

BTEC Home Cooking skills level 1

Year 10/11 BTEC Home cooking skills Unit 1 Unit title: Home cooking skills Credits needed 4 1 credit for learning outcomes achievable in 10 hours of learning		Ideally Three single lessons per week per week totalling 180mins Each session should include discussion @food sourcing ,nutrition, hygiene and food labelling of ingredients involved in recipe.		<u>Learners to develop:</u> Knowledge understanding and confidence to cook meals at home To be able to use cooking skills to make home-cooked food that does not use pre prepared, ready cooked food To understand the benefits of learning home cooking Ability to transfer skills learnt to different recipes To understand how to pass on recipes learnt to others and the value of passing on information about home cooking.		<u>Assessment criteria</u> 1.1 select and prepare ingredients for a recipe 1.2 use cooking skills when following a recipe 1.3 Demonstrate food safety and hygiene throughout prep and cooking. 2.1 reflect on own learning about value of gaining cooking skills 2.2 identify ways to pass on information about home cooking	
Term 1							
Lesson	Classroom Activity	Learning outcome	Assessment criteria		<u>Cooking Skills</u>	Learning styles V A K	
1	Introduction to the unit and the structure of the learning and assessment. Pupils to fill in Learner record. Shown example of cooking record to be filled in at the end of each cooking session	To know how they will be assessed and how they must keep records.	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Teacher led discussion Hygiene, sourcing ingredients Nutritional value effects of the method of cookery, labelling equipment cooking tips seasoning.	,	V A K	

	<p>Folders Photographic record to be kept of dishes cooked</p> <p>Teacher demonstration of cooking eggs</p> <p>Boiled with soldiers and scrambled</p>					
2	<p>Personal Hygiene</p> <p>Look write discuss</p> <p>Video</p> <p>Minds eye</p> <p>How germa are spread activity</p> <p>Handwashing activity</p> <p>Handwashing</p> <p>sortyboard</p> <p>Hanswashing/bread experiment.</p>	<p>Personal Hygiene</p> <p>To describe the expectations for working in the food room in relation to personal hygiene in particulare handwashing.</p>	1.3	<p>Discussion</p> <p>Video</p> <p>Handwashing</p> <p>Experiment</p>		V A K
3	<p>Getting Ready to Cook</p>	<p>To re cap the routines used when getting ready to cook.</p> <p>To explain why the routines are important.</p> <p>To be able to identify equipment used in cooking.</p>	1.3	<p>Hygiene and Safety for cooking</p> <p>What not to do in the kitchen.</p> <p>To identify safety rules we should follow in the kitchen.</p> <p>To discuss cupboard and fridge management.</p> <p>To apply information learnt by completing Silly Suzy case study.</p>		V A K

4	<p>Practical lesson. Learners to cook eggs three ways. Boil, fry and scramble. Learners to fill in cooking record. Photos to be taken of dishes cooked</p>	<p>To learn how to boil fry scramble eggs with toast and assess and compare the method of cooking for taste, nutritional value and appeal.</p>	1.1.1.2,1.3,2.1,2.2	<p>Discussion Hygiene, Safety, eggs types Value for money Cost?</p>	<p>Boiling Frying Scrambling toasting</p>	V A K
5	<p>Practical. Teacher demonstration of how to make an Omelette. Discussion of difference between types of eggs. (free range, battery,barn,caged) Learners to make Spanish Omelette</p>	<p>To learn about types of eggs, methods of cooking . to know @ hygienic handling and how to cook eggs for elderly and babies.</p>	1.1,1.2,1.3	<p>Discussion Types of eggs Hygiene</p>	<p>Whisking, Peeling, cutting, finely Fry.</p>	V A K
6	<p>Practical – ham and egg muffins</p>	<p>To produce a ham and egg muffin demonstrating how eggs can be used as part of a breakfast dish and how eggs can be baked.</p>				
7	<p>Practical - Frittata</p>	<p>To produce a frittata to show how eggs can be</p>			<p>Knife skills Chopping slicing Beating</p>	

