

The Henslow School BTEC Unit Planning Overview

*This is a summary for parents, carers and students which shows the likely areas of study.
It will be adapted by the teacher to suit groups and individuals.*

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| Subject/Qualification | BTEC Award Level 1 & 2 in Home Cooking Skills |
| Year group/Class information | Yr 10 / 11 |
| Approx Number of lessons per week | 3 (Double Practical + 1 Theory) |

| Element | Knowledge and Skills / Assignment Content |
|-------------------------------|--|
| Underpinning Knowledge | <p>Level 1</p> <p>> Be able to use cooking skills to make home-cooked food that does not use pre-prepared, ready-cooked food:</p> <ul style="list-style-type: none"> - Select and prepare ingredients for a recipe - Use cooking skills when following a recipe - Demonstrate food safety and hygiene throughout the preparation and cooking process <p>> Understand the value of passing on information about home cooking</p> <p>Level 2</p> <p>> Be able to plan a nutritious, homecooked meal using basic ingredients</p> <ul style="list-style-type: none"> - Plan a nutritious two-course meal <p>> Be able to prepare, cook and present a nutritious, homecooked meal using basic ingredients</p> <ul style="list-style-type: none"> - 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 <p>> Understand how to cook economically at home</p> <ul style="list-style-type: none"> - Explain ways to economise when cooking at home <p>> Be able to pass on information about cooking meals at home from scratch</p> <ul style="list-style-type: none"> - Identify ways information about cooking meals at home from scratch has been passed on to others |
| Assignment | <p>Practical Work</p> <p>Level 1: Preparing / measuring ingredients, cooking skills, prepare meal safely and hygienically.</p> <p>Level 2: Planning a meal with different courses, sourcing and assembling ingredients, considering timing and equipment, preparing, cooking and present meal as part of a balanced diet.</p> <p>Other evidence</p> <p>Level 1: reflection and sharing information</p> <p>Level 2: Follow instructions, measure correctly, follow methods, demonstrate cooking skills, work safely and hygienically, attractive presentation of food, consider economising at home, pass on cooking skills at home {with evidence}</p> |