

Curriculum Overview: BTEC Level 1/2 Award in Home Cooking Skills

	Year 10 -L1	Year 11 -L2
HT1	<p>Food safety and hygiene, identification and use of kitchen equipment.</p> <ul style="list-style-type: none"> Recap on Kitchen Safety & Hygiene building on prior knowledge from (KS3) Food storage Store cupboard ingredients Rules of the kitchen/Food tech room Recap on different kitchen equipment and there uses and how to use them safely Food preparation skills-introduction to eggs and different methods for cooking eggs e.g. poaching, scrambling. Recap on knife techniques. Evaluation skills e.g identifying good and bad things about the product also skills and how this can be improved 	<p>Recap Importance of Healthy eating</p> <ul style="list-style-type: none"> The different courses in a meal and what they can include Foods found in the different sections of the eat well guide How to plan balanced meals using the eat well guide as a guide Introduction to new equipment and how to use them safely. Handling raw meat and poultry safely Food presentation-garnishes Food preparation skills- making simple healthy starters- knife skills Evaluation skills e.g identifying good and bad things about the product also skills and how this can be improved
HT2	<p>Importance of healthy eating Healthy eating</p> <ul style="list-style-type: none"> Understanding the eat well guide building on prior knowledge (KS3) Adapting recipes to make them healthier or more balanced Understanding food labels and the importance of the information found on a food label Importance of breakfast Food preparation skills-Cereals e.g. porridge, doughs, batter etc Evaluation skills e. g identifying good and bad things about the product also skills and how this can be improved 	<p>Meat/Fish and Poultry -Different cooking methods</p> <ul style="list-style-type: none"> Food storage- use by date Correct handling and preparation Ensuring meat and poultry is properly cooked-using a temperature probe. Meat alternatives Cooking economically/on a budget: buy food in season; plan ahead; buy in larger quantities to cook and freeze eg mince for Bolognese sauce; use leftovers eg potato salad, chicken sandwich; ask advice when shopping eg from butcher about alternative cuts of meat pass on information about cooking meals at home from scratch

		<ul style="list-style-type: none"> • Evaluation skills e.g identifying good and bad things about the product also skills and how this can be improved
HT3	<p>Food choice and dietary needs</p> <ul style="list-style-type: none"> • Factors that affect food choice e. g religion, culture, health, allergies and age • Adapt and select ingredients to suit different dietary needs • Identify ways to pass on information about home cooking • Food preparation- fillings and toppings for sandwiches, pastry and jacket potatoes • Evaluation skills e. g identifying good and bad things about the product also skills and how this can be improved 	<p>Topic: Food miles, growing your own & Seasonality</p> <ul style="list-style-type: none"> • Staples and Vegetables • What foods are best at different times of the year • Food provenance – where does your food come from? • Buying local and what the benefits of this are on costs and personal choice. • Writing plans taking time and safety into consideration • Food preparation skills- stir fries, salads, frying, roasting and boiling • Presentation techniques • pass on information about cooking meals at home from scratch • Evaluation skills e.g. identifying good and bad things about the product also skills and how this can be improved
HT4	<p>Food Provenance -Farm to fork</p> <ul style="list-style-type: none"> • Where food comes from- grown, caught, reared and gathered • Fresh, frozen, organic, free range, local and seasonal ingredients. • Food preparation- regional and cultural meals/snacks e.g. smoothies, fruit crumble, sausage roll, kebabs and muffins • Evaluation skills e.g identifying good and bad things about the product also skills and how this can be improved 	<p>Introduction to cake making and basic decorating</p> <ul style="list-style-type: none"> • Different methods of cake making • How cakes can be made healthier by using healthy ingredients • Food preparation skills- fairy cakes, swiss roll, glace icing and butter cream, using fruits for decoration • pass on information about cooking meals at home from scratch • Evaluation skills e.g identifying good and bad things about the product also skills and how this can be improved
HT5	<p>Exam prep Revisiting skills needed to complete assessment task</p>	<p>Exam preparation & exam Planning Presenting Dish selection Revisiting skills</p>

HT6	Start of level 2 Topic: Home Made or Take Away <ul style="list-style-type: none">• Comparison of take away and home cooked foods inc. ready meals.• Looking at different ingredients and salt/sugar content.• Adapting meals to make them more balanced• Writing simple time plans• Food preparation- one pot meals/layered desserts	
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