

BTEC Level 1 Home Cooking Skills				
Term	Unit	Learning Outcomes		Assessment Criteria
Autumn	Unit 1 Be able to use cooking skills to make home cooked food that does not use pre-prepared, ready cooked food	1.1 - Select and prepare ingredients for a recipe 1.2 - Use cooking skills when following a recipe	1.1 1.2	1.1 - Nutritional information e.g. contribution to five-a-day initiative, eat well guide, food labelling, fridge and store cupboard management Kitchen basics: store cupboard ingredients e.g. oil, vinegar, seasonings, spices, flour kitchen equipment e.g. knives, saucepans, frying pan, mixing bowls, measuring jug How to read a recipe – break it down and alter amounts if needed Skills: chopping, slicing, cutting, knife safety, knowing when food is cooked, presentation, weighing, measuring, toasting, frying, scrambling, baking, blending, liquidising, shaping, grating, boiling, simmering, beating, spreading, sieving, mixing, stirring, rolling, rubbing in, mashing, grilling Follow recipe: weights and measures e.g. use of scales, measuring jugs and spoons, oven temperatures, timings Suggested recipes – leek and potato soup, bacon sandwiches, scrambled eggs or toast, cheese & onion pasties, flapjacks, spaghetti bolognese, chocolate brownies, muffin pizzas

		1.3 - Demonstrate food safety and hygiene throughout the preparation and cooking process	1.3	Food storage – fridge and dry store, FIFO (first in first out), use by dates, food labelling, cross contamination, food hygiene (washing hands, keeping surfaces clean), keeping raw meat and on bottom shelf of the fridge, following storage instructions, food preparation, cross contamination, covering cuts, ensuring meat is properly cooked, storing leftover food, refrigerating and freezing, using knives safely
Spring	Unit 1 Be able to use cooking skills to make home cooked food that does not use pre-prepared, ready cooked food	1.1 - Select and prepare ingredients for a recipe 1.2 - Use cooking skills when following a recipe	1.1 1.2	<p>Choosing ingredients, meal planning, devising shopping lists, writing equipment lists, fresh food e.g. use by date, recognising when fish is fresh, different methods of baking</p> <p>Skills: chopping, slicing, cutting, knife safety, knowing when food is cooked, presentation, weighing, measuring, kneading & proving, grating, mixing, baking, bashing, rolling wraps, rolling, steaming, roasting, frying, using a griddle, using a pestle & mortar, boiling, simmering, stewing, mashing , peeling</p> <p>Follow recipe: weights and measures e.g. use of scales, measuring jugs and spoons, oven temperatures, timings</p> <p>Suggested recipes – pizzas, cupcakes, chicken fajitas, steamed fish with Mediterranean</p>

	<p>Unit 2 Understand the value of passing on information about home cooking</p>	<p>1.3 - Demonstrate food safety and hygiene throughout the preparation and cooking process</p> <p>2.1 - Reflect on own learning about the value of gaining cooking skills</p> <p>2.2 - Identify ways to pass on information about home cooking</p>	<p>1.3</p> <p>2.1</p> <p>2.2</p>	<p>vegetables, chilli con carne, shepherd's pie, focaccia bread, curry</p> <p>Food storage – fridge and dry store, FIFO (first in first out), use by dates, food labelling, cross contamination, food hygiene (washing hands, keeping surfaces clean), keeping raw meat and on bottom shelf of the fridge, following storage instructions, food preparation, cross contamination, covering cuts, ensuring meat is properly cooked, storing leftover food, refrigerating and freezing, using knives safely</p> <p>Explore how to change food habits e.g. prepare and eat home cooked food, benefits to long term wellbeing of self and family, sense of achievement, enjoyment, confidence, enthusiasm, able to transfer skills to new recipes, continue to cook at home</p> <p>Inspire others by sharing recipes e.g. written, email, cook with family members or for family members, devise a recipe leaflet, write a recipe blog, share a recipe in school newsletter or on the school social media pages</p>
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Summer	<p>Unit 1 Be able to use cooking skills to make home cooked food that does not use pre-prepared, ready cooked food</p>	<p>1.1 - Select and prepare ingredients for a recipe</p> <p>1.2 - Use cooking skills when following a recipe</p> <p>1.3 - Demonstrate food safety and hygiene throughout the preparation and cooking process</p>	<p>1.1</p> <p>1.2</p> <p>1.3</p>	<p>Seasonal food e.g. vegetables & fruit, sourcing e.g. free range, locally produced, organic, country of origin, value for money, economising, bbq'ing</p> <p>Skills: chopping, slicing, knife safety, knowing when food is cooked, presentation, weighing, measuring, preparing fruit, skewering, frying, washing leaves, making a dressing, pestle & mortar, shaping, blending, using a griddle, rubbing in, stewing, boiling, simmering, stirring, peeling, baking, sieving, grating</p> <p>Follow recipe: weights and measures e.g. use of scales, measuring jugs and spoons, oven temperatures, timings</p> <p>Suggested recipes – salads (Caesar/tuna nicoise), simple salad dressing, coleslaw, chicken skewers, homemade burgers, smoothies, potato wedges, fruit crumble, vegetable rice</p> <p>Food storage – fridge and dry store, FIFO (first in first out), use by dates, food labelling, cross contamination, food hygiene (washing hands, keeping surfaces clean), keeping raw meat and on bottom shelf of the fridge, following storage instructions, food preparation, cross contamination, covering cuts, ensuring meat is properly cooked, storing leftover food, refrigerating and freezing, using knives safely</p>
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	<p>Unit 2 Understand the value of passing on information about home cooking</p>	<p>2.1 - Reflect on own learning about the value of gaining cooking skills</p> <p>2.2 - Identify ways to pass on information about home cooking</p>	<p>2.1</p> <p>2.2</p>	<p>Explore how to change food habits e.g. prepare and eat home cooked food, benefits to long term wellbeing of self and family, sense of achievement, enjoyment, confidence, enthusiasm, able to transfer skills to new recipes, continue to cook at home</p> <p>Inspire others by sharing recipes e.g. written, email, cook with family members or for family members, devise a recipe leaflet, write a recipe blog, share a recipe in school newsletter or on the school social media pages</p>
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