		used as a main meal.			Baking	
8	Practical. Learners to make Porridge and a Bacon sandwich Learners to fill in cooking record. Photos to be taken of dishes cooked	To learn how to make porridge with either water or milk And a bacon sandwich	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion Importance of breakfast. Nutritional value of oats/milk	Weighing Measuring Combining Frying Boiling Simmering Temperature control	V A K
9	Practical. Teacher demo of toast with different toppings. Welsh rarebit Learners to make after watching demo.	To learn how to make welsh rarebit.	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion of alternative toast toppings different types of bread	Toasting Whisking grilling	V A K
10	As part of breakfast options. Learners to make flapjacks	To learn how make flapjacks and consider nutritional value. Oats, what else could we add to make it healthier?	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion of nutritional value, cost, convenience of product. How it could be made healthier	Following recipe ,choosing ingredients Stirring, melting, baking, Safe Hob and oven use	V A K
11	Demonstration	Learners to watch demo and	Teacher to give feedback on how	Discussion Nutritional values	Learning about food labelling	V A K

	How to make a sandwich with different fillings how to slice, butter ., How to pack a packed lunch	contribute to discussion on healthy alternatives to butter and benefits of homemade versus shop bought packed lunch	each pupil is meeting the assessment criteria each lesson	Costs and differences between homemade and bought. What would they choose. Bring in example of shop bought sandwich look at labelling, discuss cost compare how much you can make for same amount of money	Nutritional values Slicing Spreading chopping	
12	Tasting session. Different types of bread. Learners to fill in tasting survey.		Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Healthy choices Different types of bread	Sensory analysis	V A K
13	Bread .Teacher to demo bread making. Kneading, proving, knocking back Learners to make bread rolls.	To learn how to make bread understand the functions of yeast , gluten, sugar.	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion of function of ingredients in bread making and steps in breadmaking.	Kneading, shaping, baking.	V A K
14	Practical Focaccia Learners to make Focaccia	To learn how to make Focaccia	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion of function of ingredients in bread making and	, proving, Sieving, kneading, shaping	V A K

				steps in breadmaking		
15	Soup making demonstration Simple soups from one base Learners to make tomato soup.	To learn how to make tomato soup and how you can adapt and change this recipe use up vegetables past their freshness	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion @seasonal vegetables , types of soups. Nutritional benefits	Knife skills. Slicing, chopping, boiling, simmering, liquidising.	V A K
16	Learners to make soup leek and potato or minestrone from Licence to cook recipe	To know how to make leek and potato or minestrone soup. More able pupils to make bread rolls to accompany their soup	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion of knife skills and knife safety. Food hygiene with reference to the preparation of leeks.	Knife skills Boiling simmering	
17	Learners to make a ragu sauce for pasta	To know how to make a ragu sauce for pasta.	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion how this sauce can be a base for many dishes. That we can add many vegetables (Jamie's Hidden veg pasta sauce)	Chopping, slicing, simmering, liquidising	V A K
18	Different types of pasta. Give each pupil a different type of pasta	To know the many types of pasta and how to cook it	Teacher to give feedback on how each pupil is meeting the	Discussion pasta carbohydrates, energy ,fibre, B vitamins.	Boiling, draining, testing.	V A K

	to cook. Compare results Give a ready made sauce to eat with pasta and compare with previous sauce>		assessment criteria each lesson			
19	Learners to make pesto sauce Teacher to demo making fresh pasta	To see how to make fresh pasta and to taste it. To make a pesto sauce	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion of fresh V dried pasta. Is it worth the effort?	Toasting pine nuts, using pestle and mortar	V A K
20	Cooking Vegetables Teacher demo of how to peel potatoes. Learners to make spicy wedges	To know how to peel a potato safely and o know how to make spicy wedges	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Nutritional value, seasonality, effects of different methods of cooking.	Peeling, cutting, boiling, baking.	V A K
21	Learners to make potato dauphinois.	To recap prep of potatoes and to know how to make dauphiois	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion of baked potatoes their nutritional value, discussion of different types of fillings	Peeling, slicing evenly, baking	V A K
22	Learners to make Bolognese sauce		Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discuss various adaptations to this recipe. How many other dishes could we make with this one basic recipe	Chopping , mixing, shaping, simmering	V A K

