At Junior Certificate level the student can:

Plan, prepare, cook and present simple, well-balanced meals for individuals and groups

Learning Targets - This has been demonstrated by your ability to:

1. Follow a simple recipe
2. Weight and measure foods using the correct equipment for example, scales, jug, cup and spoon
3. Prepare food, for example wash, peel, chop, dice, grate, slice
4. Follow the basic steps for hygienic handling of food
5. Practise oven cooking i.e. baking, roasting, microwave and casserole
6. Practise hob cooking i.e. frying, boiling, poaching
7. Practice grilling and / or barbecue
8. Choose the correct kitchen utensils for different tasks
9. Follow the basic steps for keeping the kitchen clean
10. Be aware of the nutrients and the five food groups
11. Plan a meal for a group keeping a balance between the five food groups
12. Plan and prepare meals for different between the live food groups
13. Wash, dry and put away dishes / utensils leaving the work unit ready for the next person
14. Prepare, present and evaluate finished dishes for individuals and groups
15. Summarise the main guidelines for healthy eating
16. Choose the appropriate temperature for individual dishes
17. Use kitchen equipment safety
18. Evaluate preparation and food handling skill

Refer also to: English, Maths, Physical Education, Science, CSPE, ESS