

Unit PPL1PC8 (HL00 04) Prepare and Cook Pulses

I confirm that the evidence detailed in this unit is my own work.

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| **Candidate’s name** |  | **Candidate’s signature** |  | **Date** |
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I confirm that the candidate has achieved all the requirements of this unit.

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| **Assessor’s name** |  | **Assessor’s signature** |  | **Date** |
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| **Countersigning — Assessor’s name****(if applicable)** |  | **Countersigning — Assessor’s signature****(if applicable)** |  | **Date** |
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I confirm that the candidate’s sampled work meets the standards specified for this unit and may be presented for external verification.

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| **Internal verifier’s name** |  | **Internal verifier’s signature** |  | **Date** |
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| **Countersigning — Internal verifier’s name****(if applicable)** |  | **Countersigning — Internal verifier’s signature****(if applicable)** |  | **Date** |
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| **External Verifier’s initials and date (if sampled)** |  |

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| **Unit overview** |
| This unit is about preparing and cooking simple pulse dishes.The unit covers the following types of pulses:* beans (for example, kidney beans, adzuki, pinto and 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
* steaming
* braising
* baking
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| **Sufficiency of evidence** |
| There must be sufficient evidence to ensure that the candidate can consistently achieve the required standard over a period of time in the workplace or approved realistic working environment. |

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| **Performance criteria** |
| **What you must do:** |
| There must be evidence for all Performance Criteria (PC). The assessor **must** assess PCs 1−7 by directly observing the candidate’s work.PC 8 may be assessed by alternative methods if observation is not possible. |
| 1 Check that the pulses are fit for cooking.2 Choose the right tools and equipment to prepare and cook pulses.3 Use the tools and equipment correctly when preparing and cooking pulses.4 Prepare the pulses to meet requirements.5 Cook the pulses as required.6 Finish the pulses as required.7 Ensure the pulses are at the right temperature for holding and serving.8 Store any pulses not for immediate use in line with food safety regulations. |

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| **Scope/Range** |
| **What you must cover:** |
| **All** scope/range must be covered. There must be performance evidence, gathered through direct observation by the assessor of the candidate’s work for: |
| **two** from:a beansb peasc lentils | **three** from:d washinge soakingf boilingg steamingh braisingi baking | Evidence for the remaining points under ‘what you must cover’ may be assessed through questioning or witness testimony. |

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| **Evidence reference** | **Evidence description** | **Date** | **Performance criteria** | **Scope/Range** |
| **What you must do** | **What you must cover** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **a** | **b** | **c** | **d** | **e** | **f** | **g** | **h** | **i** |
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| **Knowledge and understanding** | **Evidence reference****and date** |
| **What you must know and understand** |
| For those knowledge statements that relate to **how** the candidate should do something, the assessor may be able to infer that the candidate has the necessary knowledge from observing their performance or checking products of their work. In **all** other cases, evidence of the candidate’s knowledge and understanding must be gathered by alternative methods of assessment (eg oral or written questioning). |
| 1 | How to store uncooked pulses. |  |
| 2 | How to check the pulses to make sure they are fit for preparation and cooking. |  |
| 3 | Why and to whom you should report any problems with the pulses or other ingredients. |  |
| 4 | The right tools and equipment for the preparation and cooking methods. |  |
| 5 | Why it is important to use the correct tools and equipment. |  |
| 6 | How to use the preparation and cooking methods. |  |
| 7 | How to tell if pulses are properly cooked. |  |
| 8 | The correct temperatures for holding and serving cooked pulses. |  |
| 9 | The correct storage requirements for pulses not for immediate consumption. |  |

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# Supplementary evidence

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| **Evidence** | **Date** |
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| **Assessor feedback on completion of the unit** |
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