



**Overview plans for academic year 2024-2025**

**Subject BTEC Home Cooking Skills Level 1 / 2**

**Year group/cohort: Ks4**

	<b>Knowle dge and Unders tanding</b>	<b>Knowledge and Understand ing</b>	<b>Skills</b>	<b>Skills</b>	<b>Assessment</b>	<b>Subject specific literacy</b>	<b>Cross curricular links</b>
	Compon ents (Key concepts)	Composite (Bigger picture)	Components (Key concepts)	Composite (Bigger picture)	What is being assessed, how, and when?	Key Vocabular y	Including Personal Development and SMSC
<b>Aut um n Ter m 1</b>	Introdu ction BTEC Level 1/2 Home cooking 's skills  Food hygiene and safety in the kitchen	To show an understan ding of food hygiene and safety  To work safely in the kitchen  To select and	Weighing, measuring/boiling/ grilling/scrambling/cooking/frying/toa sting/whisking/beating/knowning when cooked /Seasoning	Follow a recipe  Prepare and cook eggs/breakfasts/porridge/cooked breakfast/breakfast sandwiches/ Sandwiches Packed lunches	Ongoing assessment through practical work  Level 1 1.1 1.2 1.3  Level 2 2.1 2.2 2.3 2.4 3.1 4.1	Weighi ng  Measur ing  Whiski ng  Beating  Seasoni ng	Literacy Reading recipes, numeracy weighing/measu ring accurately, timings SMSC/ Personal development Learning to make decisions British foods/ healthy choices

	Basic equipment	prepare ingredients for a recipe  To understand the importance of breakfast.			Verbal/written/self-assessment/through learner record	Cross contamination  Preparation	
<b>Autumn Term 2</b>	Knife skills/ Knife safety  Hygiene and safety / Risks in the kitchen  Choosing ingredients  Use by best before dates	To demonstrate knife basic skills  To Identify risks in the kitchen  To understand cross contamination / bacteria/infection	Tap chop Rock chop Cross chop Grilling/baking/toasting/boiling/peeling/chopping/slicing/prep and wash/mixing/stirring/Parboiling Steaming	Prepare and cook mince/pasta /basic sauces/soups/chilli Spaghetti bolognese/pasta bake /meatballs potatoes Roasted vegetables /Shepherd's pie/ Lasagne	Ongoing assessment through practical work  Level 1 1.1 1.2 1.3  Level 2 2.1 2.2 2.3 .2.4 3.1 4.1  Verbal /written/self-assessment through learner record	Bacteria  Contamination Convection Conduction Steaming Mixing Infection  multicultural	Science Bacteria/infection/Cross contamination / convection/heat conduction/  Personal development/ SMSC Wellbeing/nutrition/healthy choices/foods from around the world

<b>Spring Term 1</b>	Reflection Record keeping  Nutritional values Meal planning  Food from around the world	To reflect on own learning  To plan a healthy meal  To identify ways to economise  To identify ways to share information about home cooking skills.	Labelling/preparing/sourcing/planning /cooking meats/cooking fish	Prepare and cook stir fry/curry/chicken/beef/kebabs/chops/roast chicken/Stew/fish/fish fingers	Ongoing assessment through practical work  Level 1 1.1 1.2 1.3  Level 2 2.1 2.2 2.3 2.4 3.1 4.1  Verbal written/self-assessment through learner record /practical observation/assessment support pack/photographic evidence	Sourcing  Reflection  Economise  Probing	Reading labels/recipes Learner log record Numeracy weighing / measuring/timing Science /PE Nutrition/food groups/calories/Eatwell plate  SMSC cruelty to animals/ethical issues in food produce  PE /Personal development healthy choices/ food and mood/reflection
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<b>Spring Term 2</b>	<u>Assessment Assignment brief</u>	<p>To prepare a 1/ 2 course nutritious meal</p> <p>To consider presentation when serving</p> <p>To identify ways to share information about home cooking skills</p> <p>To understand the bread making/ baking process</p>	<p>Baking sieving/weighing/measuring/kneading /proving/shaping/freezing/rubbing in/</p> <p>Planning/ preparing/presentation</p>	<p>biscuits/bread/cupcakes/sponge/crumble/pie/tarts/brownies/shortbread</p>	<p>Ongoing assessment through practical work</p> <p>Level 1 1.1 1.2 1.3</p> <p>Level 2 2.1 2.2 2.3 2.4 3.1 4.1</p> <p>Verbal /written/ self-assessment through learner record /practical observation/ assessment support pack</p>	<p>Nutrition</p> <p>Presentation</p> <p>Serving</p> <p>Sieving</p> <p>Kneading</p> <p>Proving</p> <p>Shaping</p> <p>Rubbing in</p>	<p>Literacy reading recipes/labels</p> <p>Numeracy Weighing/measuring/timings</p> <p>Science/PE nutrition/energy</p> <p>Personal development Inspiring others/sharing skills and knowledge</p> <p>SMSC bread from around the world/ Traditional British puddings Cultural differences in food and diet</p>
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<b>Sum mer Ter m 1</b>	Fresh Vs Frozen  Budget ing  Shoppi ng  Where to buy  Econo mising	To understand what it means to economise  To identify ways to save money before, when shopping.  To develop a healthy meal plan  To identify places to shop for food	Budgeting/meal planning Where to buy Creaming/bashing/serving/toppings/	stewed fruit/syrups/yoghurts/ice cream/toppings/ cheesecake/puddings/frozen puddings	Ongoing assessment through practical work  Level 1 1.1 1.2 1.3  Level 2 1.1 2.1 2.2 2.3 2.4 3.1 4.1  Verbal /written/self-assessment through learner record	budgeting  Creaming  Bashing  Toppings  Ethics  Food miles  production  Manufacturer  Consumer	Numeracy Economising/cos  Cross contamination /fuel/ Ethics in food production Animal cruelty Fair trade /food miles/nutrition
<b>Sum mer</b>		To explore the	bbq/knowing when cooked/testing/probing/	Salads/bbq basics Fruit/skewers/chicken skewers/	Ongoing assessment	Organic	Economising

