



Safe methods – SM6

Cooking checks

Overview of activity:	For different types of dishes, learners are asked to identify how they would check food is cooked properly.
Learning objective:	Describe the methods used for checking to determine that food has been cooked properly.
Target audience:	Level 1/2.
Additional resources required:	None.
Estimated duration of activity:	15 minutes.
Links to other resources:	Checking your menu (SM8) – an extension activity to be used for Level 3 learners or more able Level 2s.
Guidance notes:	<p>This can be used either as an activity to deliver the Cooking section of the SFBB pack, or as a check that learning has taken place.</p> <p>You may wish to use images from the ‘Cooking safely’ and ‘Checking your menu’ safe methods.</p>

Safe methods – Cooking checks

For each of the items listed below, describe the checks you could make to tell if it was properly cooked.

Whole roast chicken	
Roast beef	
Roast pork	
Boned and rolled shoulder of lamb	
Beef curry	
Shepherd's pie	
Chicken gravy	
Pilaf	
Supreme of salmon	
Cheese omelette	
Prawn risotto	
Mussels in a wine sauce	