**Towards Independence** 



# Meal preparation and cooking: Progression



Name:

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This module has been developed as the result of collaborative work between ASDAN and practitioners delivering the Towards Independence programme. Our thanks go to all those who contributed to the development of these materials.

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## Welcome

Hint and tips: Tutor/assessor to lead your learner through relevant information.

You are starting a module called

### Meal preparation and cooking: Progression

In doing the activities in this module, you will be asked to:

- say
- show
- choose
- make things

You can say things by talking or signing, or by using any other means to let someone know what you want to say.

You can choose and show things by using:

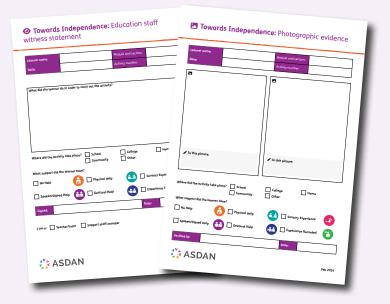
- pictures
- digital recording
- photographs
- computer
- other means

Hint and tips: You can download different evidence templates from our website: asdan.org.uk/towards-independence/ under Course resources at the bottom of the page. These may be helpful to capture different types of evidence.

or by telling someone else so they can write or do it for you. You can have as much help as you need, all the way through.

As you complete each activity, you or your tutor can tick ✓ the box shown alongside the activity and the corresponding box on the **Record of activities** page.

When you have finished the module, remember to complete the **Module review** and **Next steps** at the end of the book.



## **Levels of support**

Ask your tutor to talk to you about these:



**NH: No Help** You can do things on your own



SH: Spoken/Signed Help You are helped by someone speaking or signing suggestions to you





**GH: Gestural Help** You are helped by someone using hand signals or other gestural prompts



#### SE: Sensory Experience

You are given the opportunity of being involved through a sensory experience, eg hearing, touch, sight or taste

#### **PH: Physical Help** You are helped by someone holding you and/or helping you to move



#### **ER: Experience Recorded**

You are provided with an experience of the activity but are unable to take part

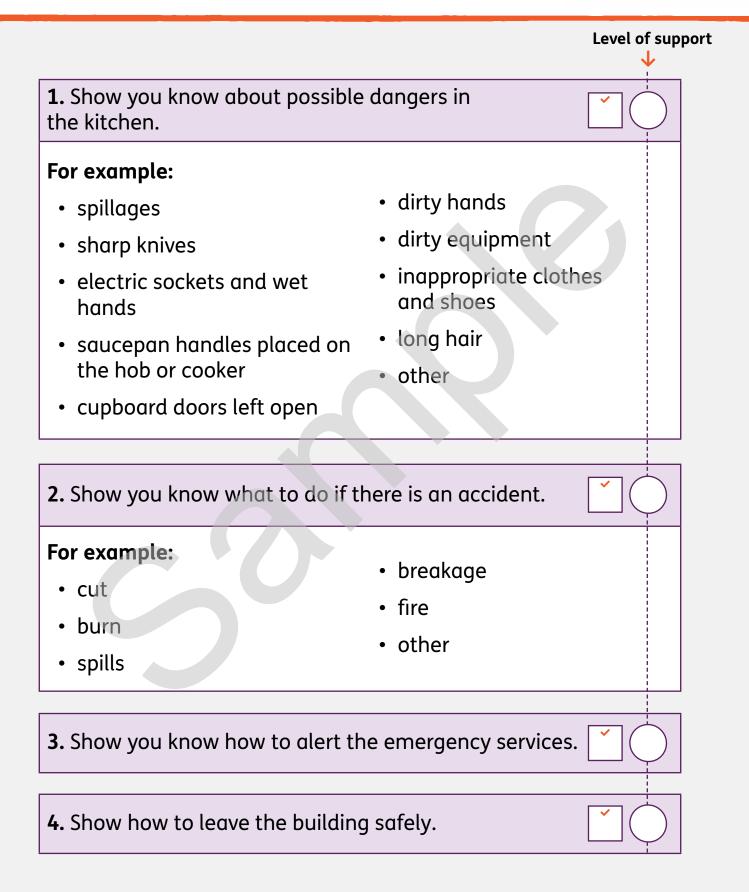


## Meal preparation and cooking: Progression

To complete this module you must complete a minimum of **six** sections.











(1) Hints and tips: To be completed by the tutor/assessor. Guidance can be found on page 2.

