

KS4: BTEC Home Cooking Level 1 Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme 1	Kitchen Skills	Food miles, growing your own & Seasonality	Home Made or Take Away	Presentation of dishes	Cooking techniques	Final dish preparations
Assessment objectives covered	2.1 2.2 2.3 2.4 4.1	2.1 2.2 2.3 2.4 3.1 4.1	2.1 2.2 2.3 2.4 4.1	2.1 2.2 2.3 2.4 4.1	2.1 2.2 2.3 2.4 4.1	1.1 2.1 2.2 2.3 2.4 4.1
Knowledge /Skills	<ul style="list-style-type: none"> - Basic Cooking skills - Basic Food Hygiene - Basic Kitchen Safety - Eat Well Guide – Healthy lunch boxes - Portfolio and Website building skills - Dietary needs/requirements 	<ul style="list-style-type: none"> - What foods are best at different times of the year? - Food provenance – where does your food come from? - Buying local and what the benefits of this are on costs and personal choice - Promoting a buy local scheme 	<ul style="list-style-type: none"> - Comparison of take away and home cooked foods inc. ready meals - Looking at different ingredients and salt/sugar content. Which is cheaper? - Use of Cooker; grill & oven 	<ul style="list-style-type: none"> - Different recipes to promote different cookery skills and presentation of finished dishes - Looking at food advertisement and how food is presented and photographed 	<ul style="list-style-type: none"> - Home-made pasta (lasagne or ravioli) - - Deboning chicken thighs. - Separating eggs - Raising agents 	<ul style="list-style-type: none"> - Time management - Time planning - Food presentation - Importance of telling others about home cooking - Information sharing - Practical's this term will be decided by students - They will use them to practice for their final dish incorporating all aspects they have

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						learned over the course; Nutrition, presentation, skills, cooking methods etc.
Theory lessons	<ul style="list-style-type: none"> - Recap on Kitchen - Safety & Hygiene building on prior knowledge from previous course (Level 1) - Rules of the kitchen/food tech room - Understanding allergies and Dietary needs/requirements down to religion, medical or personal choice <p>Portfolio</p>	<ul style="list-style-type: none"> - Seasonal cooking - Farm to fork - Price comparison with supermarkets and which is better value <p>Portfolio</p>	<ul style="list-style-type: none"> - Looking at balanced meals/diets and how to plan healthy and cost-effective meals using a budget - Comparison of using Takeaways looking at cost, health and time <p>Portfolio</p>	<ul style="list-style-type: none"> - Looking at the food industry and how things are advertised. E.g. McDonalds burger reality vs advertisement - Cooking complete meal to practice for final dish. <p>Portfolio</p>	<ul style="list-style-type: none"> - Overview of skills used - Pupils to write an easy how-to guide for a less experienced person who is new to cookery <p>Portfolio</p>	<ul style="list-style-type: none"> - Learners to plan and prepare for their final dish that they will be making for their portfolio - Looking at time management, producing a time plan and how this will be followed on the day of final dish cooking <p>Date of final dish: TBC</p> <p>Portfolio</p>