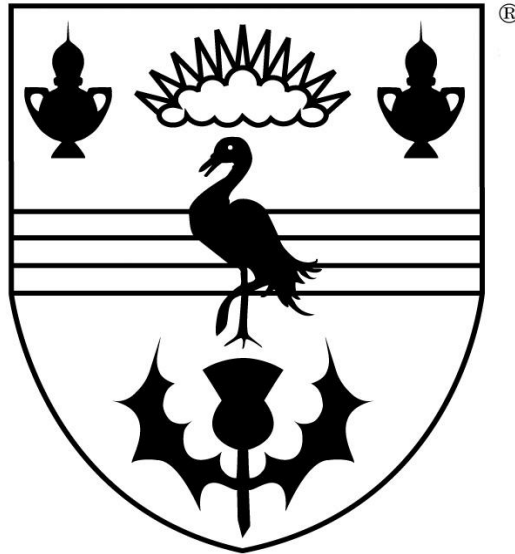


The Royal Environmental Health Institute of Scotland



Elementary Cooking Skills

Syllabus

Minimum teaching time - 6 hours

This course was developed as a partnership between REHIS and NHS Forth Valley.

Supported by Community Food and Health (Scotland) and Edinburgh Cyrenians.

All objectives to be prefixed by the words: The expected outcome is that the course participant will be able to:

Aim: The aim of the course is to

- Provide participants with basic cooking skills that increases confidence, skills and knowledge

Outcomes:

- Increase basic food preparation skills
- Increase basic cooking and presentation skills
- Gain an awareness of food safety
- Gain an awareness of using safe and hygienic practices

Introduction

Objectives

- Appreciate the needs and expectations of other course participants
- Identify their current level of skills and confidence when preparing and cooking foods

1. Using safe and hygienic practices

Objectives

1.1 Demonstrate the importance of personal hygiene

1.2 Demonstrate the importance of food safety during food preparation, cooking and storage

1.3 Demonstrate the safe use of equipment

2. Understanding and following a recipe

Objectives

- 2.1 Follow written, oral and/or pictorial recipes/instructions
- 2.2 Demonstrate an understanding of the correct procedure when following a recipe
- 2.3 Show an understanding of cooking times and temperatures
- 2.4 Utilise and adapt available ingredients or recipe to make a dish/meal
- 2.5 Understand common weighing and measuring terms

3. Food Preparation Techniques

Objectives

- 3.1 Demonstrate basic food preparation techniques
- 3.2 Demonstrate the safe and appropriate use of equipment

4. Cooking methods and food presentation

Objectives

- 4.1 Understand basic cookery terms
- 4.2 Demonstrate a range of basic cooking methods
- 4.3 Show an awareness of serving and presentation options
- 4.4 Demonstrate the concept of a balanced meal
- 4.5 Appreciate different textures and tastes
- 4.6 Produce food that is cooked to an acceptable standard
- 4.7 Increase their confidence when tasting prepared foods and/or eating with others

5. Putting it all together

Objectives

5.1 Be able to put their knowledge of practical food skills into practice in a variety of settings

6. Assessment

6.1 Tutor checklist

6.2 Visual and oral assessment by tutor

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