

Food Technology 2020/21

Key stage 4-BTEC Home Cooking Skills Level 2

This course aims to give learners the knowledge, skills and confidence to enjoy cooking meals at home. Learners will gain understanding of how to economize when planning meals to cook at home. The unit will encourage learners to transfer skills learnt to other recipes to continue cooking for themselves and their families and to inspire others by passing on their knowledge.

Home Cooking Skills have been developed to give learners the opportunity to develop:

- The knowledge, understanding and confidence to cook meals at home
- An understanding of how to economize when planning a meal
- An ability to transfer skills learned to different recipes
- An ability to inspire others by transferring that knowledge

Students will build a portfolio to be assessed on the following criteria:

Assessment Criteria

Plan a nutritious two course meal

Select and prepare ingredients for recipes for a nutritious, two course meal

Use cooking skills when following the recipes

Demonstrate food safety and hygiene throughout the preparation and cooking process

Apply presentation skills when serving the meal

Explain ways to economize when cooking at home

Identify ways information about cooking meals at home from scratch had been passed on to others

Food Technology 2020/21

Key Stage 3- Licence to cook

The Licence to Cook programme, funded by the Department for Education to provide all students with the opportunity to learn how to cook, as well as make informed decisions about diet and nutrition, health and safety and wise food shopping. The course is designed to be integrated into the Key Stage Three Food Technology curriculum. Licence to Cook is based on students experiencing a minimum of 16 one-hour practical cooking sessions. Through experiencing these 16 sessions, students should become confident and competent in preparing and cooking a range of different dishes, and have the skills and knowledge to adapt these in the future. There is also scope for students to be creative, with writing frames provided to support students in preparing their own version of the recipes. The course also includes a series of short videos demonstrating the techniques and skills covered in each cooking session, with face to face teaching sessions and tutorials covering the theory in the three learning areas: diet and nutrition, wise food shopping and hygiene and safety.