

Unit PPL1PC8 (HL00 04) Prepare and Cook Pulses

I confirm that the evidence detailed in this unit is my own work.

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| **Candidate’s name** |  | **Candidate’s signature** |  | **Date** |
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I confirm that the candidate has achieved all the requirements of this unit.

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| **Assessor’s name** |  | **Assessor’s signature** |  | **Date** |
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| **Countersigning — Assessor’s name**  **(if applicable)** |  | **Countersigning — Assessor’s signature**  **(if applicable)** |  | **Date** |
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I confirm that the candidate’s sampled work meets the standards specified for this unit and may be presented for external verification.

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| **Internal verifier’s name** |  | **Internal verifier’s signature** |  | **Date** |
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| **Countersigning — Internal verifier’s name**  **(if applicable)** |  | **Countersigning — Internal verifier’s signature**  **(if applicable)** |  | **Date** |
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| **External Verifier’s initials and date (if sampled)** |  |

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| **Unit overview** |
| This unit is about preparing and cooking simple pulse dishes.  The unit covers the following types of pulses:   * beans (for example, kidney beans, adzuki, pinto and butter beans) * peas (for example chick peas, split peas) * lentils (for example red, split lentils)   You will use the following preparation and cooking methods:   * washing * soaking * boiling * steaming * braising * baking |

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| **Sufficiency of evidence** |
| There must be sufficient evidence to ensure that the candidate can consistently achieve the required standard over a period of time in the workplace or approved realistic working environment. |

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| **Performance criteria** |
| **What you must do:** |
| There must be evidence for all Performance Criteria (PC). The assessor **must** assess PCs 1−7 by directly observing the candidate’s work.  PC 8 may be assessed by alternative methods if observation is not possible. |
| 1 Check that the pulses are fit for cooking.  2 Choose the right tools and equipment to prepare and cook pulses.  3 Use the tools and equipment correctly when preparing and cooking pulses.  4 Prepare the pulses to meet requirements.  5 Cook the pulses as required.  6 Finish the pulses as required.  7 Ensure the pulses are at the right temperature for holding and serving.  8 Store any pulses not for immediate use in line with food safety regulations. |

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| **Scope/Range** | | |
| **What you must cover:** | | |
| **All** scope/range must be covered. There must be performance evidence, gathered through direct observation by the assessor of the candidate’s work for: | | |
| **two** from:  a beans  b peas  c lentils | **three** from:  d washing  e soaking  f boiling  g steaming  h braising  i baking | Evidence for the remaining points under ‘what you must cover’ may be assessed through questioning or witness testimony. |

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| **Evidence reference** | **Evidence description** | **Date** | **Performance criteria** | | | | | | | | | **Scope/Range** | | | | | | | | |
| **What you must do** | | | | | | | | | **What you must cover** | | | | | | | | |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **a** | | **b** | **c** | **d** | **e** | **f** | **g** | **h** | **i** |
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| **Knowledge and understanding** | | **Evidence reference**  **and date** |
| **What you must know and understand** | |
| For those knowledge statements that relate to **how** the candidate should do something, the assessor may be able to infer that the candidate has the necessary knowledge from observing their performance or checking products of their work. In **all** other cases, evidence of the candidate’s knowledge and understanding must be gathered by alternative methods of assessment (eg oral or written questioning). | |
| 1 | How to store uncooked pulses. |  |
| 2 | How to check the pulses to make sure they are fit for preparation and cooking. |  |
| 3 | Why and to whom you should report any problems with the pulses or other ingredients. |  |
| 4 | The right tools and equipment for the preparation and cooking methods. |  |
| 5 | Why it is important to use the correct tools and equipment. |  |
| 6 | How to use the preparation and cooking methods. |  |
| 7 | How to tell if pulses are properly cooked. |  |
| 8 | The correct temperatures for holding and serving cooked pulses. |  |
| 9 | The correct storage requirements for pulses not for immediate consumption. |  |

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# Supplementary evidence

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| **Evidence** | | **Date** |
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| **Assessor feedback on completion of the unit** |
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