


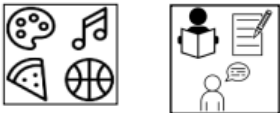

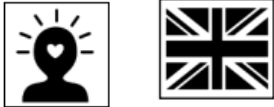



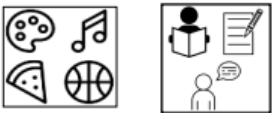

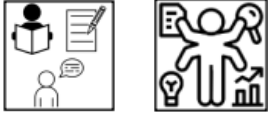
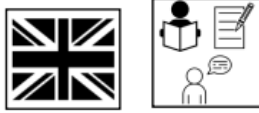



Food and Nutrition Curriculum Map – BTEC Home Cooking Skills	
<p>Endeavour Federation Curriculum vision</p> 	<p>At the Endeavour Federation, we follow an adapted National Curriculum, with wellbeing central to everything we do. We offer a broad and balanced curriculum, with all pupils having the opportunity to study Maths and English up to GCSE level with a range of BTEC/GCSE options in other subjects. The study of these subjects, allows pupils to apply theoretical knowledge to the practical elements of the curriculum.</p> <p>We believe in all our pupils and have high expectations for their futures. A comprehensive package of both pastoral and learning support, delivered by highly trained staff, allows them to navigate their learning journeys and improve their life outcomes, becoming the best versions of themselves.</p>
<p>Food technology vision</p> 	<p>Our curriculum aims to develop not only a love of cooking, but also a deep understanding of how food is produced and the vital role it plays in good health. Our curriculum aims to:</p> <ul style="list-style-type: none"> <li>• Enable pupils to create exciting meals that are well presented.</li> <li>• Ensure that pupils have a clear and in depth understanding of the nutrients contained in the dishes that they create.</li> <li>• Ensure that pupils know not only the nutritional value of foods but also the function of those nutrients and the effect they have on health.</li> <li>• Give pupils a good understanding of hygiene and safety, how food processes work and food science.</li> </ul> <p><u>Through food and nutrition, students will:</u></p> <ol style="list-style-type: none"> <li>1. Demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment</li> <li>2. Develop knowledge and understanding of the functional properties and chemical processes as well as the nutritional content of food and drinks</li> <li>3. Understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health</li> <li>4. Understand the economic, environmental, ethical, and socio-cultural influences on food availability, production processes, and diet and health choices</li> <li>5. Demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food</li> <li>6. Understand and explore a range of ingredients and processes from different culinary traditions (British and international) and to inspire new ideas or modify existing recipes.</li> </ol> <p>Food and Nutrition lessons aim to develop our students' curiosity and understanding of the world around them, through the products they use and the food they eat. The 'hands-on' practical aspects of the course serves to develop our students' skills and confidence using kitchen equipment. They find how to use equipment safely and appropriately, and how to select materials or ingredients according to their specific properties and uses.</p> <p>We want students to understand how simple it is to prepare their own food and to understand the of impact good food choices, on health and lifestyle. They learn about the main food groups and their nutritional value towards a healthy lifestyle. They learn about food storage and hygiene, think about food providence e.g. how and where it is produced. They develop a wide range of practical skills in the Food Rooms, preparing, cooking and presenting savoury and sweet dishes. The dishes chosen also reflect the cultural diversity found in the UK, also dishes students will be less familiar with from different cultures and countries around the world.</p>

Careers (CEIAG)	Cultural Capital	Enrichment Opportunities	Preparing for life in modern Britain	Literacy and Communication
				

	Autumn		Spring		Summer	
<b>Year 10</b>	<p>Intro to Level 1 BTEC Home Cooking Skills</p> <p>Breakfast Options and Health</p> 	<p>Vegetarian and Vegan alternatives – using fruit and vegetables</p> <p>Princes Trust – Healthy Lifestyle</p> 	<p>Food Storage and Food Safety</p> 	<p>Healthy Fast Foods – making popular fast foods</p> 	<p>BTEC Level 1 Assessment – Making a Two Course Meal</p> 	<p>Intro to Level 2 BTEC Home Cooking Skills</p> <p>Macronutrients – Deficiencies and Sources</p> 
<b>Year 11</b>	<p>Intro to Level 2 BTEC Home Cooking Skills</p> <p>Breakfast Options and Healthy Eating</p> 	<p>Investigating Meat Free Alternatives and Menu Planning</p>  <p>Princes Trust – Healthy Lifestyle</p> 	<p>Use of Pastry – range of pastry used in meals / snacks</p> <p>Social impact on Food Choice</p> 	<p>BTEC Level 2 Assessment – Making a Two Course Meal</p> 	<p>BTEC Level 2 Assessment – Making a Two Course Meal</p> 	

