the conditions which need to be met for effective storage

Knowledge evidence retained

Assessor signature: _____**Date:** _____

Unit DT8L 04 (1FPC9)**Prepare and cook grain**

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

Assessor Feedback