23	Casserole. Learners to make beef casserole.		Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion Cuts of meat/ cost/ what else could we use. Slow cooking discussion on use of slow cooker	Peeling,slicing, chopping, searing, simmering, slow cooking	
24	Rice cooking risotto. Teacher demo Learners to make risotto.	To know how to cook rice safely and to understand it is the basis of many recipes.	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion food safety of rice.(making sure it is cooled appropriately). Economical dish. Discuss types of risotto/types of rice.	Peeling, slicing, chopping, simmering.	
25	Tuna Burgers Teacher demo of making Tuna Burgers Learners to make their own Tuna burgers.	To know how to make fish cakes. To understand benefits of fish in the diet	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion on benefits of eating fish. Sustainability Discussion of other ways of cooking fish. Nutritional value	Mixing Combing Shaping Frying Temperature control	
26	Chicken pasta bake. Learners to make from recipe following recipe themselves.	To know how to make a substantial pasta dish, adding vegetables. Knowing how	Teacher to give feedback. Collect comments from friends on success of this dish and keep	Discussion on how to pass on recipes/ how to share and to get feedback and collect the evidence for learner record.	Boiling simmering Roux sauce Grating Baking	

		to cook the chicken properly. Sharing this dish with peers	the records of comments.			
27	Thai green Chicken Curry. Teacher to demonstrate the cooking of this recipe from Licence to cook collection. Pupils to taste and evaluate.	To produce a thai green curry. To experience dishes and methods of cooking from other cultures.	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson. This was the recipe chosen by my learner as her assignment.	Discussion on food from other cultures. Discussion of handling raw meat.	Cooking chicken safely, slicing, chopping, simmering	
28	Chicken fajitas. Learners to make fajitas using griddle pan. Teacher demo of how to roll wraps	Continuing chicken cookery . To know how to make chicken fajitas and select ingredients to accompany them guacamole? Cheese? Salsa /	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion. Hygiene eg raw meat and cooked meat , knowing when chicken is cooked, nutritional value	Slicing, frying,grilling, rolling wraps	
29	Crumbles. Learners to make a fruit crumble		Teacher to give feedback on how each pupil is meeting the	Discussion on types of fruit that could be used, seasonality Cost . adjustments to recipe to make it	Peeling, cutting, rubbing in, baking.	

			assessment criteria each lesson	healthier(add oats, wholemeal flour)		
30	Knife Skills	To be able to identify and demonstrate different cuts.	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion on types of toppings. Nutritional value of fruit.	Peeling, slicing	
31	Apple swans	To produce an apple swan using different knife skills and cuts	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion of the types of cuts used to produce the apple swan.	Slicing Bridge hold Claw grip	
32	Brownies . Baking sessions		Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Explain different methods of baking.	Weighing measuring, melting chocolate. Following a recipe. Testing, baking	
33	Cookies.		Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion of the creaming method and dextrinization and caramelisation.	Weighing measuring, . Following a recipe. Testing, baking. Cooling	
34	Victoria Sandwich	To produce a Victoria sandwich using	Teacher to give feedback on how each pupil is	Discussion of the creaming method and dextrinization	Weighing measuring, . Following a	

		the creaming method.	meeting the assessment criteria each lesson	and caramelisation.	recipe. Testing, baking. Cooling	
35	Decoration of Victoria Sandwich.	To use piping techniques to decorate Victoria sandwich cake	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Demonstration of the different piping techniques.	Piping Covering Creaming Spreading	
34	Swiss Roll .	To produce a swiss roll using the whisking method.	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Demonstration and discussion of whisking method – aeration, ribbon test and folding	Whisking Folding Ribbon Test	
35	Design a celebration cake.	To use graphic design and research skills to produce a design for a celebration cake.		Demonstration of different modelling and piping techniques		
36	Celebration Cake	To produce a cake suitable for a family celebration.	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion creaming method – dextrinization and caramelisation	Creaming Baking Testing Knowing when food is cooked.	