		Term 1		Term 2		Term 3	
Year 10	Half Term 6 Year 9	Half Term 1 - 7	Half Term 2 - 7	Half Term 3 - 6	Half Term 4 - 6	Half Term 5 – 6	Half Term 6- 7

<p>Intro to the BTEC Course</p> <ul style="list-style-type: none"> <li>• Choosing recipes – over view</li> <li>• of skills to be covered</li> <li>• Timings of lessons – format</li> <li>• Lesson work and requirements</li> <li>• Presentation and Photos</li> <li>• Balanced Diet – Introduction</li> <li>• Hygiene – temps and risks</li> <li>• Evaluation Skills</li> <li>• Sharing recipes at Home and away from school</li> <li>• Case studies and developments</li> <li>• Feedback</li> <li>• Set up folders</li> <li>• Protein</li> <li>• Fats</li> <li>• Carbohydrates</li> </ul> <p>Every Lesson write up Food Making Diary</p>	<ul style="list-style-type: none"> <li>• Breakfast</li> <li>• Salad</li> <li>• Vegetables                             <ul style="list-style-type: none"> <li>• BBQ and Kebabs</li> </ul> </li> <li>• People and Food Needs</li> <li>• Fibre</li> <li>• Vitamins</li> <li>• Minerals</li> <li>• Breakfasts variety</li> <li>• Eggs</li> </ul> <p>Every Lesson complete up Food Making Diary</p>	<ul style="list-style-type: none"> <li>• Vegetarian alternatives</li> <li>• Seasonal foods</li> <li>• Packed lunches – Outdoor Education link</li> <li>• Food and Meal planning for families</li> <li>• Fruits</li> <li>• Pastry</li> </ul> <p>Every Lesson complete up Food Making Diary</p>	<ul style="list-style-type: none"> <li>• Food storage</li> <li>• Rice cooking and Food Poisoning</li> <li>• Processing methods</li> <li>• Freezing foods</li> <li>• Labelling</li> </ul> <p>Every Lesson complete up Food Making Diary</p> <p>Develop time planning skills for assessment</p>	<ul style="list-style-type: none"> <li>• Sharing information with others</li> <li>• How to share info – make a recipe card</li> <li>• Cooking for other – menu planning / needs</li> <li>• Soups and Toastie snack</li> <li>• Baked chicken goujon wraps – healthy McDonalds</li> <li>• Roast Dinner – group task, Yorkshires</li> <li>• BBQ – quick meats and grilled meats</li> <li>• Stir fry</li> <li>• Food and Fridge storage rules</li> </ul> <p>Start assignment 1/ 2 BTEC – choose menu and make a time plan</p> <p>Choose recipes for Term 5 – 2 course meal (3 if extension)</p> <p>Every Lesson write-up Food Making Diary</p>	<p><b><u>Assessment Level 1 and 2 BTEC</u></b></p> <p>Two course meal with appropriate skills and all folio completed for the submission for verification.</p> <p>Year 11 can complete earlier if ready.</p> <p>Plan recipes and explain choices</p> <p>How to time plan – items for exam</p> <p>Skills checker – use making diary to complete skills list</p> <p>Nutrition and suitability</p> <p>Cooking for an audience</p>	<p><b>START YEAR 11 COURSE</b></p>
13.6.22	20.6.22	27.6.22	4.7.22	11.7.22	18.7.22	

