

<p>Subject BTEC Pearson Home Cooking Skills level 1 & 2 Year 10 & 11</p>	<p>Curriculum intent: Our Home Cooking Skills curriculum aims to develop confident, independent learners who can prepare healthy, nutritious meals safely and economically. Through practical cooking experiences, students gain essential life skills that promote health, wellbeing and independence beyond the classroom. The Curriculum is designed to build students confidence in planning, preparing and cooking a range of dishes while developing an understanding of nutrition, food hygiene, budgeting and food safety. Students are encouraged to make informed food choices and understanding the importance of balanced diets and sustainable cooking practices. We aim to provide an engaging and inclusive curriculum that supports all learners to succeed through practical, hands-on learning. Students develop resilience, organisation, teamwork and problem-solving skills alongside key practical techniques that can be applied in everyday life, further education and future employment. By the end of the course, students will;</p> <ul style="list-style-type: none"> • Cook safely and hygienically • Prepare a range of healthy meals independently • Understand nutrition and balance diets • Plan meals and budget effectively • Develop confidence, independence and transferable life skills <p>Ultimately, our intention is for students to leave school, with knowledge, skills and confidence to cook for themselves and others supporting healthier lifestyles and preparations for adult life.</p>																	
<p>Units/Term</p>	<p>Term 1</p>			<p>Term 2</p>			<p>Term 3</p>			<p>Term 4</p>			<p>Term 5</p>			<p>Term 6</p>		
<p>Interleaving</p>	<p>Revisiting and embedding cooking skills.</p>																	
<p>Knowledge</p>	<p>Course introduction and brief given. Health and safety, safe handling of foods to stop cross contamination. Knowledge of the 14 Allergens and safe food storage. Identify and use of Kitchen equipment.</p>			<p>Health and safety, safe handling of foods to stop cross contamination. Knowledge of the 14 Allergens and safe food storage. Follow recipes and cook and serve meals. Understanding the Eatwell Guide and balanced diets.</p>			<p>Health and safety, safe handling of foods to stop cross contamination. Knowledge of the 14 Allergens and safe food storage. Follow recipes accurately, cook and serve meals.</p>			<p>Health and safety, safe handling of foods to stop cross contamination. Knowledge of the 14 Allergens and safe food storage. Follow recipes accurately, cook and serve meals.</p>			<p>Health and safety, safe handling of foods to stop cross contamination. Knowledge of the 14 Allergens and safe food storage. Follow recipes accurately, cook and serve meals.</p>			<p>Health and safety, safe handling of foods to stop cross contamination. Knowledge of the 14 Allergens and safe food storage. Follow recipes accurately, cook and serve meals.</p>		
<p>Understanding</p>	<p>Basic kitchen rules and routines, how to work safely in the food preparation areas. Safe use of all kitchen equipment. How to measure ingredients correctly.</p>			<p>Different cooking methods, the Nutritional value of a variety of foods. How to plan a healthy meal.</p>			<p>How to plan a meal on a budget. The importance of food waste. Seasonal food choices and sustainability. How to adapt meals to suit different needs.</p>			<p>Dietary requirements and allergies. Advance meal Planning. Healthier recipe adaptations. Cost- effective cooking strategies.</p>			<p>The importance of food presentation. Batch cooking and efficient preparation. How to cook under time restrictions. How professional kitchens organise service including locally sourced food.</p>			<p>The full cooking process from planning to evaluation. Professional food safety expectations. Career and progress opportunities in food and hospitality.</p>		
<p>Practical Skills</p>	<p>Health & safety Knife skills Use of appliances & equipment</p>			<p>Health & safety Knife skills Use of appliances & equipment</p>			<p>Health & safety Menu planning using Eatwell plate Knife skills Use of appliances & equipment</p>			<p>Health & safety Menu planning using Eatwell plate Knife skills Use of appliances & equipment Cooking for a friend independently</p>			<p>Health & safety Knife skills Use of appliances & equipment Following recipes independently Sharing recipes with others.</p>			<p>Health & safety Menu planning using Eatwell plate Knife skills Use of appliances & equipment Cooking for a friend independently</p>		
<p>Assessment</p>	<p>Verbal feedback, self-assessment folder work.</p>			<p>Verbal feedback, self-assessment folder work.</p>			<p>Verbal feedback, self-assessment folder work.</p>			<p>Verbal feedback, self-assessment folder work.</p>			<p>Verbal feedback, self-assessment folder work.</p>			<p>Verbal feedback, self-assessment folder work.</p>		