Unit PPL1PRD5 (HL14 04) Prepare Meals to meet Relevant Nutritional Standards

 Set for School

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 a range of healthy meals which meet the national standard set for school meals. It covers how you would safely prepare the meals, appropriate cooking methods and presentation skills, but primarily ensures that the meals are nutritionally balanced and meet the current guidelines set. |

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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 1–9 by directly observing the candidate’s work. |
| **1 Ensure that the preparation area is clean, undamaged and ready for use according to your workplace standard****2 Ensure that the equipment (including waste containers) is clean, appropriate for the task, undamaged, where it should be and switched on ready for use****3 Check that all ingredients meet the dish, food safety and your workplace requirements****4 Liaise with the relevant people to identify the required nutritional content for each dish****5 Prepare and cook the meals to meet nutritional requirements, making sure that the finished dishes have the correct colour, texture, consistency and flavour****6 Ensure that all meals are cooked and held at the correct temperature****7 Present and finish the meals to meet customer and your workplace requirements****8 Store any cooked dishes not for immediate use according to workplace requirements in line with food safety regulations****9 Report any problems with dishes to the appropriate person** |

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| **Evidence reference** | **Evidence description** | **Date** | **Performance criteria** |
| **What you must do** |
|
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** |
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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 | Safe and hygienic working practices when preparing, cooking and finishing nutritious meals |  |
| 2 | Where to find the current nutritional standards and daily guidance amounts set for school meals |  |
| 3 | The range of different special dietary requirements that may be encountered, and the impact that they have upon the production of food |  |
| 4 | The differences between dietary, religious and cultural requirements and how these are accounted for within your workplace |  |
| 5 | Why it is important to follow food safety requirements when preparing, cooking and finishing school meals |  |
| 6 | How to check that the ingredients meet your workplace requirements and are fit for use, of the correct quality and quantity |  |
| 7 | Why and to whom you should report any problems with ingredients |  |
| 8 | How to carry out the relevant preparation, cooking and finishing methods for the dish to ensure that nutritional standards are met |  |
| 9 | Healthy eating options when preparing, cooking and finishing meals |  |
| 10 | How to present nutritious school meals in a way that meets your customers’ high expectations and your workplace standards |  |
| 11 | The correct storage requirements for basic dishes not for immediate consumption |  |
| 12 | The types of unexpected situations that may occur when preparing, cooking and finishing school meals |  |

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# Supplementary evidence

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