<p>Core Knowledge/ Skills and Concepts Stage 4 Food Technology BTEC Level 1 Week 1 <u>Year 10</u> Making Diary - Introduction to Evaluation Mille Fleur Jam and Cream Feather Icing Extension A – patterns and colours</p> <p><u>Year 11 – Level 2 Week 1</u> Making Diary - Introduction to Evaluation Mille Fleur Jam and Patisserie Cream Feather Icing Extension A – individual sizes</p>	<p>BTEC Level 1 Week 2 <u>Year 10</u> Skills assessment sheet and making diary Short crust pastry – apple pie / fruit pie from a tin Pasty Item – filling choices Extension A – fresh apples</p> <p><u>Year 11 Week 2</u> Skills assessment sheet and making diary</p> <p>Short crust pastry – fresh apples Pasty Item – filling choices Extension A Decoration and finishes – pastry and sugar / egg wash Extension B Flavours with the apples – spices Pasty Item – filling choices and finishes</p>	<p>BTEC Level 1 Week 3 <u>Year 10</u> Follow up scones experiment 9.6.22 Making diary Scones – 2 flavours – 1 sweet and 1 savoury Extension A – scones wheel – free cutting</p> <p><u>Year 11 Week 3</u> Follow up scones experiment 9.6.22 Making diary Scones – 2 flavours – 1 sweet and 1 savoury Extension A - scones wheel – free cutting Extension B -Pizza Base Item / cultural themes in flavours</p>	<p>BTEC Level 1 Week 4 <u>Year 10</u> Bread – dried yeast – shapes and how it works Making diary Bread – kneading / shaping Extension A – no assistance with consistency/ shaping independence</p> <p><u>Year 11 Week 4</u> Bread – dried yeast – shapes and how it works Making diary Bread – kneading / shaping Extension A – no assistance with consistency/ shaping independence Extension B – dough balls or breadsticks with garlic butter or flavours / decorations</p>	<p>BTEC Level 1 Week 5 <u>Year 10</u> Honey BBQ chicken Making diary Skills checker Fast and slow cooking of meat Sauce making – HBBQ – skinning a chicken Extension A – debone the thighs</p> <p><u>Year 11 Week 5</u> Honey BBQ chicken Making diary Skills checker Fast and slow cooking of meat Sauce making – HBBQ – skinning a chicken Extension A – debone the thighs Extension B – Make rice to accompany or couscous</p>	<p>BTEC Level 1 Week 6 <u>Year 10</u> Salads – use of vegetables and developing knife skills Making diary and skills checker Attractive use of vegetables to make a plated salad – how to prepare each vegetable – colours and shapes. Extension A –Make a dressing – ranges of dressings Vegetable Kebabs</p> <p><u>Year 11 Week 6</u> Salads – use of vegetables and developing knife skills Making diary and skills checker Attractive use of vegetables to make a plated salad – how to prepare each vegetable – colours and shapes. Extension A –Make a dressing – ranges of dressings follow up work Vegetable Kebabs Use BBQ Extension B – how to make mayonnaise</p>	
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<p>Half Term 1 2022-23 Core Knowledge/ Skills and Concepts Stage 4</p> <ul style="list-style-type: none"> <li>Breakfast - pancakes – traditional and American</li> </ul> <p>Breakfasts variety</p> <ul style="list-style-type: none"> <li>Eggs – boiled with soldiers / scrambled / omelette / Fried</li> <li>French Toast</li> </ul>	<ul style="list-style-type: none"> <li>Flapjack – with fruit filling and a chocolate topping</li> <li>Porridge – homemade with salt v packet mix</li> <li>Granola – make and sell small bags in school to staff / as a snack</li> </ul>	<ul style="list-style-type: none"> <li>Salad and Dressing – similar to last term but different seasonal vegetables – make couscous salad</li> <li>Vegetables and a Dip</li> </ul>	<ul style="list-style-type: none"> <li>Fruit – Salad / Crumble / Smoothie</li> </ul>	<ul style="list-style-type: none"> <li>Pasta bake – making a balanced meal</li> </ul>	<ul style="list-style-type: none"> <li>Sweet and Sour Chicken</li> </ul> <p>Fruit in a savoury item</p>	<p>Additional Item – for new pupils / missed lessons Pasta Bake – making a balanced meal</p>
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Half Term 1 2022-23

