**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 a  nutritious, homecooked  meal using  basic ingredients  **Assessment Criteria**  plan a nutritious  two-course meal | 1.1 | *Planning*: selecting recipes for courses eg starter, main course, dessert; nutrition  eg eatwell plate (fruit and vegetables, meat, fish, eggs and beans, milk and dairy  produce, bread, rice potatoes and pasta, high fat/sugar food), contribution to fivea-  day initiative; asking advice; timings eg for preparation, cooking; assembling  ingredients and equipment | 5  8  9  10  11  13  14  16  17  18 | Yes.  More than five skills  Records  Supplied  Now needs to plan and prepare two course meals |
| LO 2 | Be able to prepare, cook and present a nutritious, homecooked meal using  basic ingredients  **Assessment Criteria**  select and prepare ingredients for recipes for a  nutritious, twocourse  meal | 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: | 5  8  9  10  11  13  14  16  17  18  19 | Yes.  More than  Five skills  Records  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 | All  The recipies | Yes.  More than  Five skills  Records supplied |
|  | demonstrate food safety and hygiene throughout the  preparation and cooking process | 2.3 | □ Food safety and hygiene: food storage eg raw meat on the bottom shelf of the  fridge; 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 | All  The recipies | Yes  More than  Five skills records  supplied |
|  | apply presentation skills when serving the meal | 2.4 | □ Meal presentation: portion size; colour; temperature of food; relaxed atmosphere; table setting | All the  recipies | Yes  More than  Five skills records  supplied |
| 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 in  larger 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 records  supplied |
| LO 4 | Be able to pass on information about cooking meals at home from scratch  **Assessment Criteria**  identify ways information about cooking meals at  home 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 | All  The  recipies | Yes  More than  Five skills records  supplied |