



Curriculum plan – BTEC Home Cooking

Year 9/10 2 year rotation					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Summary</u> Health and safety	<u>Summary</u> Nutrition	<u>Summary</u> Food groups	<u>Summary</u> Where food comes from	<u>Summary</u> Cooking in a healthy way	<u>Summary</u> Following a recipe
<u>Knowledge</u> Understanding the importance of health & safety when in the kitchen and preparing food. -Hygienic food preparation -Safe food storage -Knowing when food is cooked -Washing up utensils -Cleaning work area <u>Skills</u> Following a recipe Following instructions Communicating Recipes vary from year 1 to year 2	<u>Knowledge</u> Understand the importance of a healthy diet -Understand what an eat well plate is -Use the eat well plate for chosen recipes -Understand food labels -Be able to consider alternative ingredients to suit other diets such as vegetarian options. <u>Skills</u> Following a recipe Following instructions Communicating Recipes vary from year 1 to year 2	<u>Knowledge</u> Understand the different food groups and why each group is important -Know the different food groups -Able to identify, and allocate food to the correct group -Design a well balanced menu for a teenager -Understand that certain groups of people require different foods <u>Skills</u> Following a recipe Following instructions Communicating Recipes vary from year 1 to year 2	<u>Knowledge</u> Grow knowledge in where food comes from and understand seasonal foods -Know the different types of meat -Know the different types of cuts of meat -Understand the difference between organic and non-organic foods -Be able to recognise “healthy options” when choosing ingredients <u>Skills</u> Following a recipe Following instructions Communicating Recipes vary from year 1 to year 2	<u>Knowledge</u> Understand the different ways to cook ingredients and how the way we cook impacts how healthy the food we eat is -Baking -Frying -Grilling -Deep frying -Boiling -Roasting <u>Skills</u> Following a recipe Following instructions Communicating Recipes vary from year 1 to year 2	<u>Knowledge</u> Be able to follow a recipe and the instructions written -Weighing -Measuring -Mixing -Kneading -Knife skills <u>Skills</u> Following a recipe Following instructions Communicating Recipes vary from year 1 to year 2
<u>Assessment:</u> Each week, students will cook a recipe chosen by staff to add to their knowledge and develop cooking skills. Students will RAG rate their knowledge and skills					

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Year 11					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Summary</u> Health and safety	<u>Summary</u> Nutrition	<u>Summary</u> Food groups	<u>Summary</u> Where food comes from	<u>Summary</u> Cooking in a healthy way	<u>Summary</u> Cooking and Life skills
<u>Knowledge</u> Use knowledge gained to understand the importance of health & safety when in the kitchen and preparing food. -Hygienic food preparation -Safe food storage -Knowing when food is cooked -Washing up utensils -Cleaning work area <u>Skills</u> Following a recipe Following instructions Communicating	<u>Knowledge</u> Use knowledge gained to understand the importance of a healthy diet -Understand what an eat well plate is -Use the eat well plate for chosen recipes -Understand food labels -Be able to consider alternative ingredients to suit other diets such as vegetarian options <u>Skills</u> Following a recipe Following instructions Communicating	<u>Knowledge</u> Understand the different food groups and why each group is important -Know the different food groups -Able to identify, and allocate food to the correct group -Design a well-balanced menu for a teenager -Understand that certain groups of people require different foods <u>Skills</u> Following a recipe Following instructions Communicating	<u>Knowledge</u> Understand where our food comes from and understand seasonal foods -Know the different types of meat -Know the different types of cuts of meat -Understand the difference between organic and non-organic foods -Be able to recognise “healthy options” when choosing ingredients <u>Skills</u> Following a recipe Following instructions Communicating	<u>Knowledge</u> Use knowledge gained to plan, prepare and cook a two – course meal: either a starter and main course or a main course and desert. -Peeling -Knife skills -Baking -Frying -Grilling -Deep frying -Boiling -Roasting <u>Skills</u> Following a recipe Following instructions Communicating	<u>Knowledge</u> Use cooking skills to produce staple meals -Peeling -Knife skills -Baking -Frying -Grilling -Deep frying -Boiling -Roasting <u>Skills</u> Following a recipe Following instructions Communicating
<u>Assessment:</u> Complete BTEC coursework to meet the required criteria. Plan and cook 2 course meal.					