<p>Food Technology BTEC Level 1 Week 1 <u>Year 10</u> Making Diary - Introduction to Eggs and Breakfast Options Extension A –</p> <p><u>Year 11 – Level 2 Week 1</u> Making Diary - Introduction to Eggs and Breakfast Options Healthy methods of cooking breakfast / quick healthy breakfast</p> <p>Extension A –</p>	<p>Food Technology BTEC Level 1 Week 2 <u>Year 10</u> Making Diary – Breakfast and Fibre, health and fibre Cereals investigation Extension A –</p> <p><u>Year 11 – Level 2 Week 2</u> Making Diary - Breakfast and Fibre Making changes to improve fibre intake Extension A – Investigate school dinners one week and fibre we serve each day.</p>	<p>Food Technology BTEC Level 1 Week 3 <u>Year 10</u> Making Diary - Introduction Vitamins Extension A –</p> <p><u>Year 11 – Level 2 Week 3</u> Making Diary - Introduction Vitamins, where to find them, how to increase, use of supplements. Extension A – Vitamin identification and food sources</p>	<p>Food Technology BTEC Level 1 Week 4 <u>Year 10</u> Making Diary - Introduction to Minerals Extension A –</p> <p><u>Year 11 – Level 2 Week 4</u> Making Diary - Introduction to Minerals, how to increase, uses in the body. Illness caused by a deficiency. Extension A – Match illnesses with deficiency cards</p>	<p>Food Technology BTEC Level 1 Week 5 <u>Year 10</u> Making Diary - Introduction to Food Needs and Age Groups Extension A –</p> <p><u>Year 11 – Level 2 Week 5</u> Making Diary - Introduction to Food Needs and Age Groups - planning suitable menus, examples. Extension A –</p>	<p>Food Technology BTEC Level 1 Week 6 <u>Year 10</u> Making Diary – Food Needs and Ages Extension A –</p> <p><u>Year 11 – Level 2 Week 6</u> Making Diary - Introduction Food Needs and Ages, investigation and survey school eating trends. Extension A – Write up investigation, draw a chart</p>
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November							December						
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Half Term 2 2022-23

<p>Food Technology BTEC Level 1 Week 1 <u>Year 10</u> Making Diary - Packed lunches for school and indoor snacks Extension A –</p> <p><u>Year 11 – Level 2 Week 1</u> Making Diary - Packed lunches – Outdoor picnics</p> <p>Extension A –</p> <ul style="list-style-type: none"> <li>Baking Items – Brownie</li> <li>Food and Meal planning for families</li> <li>Fruits</li> </ul>	<p>Food Technology BTEC Level 1 Week 2 <u>Year 10</u> Making Diary – Fruits – Types and uses</p> <p>Extension A – Seasonality</p> <p><u>Year 11 – Level 2 Week 2</u> Making Diary - Seasonal foods Food and countries / cultures Extension A – Map of foods - identification</p> <p>Apple Pie – shortcrust pastry</p>	<p>Food Technology BTEC Level 1 Week 3 <u>Year 10</u> Making Diary - Pastry, types of and uses. Extension A – Pastry and Health Sausage Rolls</p> <p><u>Year 11 – Level 2 Week 3</u> Making Diary - Extension A – Pastry recap, Finishes for pastry, shapes and decorations.</p> <p>Cheese and Onion Pie</p> <p>Sausage Rolls</p> <p>Butter making Demo, whisking and jam jar method</p>	<p>Food Technology BTEC Level 1 Week 4 <u>Year 10</u> Making Diary - Extension A –</p> <p><u>Year 11 – Level 2 Week 4</u></p> <ul style="list-style-type: none"> <li>Making Diary - Cream Slice – puff pastry and whisking cream</li> </ul> <p>Extension A – meringues</p>	<p>Food Technology BTEC Level 1 Week 5 <u>Year 10</u> Making Diary - Vegetarian alternatives</p> <p>Extension A –</p> <p><u>Year 11 – Level 2 Week 5</u> Making Diary - Extension A –</p>	<p>Food Technology BTEC Level 1 Week 6 <u>Year 10</u> Making Diary –Extension A –</p> <p><u>Year 11 – Level 2 Week 6</u> Making Diary - Extension A –</p>
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Half Term 3 2022-23