Activity:	optional
Comments:	optional
Tutor/supervisor/learner	
Level or chosen descriptor from centre's optional optional	
Subject area:	
Level of support: Skills: Evide	ence ref:
mandatory mandatory n	nandatory
Tutor/assessor signature Date:	
mandatory	mandatory





	Level of support
<b>1.</b> Show you can lay the table for the food you have prepared.	
<b>2.</b> Show how you serve the food correctly and safely.	
<b>3.</b> Show you can clear the table when everyone has finished.	
<b>4.</b> Show you know how to throw away waste items correctly. Recycle any waste.	
<b>5.</b> Show how you store leftover food correctly.	
<b>6.</b> Show you can wash up and put away all the things you have used in the correct place.	
<b>7.</b> Show how you leave the kitchen clean and tidy.	





**1** Hints and tips: To be completed by the tutor/assessor. Guidance can be found on page 2.

Activity:	optional
Comments:	optional
Tutor/supervisor/learner	
Level or chosen descriptor from centre's	optional
preferred assessment method:	
Subject area:	
Level of support: Skills: Evide	nce ref:
mandatory mandatory mandatory	nandatory
Tutor/assessor signature Date:	
mandatory	mandatory





	Level of support
In this section you can choose your own activity. <b>Here are some ideas:</b>	
<ul> <li>eating at a restaurant</li> <li>preparing a meal for a friend</li> <li>other</li> </ul>	
<b>1.</b> Decide what your project will be.	
<b>2.</b> Plan your project.	
<b>3.</b> Make a list of the things you need.	
4. Do your project.	
<b>5.</b> Show what went well in your project.	



(1) Hints and tips: To be completed by the tutor/assessor. Guidance can be found on page 2.

Activity:	optional
<b>Comments:</b> Tutor/supervisor/learner	optional
Level or chosen descriptor from centre's preferred assessment method:	optional
Subject area:	
Level of support: Skills: Evi	dence ref:
mandatory	mandatory
Tutor/assessor signature Date:	
mandatory	mandatory



## **Q** Module reflection

*field* **Idea:** You can write, draw, use the skills stickers here or put a photo of you using a skill.

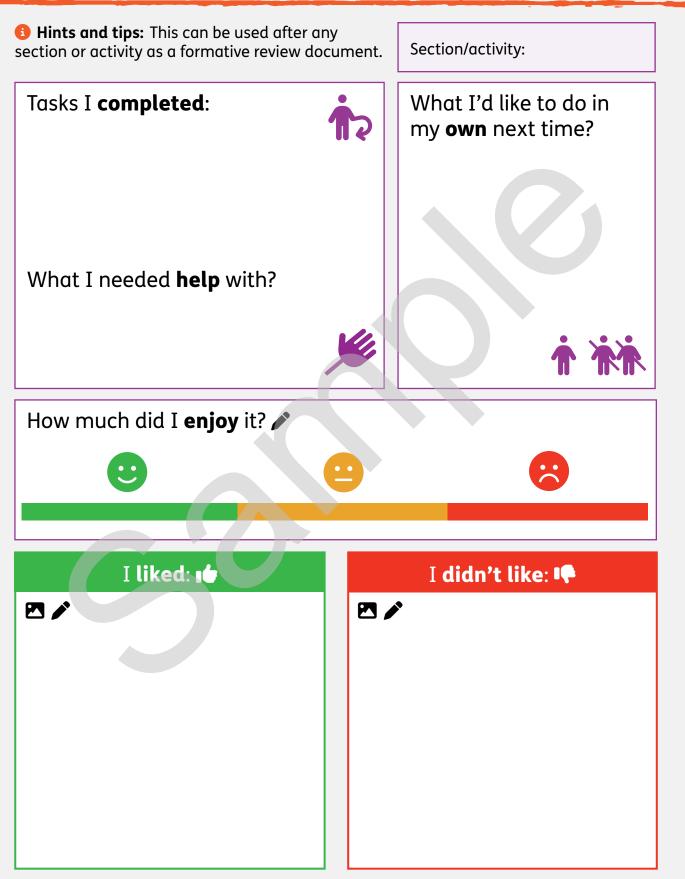


## Q Next steps

The next <b>module(s)</b> I would like to try	Refer back to <b>'My learning</b> /: <b>journey'</b> map	
Who can <b>help</b> me?		
Remember to record that you have completed this module and		
review on the <b>Record page</b> in your <b>St</b> Learner signature:	arting out module.	
Tutor/supervisor signature:	Date:	
Positive feedback for your learner?	optional	
	<b>☆</b> □	

## **Q Section/activity review** (

optional



**Idea:** You can download the digital version for more copies from our website: **asdan.org.uk/towards-independence/** under **Course resources** at the bottom of the page.





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