

HOME COOKING SKILL CURRICULUM PLAN

BTEC KEY STAGE 4



	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Scheme of Work	Safe and hygienic handling of food and kitchen equipment	Planning dishes	Food preparation and cooking activities	Development of food preparation, cooking methods and presentation of food Reviewing and tasting dishes	Understanding the importance of nutrition and understanding menu planning	Understand the environment in which hospitality and catering providers operate.
Example of Tasks	<p>Tutor-led discussion about kitchen equipment and the safe and hygienic handling and use of kitchen equipment.</p> <p>Discussion around selecting appropriate equipment for the task.</p> <p>Group discussion and tutor instructions on safe working in the kitchen (health and safety).</p> <p>Learners are instructed on the correct clothing, footwear and headgear to wear, and also on washing hands before and after handling food.</p>	<p>Tutors guide learners' plans on what to cook and learners identify, select and order the food items they will need.</p> <p>Learners' dishes must contain a minimum of four fresh ingredients that may be combined with other, ready prepared ingredients.</p> <p>Learners should consider how their dish will meet appearance, colour, texture and taste requirements set by tutors.</p> <p>Tutors should ensure that learners prepare and cook dishes using a range of preparation and cooking methods in a set time.</p>	<p>Learners practise their kitchen skills, using a selection of equipment.</p> <p>Preparing food items for cooking and prioritising tasks to meet timings and deadlines.</p> <p>Learners should be able to work in a safe, clean and hygienic way and put equipment away correctly after use.</p> <p>Learners need to become familiar with the kitchen layout.</p> <p>Learners could use their visit to an industrial kitchen to list potential near accidents and hazards that they witnessed.</p>	<p>Learners need to prepare and cook dishes using at least four different ingredients and a range of different preparation and cooking methods.</p> <p>Learners present the food, ensuring it meets the requirements set by tutors.</p> <p>Learners complete a tutor-designed pro forma evaluating how they can improve their performance.</p> <p>Tutors complete Reviews on learners' dishes, identifying items that were prepared and cooked</p> <p>Students make suggestions for how</p>	<p>Learners will need to be able to</p> <p>Describe the functions of nutrients Compare the nutritional needs of specific groups</p> <p>Explain what happens if you don't have a balanced diet</p> <p>Know how the different cooking methods impact on the nutritional value of foods</p> <p>Know the factors to consider when planning menus</p> <p>Be aware of environmental issues when cooking</p> <p>Explain how the dishes meet the customer needs</p>	<p>Learners will gain an understanding of the different types of establishments and the types of foods that the produce for customers.</p> <p>Describe the structure of the hospitality and catering industry</p> <p>Be aware of and be able to describe the job roles and working conditions.</p> <p>Explain the factors affecting the success of providers</p> <p>Learners will also look at presentation techniques and accompaniments for a range of dishes including:</p> <ul style="list-style-type: none"> o vegetarian, vegan dishes o dairy free o gluten free

	<p>Using a range of kitchen equipment, learners are instructed in turning ovens and grills on and off and using blenders and mixers.</p>	<p>Learners are expected to understand how to manage their time and they should develop and improve the use of their time as they practise their skills for preparing, cooking and serving food.</p>		<p>their personal organisation, as well as the dishes, could be improved.</p> <p>Learners could review their own performance and the dish they have cooked and identify how they could improve on what they have achieved.</p> <p>Peer review – learners taste each other's dishes and give feedback.</p>	<p>Produce time plans for practical outcomes</p> <p>Be aware of how to check ingredients are of good quality</p> <p>Produce dishes using a range of commodities:</p> <ul style="list-style-type: none"> • meat • fish • poultry • eggs • dairy •vegetarian alternatives <p>When working with commodities links will be made to the needs of specific groups e.g. special dietary needs / allergies.</p>	<ul style="list-style-type: none"> o low fat diets o healthy school meals
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