January			February			
<p>Food Technology BTEC Level 1 Week 1 <u>Year 10</u></p> <ul style="list-style-type: none"> <li>Making Diary - Rice cooking and Food Poisoning</li> </ul> <p>Extension A – biriyani, use of rice</p> <p><u>Year 11 – Level 2 Week 1</u></p> <p>Rice cooking Vegetarian alternatives – quorn / Tofu stir fry</p> <p>Extension A – Risotto Paella</p>	<p>Food Technology BTEC Level 1 Week 2 <u>Year 10</u></p> <ul style="list-style-type: none"> <li>Making Diary – Sandwiches - toasties</li> <li>Seasonal foods – why these are a good food item based on budget</li> <li>Processing methods 1</li> </ul> <p>Extension A –</p> <p><u>Year 11 – Level 2 Week 2</u></p> <p>Making Diary – Quesada’s – enchilada Fried toasties Seasonal foods – why these are a good food item based on budget Seasonal recipes and development of diary for selecting seasonal food – laminated.</p>	<p>Food Technology BTEC Level 1 Week 3 <u>Year 10</u></p> <ul style="list-style-type: none"> <li>Making Diary - Ragu - knife skills</li> <li>Seasonal foods – why these are a good food item based on budget</li> <li>Processing methods 2</li> <li>Freezing</li> <li>Temperature Ranges and processing / serving foods</li> </ul> <p>Extension A –</p> <p><u>Year 11 – Level 2 Week 3</u></p> <ul style="list-style-type: none"> <li>Making Diary - Mince - Chilli, meat balls and tomato sauce</li> </ul> <p>Extension A / B – Home- made pasta shapes and fillings</p>	<p>Food Technology BTEC Level 1 Week 4 <u>Year 10</u></p> <ul style="list-style-type: none"> <li>Making Diary - Spaghetti Bolognaise</li> </ul> <p>Vegetarian Cooking 1 Extension A – Make a bolognaise label</p> <p><u>Year 11 – Level 2 Week 4</u></p> <ul style="list-style-type: none"> <li>Making Diary - Spaghetti Bolognaise</li> </ul> <p>Vegetarian Cooking – how to adapt recipes and ingredients needing change</p> <p>Extension A – Lasagne / Cannelloni alternative</p>	<p>Food Technology BTEC Level 1 Week 5 <u>Year 10</u></p> <ul style="list-style-type: none"> <li>Making Diary - Vegetarian Cooking 2 Mince - Chilli, meat balls and tomato sauce</li> <li>Labelling</li> </ul> <p>Extension A – soup / garnishes</p> <p><u>Year 11 – Level 2 Week 5</u></p> <p>Making Diary – Items made with mince / vegetable mince - comparison Extension A –</p>	<p>Food Technology BTEC Level 1 Week 6 <u>Year 10</u></p> <ul style="list-style-type: none"> <li>Making Diary – Food storage</li> <li>Soups – leek and potato / carrot and coriander</li> </ul> <p>Extension A – Develop time planning skills for Mini Assessment</p> <p><u>Year 11 – Level 2 Week 6</u></p> <p>Making Diary - Develop time planning skills for Mini Assessment</p> <p>Vegetarian alternatives – quorn</p> <p>Extension A –</p>	

Half Term 4 2022-23

<p>Food Technology BTEC Level 1 Week 1 <u>Year 10</u></p> <p>Making Diary - Extension A –</p> <p><u>Year 11 – Level 2 Week 1</u></p> <p>Making Diary - Extension A –</p>	<p>Food Technology BTEC Level 1 Week 2 <u>Year 10</u></p> <p>Making Diary – Extension A –</p> <p><u>Year 11 – Level 2 Week 2</u></p> <p>Making Diary - Extension A –</p>	<p>Food Technology BTEC Level 1 Week 3 <u>Year 10</u></p> <p>Making Diary - Extension A –</p> <p><u>Year 11 – Level 2 Week 3</u></p> <p>Making Diary - Extension A –</p>	<p>Food Technology BTEC Level 1 Week 4 <u>Year 10</u></p> <p>Making Diary - Extension A –</p> <p><u>Year 11 – Level 2 Week 4</u></p> <p>Making Diary - Extension A –</p>	<p>Food Technology BTEC Level 1 Week 5 <u>Year 10</u></p> <p>Making Diary - Extension A –</p> <p><u>Year 11 – Level 2 Week 5</u></p> <p>Making Diary - Extension A –</p>	<p>Food Technology BTEC Level 1 Week 6 <u>Year 10</u></p> <p>Making Diary –Extension A –</p> <p><u>Year 11 – Level 2 Week 6</u></p> <p>Making Diary - Extension A –</p>	
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Half Term 5 2022-23

