**Scheme of work**

**Blue Skies School**

**BTEC Level 2 Home Cooking Skills**

**Assessment Criteria**

* 1. Plan a nutritious two course meal

2.1 Select and prepare ingredients for recipes for a nutritious, two course meal

2.2 Use cooking skills when following the recipes

2.3 Demonstrate food safety and hygiene throughout the preparation and cooking process

2.4 Apply presentation skills when serving the meal

3.1 Explain ways to economise when cooking at home

4.1 Identify ways information about cooking meals at home from scratch had been passed on to others

**Yearly Plan**

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| Term 1 | 1.1 | Plan a nutritious two course meal |
| Term 2 | 2.1 | Select and prepare ingredients for recipes for a nutritious, two course meal |
| 2.2 | Use cooking skills when following the recipes |
| 2.3 | Demonstrate food safety and hygiene throughout the preparation and cooking process |
| 2.4 | Apply presentation skills when serving the meal |
| Term 3 | 3.1 | Explain ways to economise when cooking at home |
| Term 4 | 4.1 | Identify ways information about cooking meals at home from scratch had been passed on to others |
| Term 5/6 |  | Assignment / Assessment |

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**Assignment Scenario**

You don’t have to be a celebrity chef or work in the hospitality industry to recognise the importance of a healthy diet. Eating food is something we all do every day of our lives and it’s so important for our wellbeing through life. It is important to be able to understand something about the foods we eat and what they can do for us is really important and contributes towards our general healthy life. This assignment gives you the opportunity to get ‘hands on’, not only in terms of planning a healthy two course meal, but also preparing and cooking the menu you design. So

let’s see what you can do and how you inform your family and friends about the exciting

menu you will prepare!

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| **LO** | **Learning outcome****(LO)** | **AC** | **In this assessment you will have the opportunity to present evidence that shows you are able to:** | **Recipe no.** | **Evidence****(Skills record)** |
| LO 1 |  Be able to plan anutritious, homecookedmeal usingbasic ingredients**Assessment Criteria**plan a nutritioustwo-course meal | 1.1 | *Planning*: selecting recipes for courses eg starter, main course, dessert; nutritioneg eatwell plate (fruit and vegetables, meat, fish, eggs and beans, milk and dairyproduce, bread, rice potatoes and pasta, high fat/sugar food), contribution to fivea-day initiative; asking advice; timings eg for preparation, cooking; assemblingingredients and equipment | 58910111314161718 | Yes.More than five skills RecordsSuppliedNow needs to plan and prepare two course meals |
| LO 2 | Be able to prepare, cook and present a nutritious, homecooked meal usingbasic ingredients**Assessment Criteria**select and prepare ingredients for recipes for anutritious, twocoursemeal | 2.1 | □ Selecting ingredients: factors eg fresh, seasonal, locally produced□ Kitchen basics: store cupboard ingredients eg; oil, vinegar, seasonings, spices, flour, sugar, stock cubes, tinned food (tomatoes, tuna), rice, pasta, frozen food (peas, sweetcorn, pastry), kitchen equipment eg knives, saucepans, frying pan, mixing bowls, measuring jug□ Recipes:  | 5891011131416171819 | Yes.More thanFive skillsRecords Supplied |
|  | use cooking skills when following the recipes | 2.2 | □ Skills: preparation skills eg chopping, slicing, grating, peeling, mashing, beating; cooking skills eg roasting, frying, baking, boiling□ Follow recipe: weights and measures eg use of scales, measuring jugs and spoons; oven temperatures; timings | AllThe recipies | Yes.More thanFive skillsRecords supplied |
|  | demonstrate food safety and hygiene throughout thepreparation and cooking process | 2.3 | □ Food safety and hygiene: food storage eg raw meat on the bottom shelf of thefridge; food labelling eg follow storage instructions, use by dates; food preparation eg wash and dry hands before handling food, keep surfaces clean, keep raw fish and meat away from other food, cover cuts; ensuring meat is properly cooked; storing leftover food eg cooling quickly, refrigerating or freezing; using knives safely | AllThe recipies | Yes More than Five skills recordssupplied |
|  | apply presentation skills when serving the meal | 2.4 | □ Meal presentation: portion size; colour; temperature of food; relaxed atmosphere; table setting | All therecipies | Yes More than Five skills recordssupplied |
| LO 3 | Understand how to cook economically at home**Assessment Criteria**explain ways to economise when cooking at home | 3.1 | □ Cooking economically: meal planning, buy food in season; plan ahead; buy inlarger quantities to cook and freeze eg mince for Bolognese sauce; use leftovers eg potato salad, chicken sandwich; ask advice when shopping eg from butcher about alternative cuts of meat | All The recipies | Yes More than Five skills recordssupplied |
| LO 4 | Be able to pass on information about cooking meals at home from scratch**Assessment Criteria**identify ways information about cooking meals athome from scratch has been passed on to others | 4.1 | □ Ways to pass on information: inspire others; share recipes eg written, email; cook with family members eg children; cook for friends and family; ‘cook and eat’ groups; lunch clubs | AllThe recipies | Yes More than Five skills recordssupplied |