

Curriculum

Rationale for topic choices in each year group:

The learner will need to meet the requirements outlined below before Pearson can award the qualification.

Home Cooking Skills Level 1 / 4 credits/ 40hrs guided learning.

This will be taught to students within five 90 minute lessons over a two week cycle.

Unit 1

Being able to cook is an essential life skill.

In Unit 1, learners will be introduced to:

Basic cooking skills by following recipes for simple dishes.

Learn how to use kitchen equipment safely.

All recipes are underpinned with knowledge about sourcing food, nutrition, hygiene and food safety.

Long Term Plan:

Year group	Autumn term	Spring term	Summer term	Schemes of work and further information	How are pupils assessed?
10	<p>Introduction to unit and structure of the programme of learning and assessment.</p> <p>Basic Food hygiene. Health and safety in the kitchen</p> <p>Eggs, eg boiled eggs and soldiers, scrambled eggs and toast, fried eggs (skills – boiling, toasting, frying, scrambling) Practical – boiling eggs, making toast and soldiers, scrambling eggs, frying eggs.</p> <p>Breakfast, eg toast with</p>	<p>Cooking pasta, eg how to cook pasta (salting water, plentiful water); basic pasta sauce, (making pesto and tomato sauce (skills – slicing, chopping, boiling, using a pestle and mortar, Practical – cooking pasta, making tomato sauce, making pesto.ng)</p> <p>Cooking vegetables, eg broccoli with butter and salt and pepper, baked potatoes, potato wedges, baked potato fillings (skills – boiling/steaming, chopping,</p>	<p>Fish, eg simple fish cookery – cod simmered in tomato sauce, summer tray-baked salmon, fish parcels in foil (skills – simmering, baking, roasting)</p> <p>Practical – making cod simmered in tomato sauce, summer tray baked salmon, fish parcels in foil.</p> <p>Preparing and cooking chicken, eg baked on a tray, chicken fajitas (skills – slicing, frying, roasting, rolling wraps) Practical – preparing and cooking, eg baked on a</p>	<p>Pearson BTEC Level 1 and 2 Awards in Home Cooking Skills</p> <p>Objective of the qualifications The Pearson BTEC Level 1 and Level 2 Awards in Home Cooking Skills have been developed to give learners the opportunity to develop:</p> <p>The knowledge, understanding and confidence to cook meals at home An understanding of how to economise when planning a meal An ability to transfer skills learned to different recipes An ability to inspire others by transferring that</p>	<p>Assignment – follow a recipe to prepare ingredients and cook a dish, demonstrating food safety and hygiene.</p> <p>Assessment – be able to use cooking skills to make home-cooked food using basic ingredients (learning outcome 1) Tutor-led discussion – reflection on learner achievement and ways to pass on information about home cooking. Assessment –</p>

	<p>different toppings, flapjacks, porridge (basic with milk or water), fruit smoothies, frying bacon and making a bacon sarnie (skills – toasting, baking, stirring, frying, slicing, blending) Practical – making toast with different toppings, flapjacks, porridge (basic with milk or water), a bacon sarnie suggested activities</p> <p>Packed lunches, eg basic know how and how to make a sandwich; alternatives to butter (cream cheese), how to pack a packed lunch, eg sandwich, fruit and cold drink, sandwich filling combinations (skills – slicing bread and knife safety, spreading (buttering bread to the edges), cutting, chopping) Practical – making cheese and pickle sandwich, making ham, cheese and watercress sandwich.</p> <p>Simple soups, eg basic soups and understanding the key elements of a soup base and demonstrate this with more than one soup. Example recipes – tomato, leek and potato, minestrone, (skills – slicing and chopping, boiling, simmering, liquidising) Practical – making tomato, minestrone or leek and potato soup.</p> <p>Salads, eg how to wash and prepare salad leaves, simple</p>	<p>peeling, baking) Practical – preparing and cooking boiled broccoli with butter and salt and pepper, baked potatoes with fillings and potato wedges.</p> <p>Cooking mince, eg basic mince cookery – meatballs, chilli with lentils, Bolognese sauce and spaghetti (skills – chopping, mixing, shaping, simmering, boiling, using griddle) Practical – making and cooking chilli with lentils, Bolognese sauce, meatballs</p> <p>Quick cooked meat, eg minute steak, sausages (skills – frying, grilling) Practical – cooking minute steak and sausages.</p> <p>Stews, eg vegetable curry, lamb stew (skills – chopping, simmering, boiling rice, steaming rice) Practical – preparing and cooking a vegetable curry, a lamb stew.</p> <p>Cooking rice, eg fluffy rice (skills – boiling and steaming) and tutor-led discussion eg food safety of rice (making sure it's cooled appropriately). Practical – cooking fluffy rice.</p>	<p>tray, chicken.</p> <p>Barbecue food, eg chicken fillets, simple vegetable and haloumi kebabs, burgers (skills – how to set up a barbecue; hot and cold side, shaping, chopping, slicing, bashing, skewering)</p> <p>fruit salad with toppings (skills – preparing fruit, chopping, slicing, peeling) Practical – make a fruit salad and topping.</p> <p>Baking, eg basic all in one method for brownies, biscuits; explain different methods of baking (skills – mixing, weighing, measuring, beating, testing, baking). Practical – make brownies and biscuits.</p>	<p>knowledge</p>	<p>understand the value of passing on information about home cooking (learning outcome 2). Assessment feedback review and evaluation of unit.</p> <p>Assessment for criteria 1.1, 1.2 and 1.3 could be linked into one practical task evidenced by a witness testimony from the tutor. To meet criterion 1.1, learners need to follow the instructions for preparing the ingredients in the recipe by selecting the correct ingredients, using the measurements and preparation methods given. For 1.2, learners need to demonstrate the cooking skills required by the recipe. 1.3 requires learners to prepare and cook the food safely and hygienically. Criteria 2.1 and 2.2 may be assessed through one-to-one discussions with the tutor or through written evidence. If discussions are used as an assessment method, it is important that documentation is retained for internal and external verification. For 2.1 learners need to consider at least two ways they have benefited from learning cooking skills. 2.2 requires learners to suggest at least two ways that they could</p>
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	<p>green salad, chopped salads, simple jam jar dressings, how to dress a salad properly (skills – chopping, washing leaves and spinning dry, dressing)</p> <p>Practical – making basic green salad, chopped salad, pick and mix salad, basic dressings, and dressing a salad properly.</p>				<p>pass on information about home cooking to others.</p>