

# INDEPENDENT LIVING SKILLS

## ILS 103

This course is for students who have some good practical skills but would achieve better with internal assessment rather than written examination pressures. This course is fully internally assessed and Unit Standard based.

Students will participate in a variety of practical-based activities that will be assessed by Unit Standards. A variety of topics will be covered including basic food hygiene, preparation and storage, the use of a variety of equipment, demonstrating and using different equipment, preparing and cooking light meals and snacks.

### INTERNAL ASSESSMENT

Achievement/Unit Standards	Number	Title	No of Credits
US Level 1	11880	Supported learning. Use safe hygiene practices with food	2
US Level 1	11883	Supported learning. Participate in meal preparation and cleaning up.	2
US Level 1	11882	Supported learning. Prepare and serve light meals and clean up afterwards.	4
US Level 1	15919	Prepare and present hot finger food in the hospitality industry	2
US Level 2	13281	Prepare and present basic sandwiches in a commercial kitchen	2
Hettanz Practical Certificate in Food and Nutrition			
US Level 1	15620	Apply the knowledge of hygiene and safety in preparation, serving and storage of food.	6

\*NB Course content may be subject to change

**NB: Students can only opt for one of FOD 101 or ILS103**

<b>Suggested pre-requisite</b>	:	<b>None</b>
<b>Suggested further study</b>	:	<b>ILS 202</b>
<b>Course costs/special equipment needed</b>	:	<b>\$140.00 \$30 Course Booklets</b>
<b>Contact persons</b>	:	<b>Mrs S Baxter</b>

