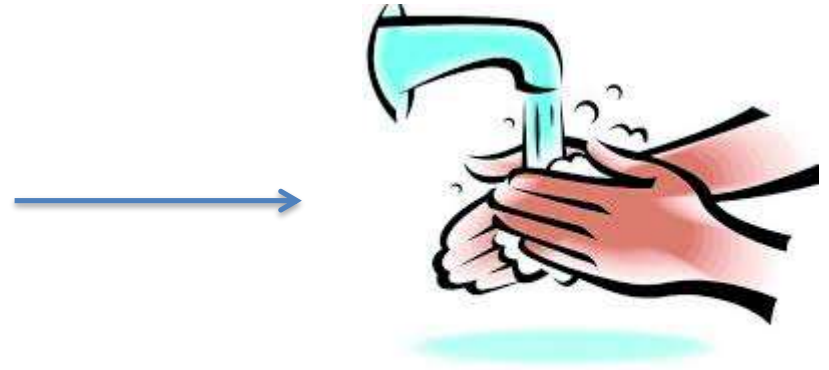


# Summer Homework Unit 1

# Unit 01 Preparing to cook



Name:

Candidate no:

School no:

# Unit 1

This unit aims to introduce learners to the safe and hygienic preparation of the cooking environment and ingredients. Learners will understand the importance of how to prepare and store equipment and utensils. Learners will learn to understand and follow recipes to demonstrate their cooking skills to produce a variety of dishes.

## The Task

You have volunteered to help out with a community education evening class for adults who want to learn to cook. This will be held in your school/college cooking environment.



Q. What are the four C's?

Explain why it is important to make sure we follow the 4c principles.



# Create a Booklet

- Demonstrate how you prepare before cooking in a safe and hygienic way
- How do you prepare work areas for cooking in a safe and hygienic way.