

## BTEC Level 1/2 Home Cooking Skills

Learners will develop their cooking skills by

exploring recipes for nutritious meals. Each recipe is underpinned with knowledge about planning and sourcing food, hygiene and food safety. How to cook different elements of a meal to serve them at the same time are considered. The importance of presenting food well and how this contributes to its enjoyment is reflected on in this level 2 course. Ways to economise when shopping for ingredients and cooking meals at home are significant aspects of this level 2 course. Learners will demonstrate their skills by selecting recipes for a nutritious two-course meal and following the recipes to prepare, cook and present the meal. This course aims to give learners the skills and confidence to enjoy cooking meals at home, to apply skills to new recipes to continue cooking for themselves and their families and to inspire others.

BTEC Curriculum Map	BTEC Home Cooking Skills	BTEC Home Cooking Skills	BTEC Home Cooking Skills	BTEC Home Cooking Skills	BTEC Home Cooking Skills	BTEC Home Cooking Skills
	<p><b>1.1 Select and prepare ingredients for a recipe.</b></p> <p><b>Lunches</b></p> <p>Selecting ingredients</p> <p>Meal planning</p> <p>Current healthy eating advice</p> <p>Food prices and costing a recipe</p> <p>Fresh food and</p>	<p><b>1.2 Using cooking skills when following a recipe.</b></p> <p><b>Baking</b></p> <p>Cooking techniques: preparation, weigh and measure, prepare ingredients, cook and serve.</p> <p>Knife skills - safe cutting techniques</p> <p>Pastry: rubbing in.</p>	<p><b>1.3 demonstrate food safety and hygiene throughout the preparation and cooking process</b></p> <p><b>Meat and fish.</b></p> <p>Safe storage, preparation and cooking of food.</p> <p>Kitchen equipment</p> <p>Food poisoning</p> <p>Personal hygiene</p>	<p><b>Fork to fork: Where food comes from food commodities.</b></p> <p>Fresh food: Food commodities</p> <p>Sourcing: Food certificates and assurance schemes</p> <p>Cooking skills - grating, peeling, boiling, frying.</p>	<p><b>2.1 Reflect on own learning about the value of gaining cooking skills</b></p> <p>Value of learning home cooking skills.</p> <p>Benefits to long term well-being of self and family of home cooking.</p> <p>Breakfast</p> <p>Healthy lunchboxes</p> <p>Healthy hydration</p>	<p><b>2.2 Identify ways to pass on information about home cooking</b></p> <p>Food blogs</p> <p>Recipe writing and sharing.</p> <p>Reflect on learning.</p> <p>Cooking for others.</p>

	food labeling Seasonal food.	Bread making Cake making Why did it go wrong?	Meat preparation: knife skills, tenderising, combining  Cooking meat - hob, grill and oven.		Eat well.	
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