

In successfully completing this unit, the learner will have	Evidence needed
shown knowledge of 1. the hygiene required prior to preparing a meal or baking, eg washing their hands	Summary sheet
demonstrated the ability to 2. plan, eg by assembling the required kitchen utensils and food items necessary before starting to cook or bake	Summary sheet
3. follow a recipe by measuring the ingredients and completing each step as directed	Summary sheet
4. safely use the oven, hob and other appropriate cooking equipment	Summary sheet
5. clean surfaces and put things away during the cooking process	Summary sheet
6. make the completed cooked item presentable and ready to be served or stored	Photograph(s) and/or summary sheet
7. clean all remaining utensils and the kitchen area upon completion of the recipe	Photograph(s) and/or summary sheet
shown knowledge of 8. why cooking for others is helpful and restorative	Summary sheet
experienced 9. working as part of a team by communicating with others effectively to provide and receive instructions.	Summary sheet

Swimming Skills

- ☐ **Swim 10m Using Any Stroke**
Show you can swim 10 metres without stopping.
- ☐ **Swim 25m Using a Recognised Stroke**
Swim one length (25m) using front crawl, backstroke, or breaststroke.
- ☐ **Swim 50m Using Any Stroke**
Swim two lengths (50m) in a stroke you're comfortable with.
- ☐ **Swim 5m Underwater**
Hold your breath and swim underwater for 5 metres.

Safety in the Water

Learn Different Safe Entries into the Pool
Try at least 3 of these

- Step in
- Sitting entry
- Saddle entry
- Jump in (with supervision)
- Slide entry

- ☐ **Practice Floating and Treading Water**
Learn how to float calmly and keep your head above water.

Pool Explorer

- ☐ **Visit 4 Different Swimming Pools**
Explore new places to swim!
- ☐ **Find Out the Water Temperature at Each Pool**
Ask a lifeguard or look for a pool information board.