Fruits and Vegetables

Preparation and cooking/serving

Recognising varieties

Where to shop

Kitchen safety

Being aware

Health and Safety protocols

Sharps correct usage

The HOLT

Cookery

Programme

Working in a kitchen

Communication

Teamwork

Awareness of others

Taking instruction etc

Food Allergies

Awareness

Precautions and warnings

Emergency Treatment

Cross contamination

Fish and Shellfish

Preparation and cooking

Shopping for fish and shellfish – what to look out for

Where to buy

Meat and Poultry

Preparation and cooking

Using a meat thermometer

Shopping for meat/poultry – what to look out for

Where to buy

Personal Hygiene

Personal presentation and hygiene in the kitchen and hospitality sector

Tools and Equipment

Correct and safe use of tools and equipment in the kitchen

Food Safety

L1 and L2 food Hygiene

Correct storage of foodstuffs

Rotation of stock