Half Term 5 2022-23						
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Food Technology BTEC Level 1 Week 1 <u>Year 10</u> Making Diary - Extension A –	Food Technology BTEC Level 1 Week 2 <u>Year 10</u> Making Diary – Extension A –	Food Technology BTEC Level 1 Week 3 <u>Year 10</u> Making Diary - Extension A –	Food Technology BTEC Level 1 Week 4 <u>Year 10</u> Making Diary - Extension A –	Food Technology BTEC Level 1 Week 5 <u>Year 10</u> Making Diary - Extension A –	Food Technology BTEC Level 1 Week 6 <u>Year 10</u> Making Diary –Extension A –	
<u>Year 11 – Level 2 Week 1</u> Making Diary - Extension A –	<u>Year 11 – Level 2 Week 2</u> Making Diary - Extension A –	<u>Year 11 – Level 2 Week 3</u> Making Diary - Extension A –	<u>Year 11 – Level 2 Week 4</u> Making Diary - Extension A –	<u>Year 11 – Level 2 Week 5</u> Making Diary - Extension A –	<u>Year 11 – Level 2 Week 6</u> Making Diary - Extension A –	

Half Term 6 2022-23

Food Technology BTEC Level 1 Week 1 <u>Year 10</u> Making Diary - Extension A –	Food Technology BTEC Level 1 Week 2 <u>Year 10</u> Making Diary – Extension A –	Food Technology BTEC Level 1 Week 3 <u>Year 10</u> Making Diary - Extension A –	Food Technology BTEC Level 1 Week 4 <u>Year 10</u> Making Diary - Extension A –	Food Technology BTEC Level 1 Week 5 <u>Year 10</u> Making Diary - Extension A –	Food Technology BTEC Level 1 Week 6 <u>Year 10</u> Making Diary –Extension A –	
<u>Year 11 – Level 2 Week 1</u> Making Diary - Extension A –	<u>Year 11 – Level 2 Week 2</u> Making Diary - Extension A –	<u>Year 11 – Level 2 Week 3</u> Making Diary - Extension A –	<u>Year 11 – Level 2 Week 4</u> Making Diary - Extension A –	<u>Year 11 – Level 2 Week 5</u> Making Diary - Extension A –	<u>Year 11 – Level 2 Week 6</u> Making Diary - Extension A –	

How will it be assessed?	<p>Year 10 / 11 Individual needs will be assessed first with EHCP to develop learning plans to take into account needs for both practical and written tasks.</p> <p>There will be continuous assessment, observations, evaluation and feedback, on the units for the BTEC level 1 certificate. Photographic evidence will be collected each week of cooking Pupils will be reviewed and self-review half termly. learners The learners will learn by repetition and practice of skills and theory to develop lifelong learning and be able to share ideas and skills to encourage others to cook.</p> <p>Weekly making diary sheets will be completed – with pupil, teacher and community feedback.</p> <p>Any written work not done in lesson may need to be carried over with them for next week – or completed in catch up on a Friday.</p> <p>Workbooks will be completed and marked systematically to ensure feedback and progress.</p> <p>Photographic evidence and witness statements will be added to the files with feedback from others to show sharing of skills and ideas.</p> <p>Level 1</p> <ul style="list-style-type: none"> <li>• Pearson BTEC Level 1 Award in Home Cooking Skills QRN: F/600/8662 Assessment Learning Outcome Assessment Criteria 1 Be able to use cooking skills to make home-cooked food that does not use pre-prepared, ready-cooked food.</li> </ul> <p>1.1 Select and prepare ingredients for a recipe. 1.2 Use cooking skills when following a recipe. 1.3 Demonstrate food safety and hygiene throughout the preparation and cooking process. 1.4 2 Understand the value of passing on information about home cooking.</p> <p>2.1 Reflect on own learning about the value of gaining cooking skills.</p> <p>2.2 Identify ways to pass on information about home cooking.</p> <p>Assessment methods:</p>					
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- Practical tasks which are evidenced by a witness testimony from the subject teacher
- One-to-one discussions with the subject teacher
- Written evidence/portfolio

Why are we doing this now? How does this build on prior knowledge and the knowledge still to come?

