

# Cooking

Level 1



1. Discuss the basic rules of hygiene and safety in the kitchen and show you know how to put them into practice.
2. Get your own breakfast consisting of at least one hot dish and including a drink. Wash up and put away the dishes and leave the food preparation area clean and tidy afterwards.
3. Do any three of the following:
  - a. prepare and cook two vegetables for the family evening meal.
  - b. cook a batch of scones, pikelets or cakes.
  - c. cook something on a barbecue.
  - d. make an uncooked biscuit or slice.
  - e. prepare and cook a two-course lunch for yourself and an adult.
  - f. prepare your favourite recipe.

# Cooking

## Level 2



1. Discuss the rules of hygiene and safety in the kitchen and show you know how to put them into practice.
2. Plan, cook, serve and clear away a meal for two or more people consisting of three courses and a drink. Leave the food preparation area clean and tidy after you have finished.
3. Do any three of the following:
  - a. prepare and cook a tart or cake.
  - b. make some confectionery (e.g. jellies, honeycomb, chocolate truffles).
  - c. make a cooked dessert.
  - d. make a batch of biscuits.
  - e. make soup from fresh ingredients.
4. Cook an outdoor meal:
  - a. make a billycan and use it to cook something (e.g. a meat and vegetable casserole or a vegetarian dish).
  - b. a dessert cooked in foil.
  - c. a hot drink.
5. Plan a menu for one day showing you understand how to balance the essential food groups.
6. a. Discuss special diets/allergies.
  - b. Find a recipe which will cater for a special diet/allergy (e.g. gluten free, dairy free, low cholesterol, diabetes, fat free, vegetarian).