

Pearson BTEC Level 1/2 Award Home Cooking

Minimum Number of credits to achieve Level 2 Award qualification = 6

Home Cooking	Topic	Key Words	Links to previous learning	Links to wider curriculum
AUTUMN 1	<p style="text-align: center;">Level 1 Unit 1 - Credit value 4</p> <p>Home Cooking Skills – FPT's (focused practical tasks) incorporating: Choosing ingredients Meal planning Seasonal food Economising Nutritional contribution Fridge and store cupboard management Using cooking skills following a recipe Weighing and measuring Food Safety and hygiene Sharing information about home cooking</p>	beating grating liquidising hygiene whisking fresh timings rolling safety seasonal sweet / savoury flouring observation locally accompaniments spreading economising produce soaking slicing portion measures	<p style="text-align: center;">Cooking and Nutrition National Curriculum</p> <p>Key Stage 1: Know basic principles of healthy and varied diet to prepare dishes and understand where food comes from</p> <p>Key Stage 2: Understand principles of healthy varied diets, be able to cook key savoury dishes using a range of cooking techniques and understand seasonality, how food is grown, reared, caught and processed.</p> <p>Key Stage 3: Understand key principles of nutrition and health, be able to feed themselves on a variety of savoury dishes, have competency in a range of techniques used in cooking for example using utensils and equipment, applying heat, being aware of senses and combining ingredients, understand the characteristics in a range of ingredients</p>	<p style="text-align: center;">Autumn 1 – Caring for Children – Learning through everyday experiences</p> <p style="text-align: center;">Autumn 1 – Maths – Problem solving questions</p> <p style="text-align: center;">Autumn 1 – Maths – Multiples and factors</p> <p style="text-align: center;">Autumn 1 – Travel and Tourism – Food from around the world</p> <p style="text-align: center;">Autumn 2 – PSHE – Staying healthy</p> <p style="text-align: center;">Autumn 2 – PSD – Healthy living</p> <p style="text-align: center;">Spring 1 – Ratio and Proportion</p> <p style="text-align: center;">Spring 1 – PSHE – British Values</p> <p style="text-align: center;">Spring 1 – PSD – Managing personal risk</p> <p style="text-align: center;">Spring 2 – Science – Food and Health</p> <p style="text-align: center;">Summer 1 – PSD – Managing a personal budget</p>

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AUTUMN 2	<p>Assignment 1</p> <p>Plan and make a meal</p>	<p>grilled / grilling chopping /slicing temperature weigh rubbing in method barbecue environment scales kneading marinated recipe balanced diet proving foil evaluation</p>	<p>As above and skills completed during Autumn term 1 for example: weighing and measuring, food hygiene, safety, mixing, binding, combining and glazing.</p>	<p>As above</p>
SPRING 1	<p>Start Level 2 Unit 2 Credit Value 6</p> <p>Food presentation and enjoyment Sourcing food</p> <p>Home Cooking skills – FPT’s incorporating Meal planning Special diets Budget considerations Different courses Identify further ways to share information</p>	<p>poached / poaching all in one method cross contamination sensory frying / fried creaming method toasted / toasting</p>	<p>As above and skills completed during Autumn term 1 and 2 for example: Independent planning and preparation of a two-course meal.</p>	<p>As above</p>

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SPRING 2	<p>Assignment 2</p> <p>Plan and Make a nutritious 2 course meal</p>	<p>seasoning layering resting roasting / roasted bulk buying roux toppings peeling mashing/ mashed meals demonstrations stir -fry pastry dough peeling glazing pestle and mortar baking blind beating use by / sell by</p>	<p>As above and skills completed during Autumn term 1 and 2 and Spring 1 for example: Meal planning Special diets Budget considerations Different courses</p>	<p>As above</p>
SUMMER 1	<p>Practical Activity Skill Building</p> <p>Home Cooking Skills – continuation of developing skills with FPT's</p>	<p>Different Ingredients used in cooking</p> <p>Different Equipment used to prepare</p>	<p>As above and skills completed during Autumn term 1 and 2 and Spring 1 and Spring 2 for example: Planning and making the two-course meal using skills appropriate to the student choice of recipes.</p>	<p>As above</p>

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<p>SUMMER 2</p>	<p>Students have completed the course and have opportunity to do revision work for other subjects.</p>			
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