37	Decoration of celebration cake	To use a range of techniques to decorate a celebration cake	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion and demonstration of different modelling and piping techniques.	Piping Modelling Covering	
38	Pastry – shortcrust pastry for apple pie	To use the rubbing method to produce shortcrust pastry	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion of rubbing in method – how to add liquid and achieve dough of correct consistency,	Rubbing in Knowing the correct consistency	
39	Apple Pie	To produce apple pie with pastry made from previous lesson. To use a range of techniques e.g lattice to present the apple pie	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion of correct rolling technique and how over handling the dough will affect the gluten.	Peeling Slicing Rolling Lining a pie dish. Lattice work	
40	Flaky pastry	To produce flaky pastry. To be able to fold the pastry	Teacher to give feedback on how each pupil is meeting the	Discussion and demonstration of how folding the	Rubbing in Folding Turning Rolling	

		to produce layers.	assessment criteria each lesson	dough creates the layers.		
41	Sausage rolls or savoury palmiers	To use the flaky pastry made in previous lesson to produce sausage rolls or savoury palmiers. To work with flaky pastry to preserve the layers.	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion of the correct handling of dough to preserve the layers.	Rolling Shaping Forming Baking	
42	Shortcrust pastry	To produce shortcrust pasty to make a quiche.	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion of rubbing in method – how to add liquid and achieve dough of correct consistency,	Rubbing in	
43	Quiche	To produce a quiche using the pastry made from the previous	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion of the denaturation of protein and how eggs coagulate to set a mixture.	Beating Chopping Slicing Baking Blind Use of eggs as a setting agent.	

		lesson. To use eggs as a setting agent.				
44	Pizza	To produce a bread based pizza.	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion of function of ingredients in bread dough.	Mixing Kneading Shaping forming Baking Chopping Slicing Grating	
45	Chelsea buns or pizza whirls	To use bread dough to produce Chelsea bun or pizza whirls	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion of shaping and forming dough.	Mixing Kneading Shaping forming Baking	
46	Bangers and mash	To use a range of cooking methods to produce a main course.	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion of making a roux sauce and gelatinsation.	Grilling Peeling Slicing Boiling Mashing Roux	
47	Chicken ready dinner	To use a range of cooking methods to produce a main course.	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion of dovetailing tasks and different methods of cooking .	Dovetailing tasks. Boiling Baking Working with high risk foods	

					Knowing when foods are cooked.	
<u>Assignment</u>	Assignment brief Below					
<u>Learner work</u>	information about home cooking to others					

Assignment brief

Level 1 Btech home Cooking skills

Unit Title: Home Cooking Skills

Unit Number 1

Assignment Title: Jamie Oliver, eat your heart out!

~~Assessor Name;~~

Date of Assignment launch:

Date of Assignment surrender:

Assessment criteria

- 1.1 Select and prepare ingredients for a recipe
- 1.2 Use cooking skills when following a recipe
- 1.3 Demonstrate food safety and hygiene throughout the cooking and preparation process
- 2.1 Reflect on own learning and consider two ways you have benefited from learning cooking skills.
- 2.2 Suggest two ways you could pass on information about home cooking to others

Assignment scenario

This is your chance to show just what you can do when planning, preparing and cooking a recipe. Think about fresh food, interesting dishes and the pleasure it gives to you and your family when eating at home. Now it's time for you to show your cooking skills by making your chosen recipe. Select the ingredients, follow the recipe and demonstrate food safety and hygiene throughout the cooking session.