

Food and Culinary Skills 1

HE

Statement Code no: 5

Student:

Class:

At Junior Certificate level the student can:

Plan, prepare, cook and present simple, well-balanced meals for individuals and groups

Date Commenced: / /

Date Awarded: / /

Learning Targets - This has been demonstrated by your ability to:

- | | | |
|----|--|--|
| 1 | Follow a simple recipe | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 2 | Weight and measure foods using the correct equipment for example, scales, jug, cup and spoon | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 3 | Prepare food, for example wash, peel, chop, dice, grate, slice | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 4 | Follow the basic steps for hygienic handling of food | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 5 | Practise oven cooking i.e. baking, roasting, microwave and casserole | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 6 | Practise hob cooking i.e. frying, boiling, poaching | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 7 | Practice grilling and / or barbecue | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 8 | Choose the correct kitchen utensils for different tasks | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 9 | Follow the basic steps for keeping the kitchen clean | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 10 | Be aware of the nutrients and the five food groups | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 11 | Plan a meal for a group keeping a balance between the five food groups | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 12 | Plan and prepare meals for different between the live food groups | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 13 | Wash, dry and put away dishes / utensils leaving the work unit ready for the next person | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 14 | Prepare, present and evaluate finished dishes for individuals and groups | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 15 | Summarise the main guidelines for healthy eating | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 16 | Choose the appropriate temperature for individual dishes | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 17 | Use kitchen equipment safety | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 18 | Evaluate preparation and food handling skill | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |

Refer also to: English, Maths, Physical Education, Science, SPE, ESS

Work begun ☐ ☐ ☐ | Work in progress ☐ ☐ ☐ | Work completed ☐ ☐ ☐