

**Unit DT0E 04 (2FPC13) Prepare, cook and finish healthier dishes**

This Unit has the following element:

**Element 1 (2FPC13.1) Prepare, cook and finish healthier dishes**

**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 DT0E 04 (2FPC13)      Prepare, cook and finish healthier dishes**

### **Unit Summary**

This Unit is about preparing, cooking and finishing dishes which use healthier ingredients, preparation, cooking and finishing techniques.

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

- ◆ checking the ingredients for the dish
- ◆ preparing the ingredients in a way that minimises fat, salt, sugar and maximises fibre content
- ◆ cooking the dish in a way that maximises its nutritional value
- ◆ using flavourings that minimise the use of salt and sugar
- ◆ presenting the dish in a way that is attractive to the customer
- ◆ serving the dish in a way that gives the customer a choice of sauces, dressings, toppings, and condiments

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**Element 1 (2FPC13.1)**

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| <b>What you must do (circled numbers must be observed)</b>                                 |  | <b>Assessor initials/date</b> |
|--|--|-------------------------------|
| Evidence for the remaining points may be assessed through questioning or witness testimony |  |                               |
| ①  | Check that the ingredients meet <b>dish</b> requirements   |                               |
| ②  | Prepare the ingredients in a way that minimises fat, salt and sugar content and maximises fibre      |                               |
| ③  | Cook the <b>dish</b> in a way that maximises its nutritional value                                   |                               |
| ④  | Use flavourings that minimise the use of salt or sugar   |                               |
| 5  | Present the <b>dish</b> in a way that will be attractive to the customer                             |                               |
| 6  | Allow the customer to choose what sauces, dressing, toppings or condiments to add to the <b>dish</b> |                               |

| <b>What you must cover (minimum requirement for observation in italic and bold)</b>        | <b>Activity/Evidence</b><br>(insert tick or supplementary reference) |          |          |          |          |          |
|--|--|----------|----------|----------|----------|----------|
|  | <b>1</b>   | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> |
| Evidence for the remaining points may be assessed through questioning or witness testimony |  |          |          |          |          |          |
| <i><b>Dish, at least four required from the following:</b></i>                             |  |          |          |          |          |          |
| meat/poultry   |  |          |          |          |          |          |
| fish   |  |          |          |          |          |          |
| vegetables/fruit   |  |          |          |          |          |          |
| eggs   |  |          |          |          |          |          |
| pasta/rice/grain   |  |          |          |          |          |          |
| soups/sauces   |  |          |          |          |          |          |
| pastry   |  |          |          |          |          |          |
| bread/dough  |  |          |          |          |          |          |
| sponges/cakes/biscuits/scones  |  |          |          |          |          |          |

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



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

Assessor Feedback