<b>Term 2</b>	Organic Vs Nonorganic  BBQ safety  Economising  Raw meat/cooked meat	differences between organic and non-organic foods  To consider the ethical issues in food production /fairtrade/ food miles  To identify risks around the BBQ To be able to work safely around the bbq To cook through barbequing	Knife skills recap /cooking tips/		through practical work  Level 1 1.1 1.2 1.3  Level 2 2.1 2.2 2.3 2.4 3.1 4.1  Verbal /written /self-assessment through learner record	Nonorganic  Ethical  Testing	Cost shopping numeracy Fuel Food miles Fire safety
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## **Subject Information including exam board details**

### **Pearson awards in home cooking skills level 1/ 2**

#### **BTEC Home cooking skills | Level 1**

Focuses on giving all young people the skills to prepare delicious and nutritious home-cooked food using fresh ingredients, as well as an understanding of the value of passing on cooking knowledge.

#### **BTEC Home Cooking Skills Level 2**

Develops the student's ability to plan and prepare a series of nutritious home-cooked meals for breakfast, snacks, lunch and dinner, and helps them understand how to cook economically.

**Careers linked to this subject area:** Cooks and chefs, who prepare and cook food in various settings, such as restaurants, food trucks, and catering services. There are different levels of chefs, such as sous chef, pastry chef, and head chef.

Restaurant managers, who oversee the operations and staff of a restaurant, such as food service, customer service, and finances.

Bakers and chocolatiers, who specialize in making bread, pastries, cakes, chocolates, and other baked goods.

Caterers, who provide food and beverages for events, such as weddings, parties, and conferences.

Sommeliers, who are experts in wine and other beverages, and advise customers on pairing drinks with food.

**Enrichment Opportunities: School in house events / McMillan Coffee morning/ Bake off/Afternoon tea/Summer BBQ/Visit to local eatery.**

**Useful links:** Websites

[5 A Day - NHS \(www.nhs.uk\)](https://www.nhs.uk) - NHS website giving top tips for eating more fruit and vegetables

[Cooking Recipes - Cooking Index](#) Cooking Index – recipes and information on food and cookbooks

[Delia Online | Official site with recipes, cookery school and how to videos](#) – recipes, cooking tips, equipment

[Connection Failure \(eattheseasons.co.uk\)](http://eattheseasons.co.uk) Eat the Seasons – UK seasonal food information, tips and recipe ideas, updated every week.

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[Homepage | Food Standards Agency](#) – information about food safety and hygiene, labelling and packaging, nutrition

[Get help to buy food and milk \(Healthy Start\)](#) Healthy Start – information about health benefits of fruit, vegetables etc

[Love Food Hate Waste / Preventing food waste](#) Love Food Hate Waste – tips and recipes for buying, storing, portion size, recipes for leftovers

[Healthier Families - Home - NHS \(www.nhs.uk\)](https://www.nhs.uk) NHS guide to a healthy lifestyle for children and families

[Taste of Home: Find Recipes, Appetizers, Desserts, Holiday Recipes & Healthy Cooking Tips](#) Recipes from Home – recipes, categorised into starters, main course, dessert, side dish, home baking

[The Largest Animal Welfare Charity in the UK | RSPCA - RSPCA - rspca.org.uk](#) – information about animal welfare

[Seafish | Home](#) – information about sourcing fish, buying fish and recipes

[Recipe Inspiration and Cooking Tips | Simply Beef & Lamb | Simply Beef & Lamb \(simplybeefandlamb.co.uk\)](#) Simply Beef and Lamb – British meat and lamb recipes

[Soil Association](#) The Soil Association – information about organic food and farming

[Recipes - Vegetarian Society \(vegsoc.org\)](http://vegsoc.org) – vegetarian recipes by meal