Half Term 6 Week 9 / Half Term 6 Year 10

Half Term 1      Half Term 2      Half Term 3      Half Term 4      Half Term 5

- Weekly Focus
- BBQ and Kebabs
  - Picnics – -pastry pasty with puff pastry
  - Mille Fleur
  - Pasta - carbonara
  - Scones investigation
  - Bread products – using Yeast
  - Honey BBQ Chicken
  - Salads and vegetables

- Pasta bake – making a balanced meal
- Vegetables
- Eggs – boiled with soldiers / scrambled / omelette / Fried
- French Toast
- Fruit – Salad / Crumble / Smoothie
- Fruit in savoury
- Flapjack
- Porridge
- Granola
- Salad and Dressing
- Pancakes – traditional and American

- Baking Items – Brownie
- Cream Slice – puff pastry and whisking cream
- Butter making Demo, whisking and jam jar method
- Apple Pie – shortcrust pastry

- Mince - Chilli, meat balls and tomato sauce
- Spaghetti Bolognaise
- Sandwiches - toasties
- Soups – leek and potato / carrot and coriander
- Ragu - - knife skills
- Pasta – Lasagne with easy white sauce
- Vegetarian alternatives – quorn cooking - mince
- Seasonal foods – why these are a good food item based on budget

- Meat - stew
- Bread - Products, pizza
- Fish – cakes / pie / Pasta bake with white sauce, fish goujons sticks – Pane technique
- Rice
- Victoria Sandwich / Muffins

2 Course Meal Assessment – BTEC Level 1

Paperwork to support learning – Hygiene  
 Identification of skills  
 Transfer of information to other audiences  
 Reasons for choice  
 Identification of equipment  
 How to be safe



Weeks	7	7	6	6	6	7
Half Term 6 Year 10	Half Term 1 – 7 Year 11	Half Term 2 – 7 Year 11	Half Term 3 – 6 Year 11	Half Term 4 - 6	Half Term 5 - 6	Half Term 6
<p>Intro to the BTEC Course</p> <ul style="list-style-type: none"> <li>• Choosing recipes – over view</li> <li>• of skills to be covered</li> <li>• Timings of lessons – format</li> <li>• Lesson work and requirements</li> <li>• Presentation and Photos</li> <li>• Balanced Diet – Introduction</li> <li>• Hygiene – temps and risks</li> <li>• Evaluation Skills</li> <li>• Sharing recipes at Home and away from school</li> <li>• Case studies and developments</li> <li>• Feedback</li> <li>• Set up folders</li> <li>• Protein</li> <li>• Fats</li> <li>• Carbohydrates</li> </ul> <p>Every lesson write-up Food Making Diary</p>	<ul style="list-style-type: none"> <li>• People and Food Needs</li> <li>• Fibre</li> <li>• Vitamins</li> <li>• Minerals</li> <li>• Breakfasts variety</li> <li>• Eggs</li> </ul> <p>Every lesson write-up Food Making Diary</p>	<ul style="list-style-type: none"> <li>• Vegetarian alternatives – morals / reasons and environmental</li> <li>• Seasonal foods – economy and food miles</li> <li>• Packed lunches – Outdoor – design lunch for own outdoor education group and staff. Develop the nutritional needs for the day and group.</li> <li>• Food and Meal planning for families – marketing and influences</li> <li>• Fruits – how to lesson</li> <li>• Pastry - filo – spring rolls, sweet mincemeat bundles, cheese rolls, samosa</li> <li>• Xmas cooking – mince pies, sausage rolls and alternative fillings</li> <li>• Festival cooking / celebrations and cultures</li> </ul> <p>Every lesson write up Food Making Diary</p>	<ul style="list-style-type: none"> <li>• Meat – stew / slow and fast cooking techniques</li> <li>• Bread - Products, pizza / Chelsea buns / Garlic dough balls</li> <li>• Fish – cakes / pie / fillet a fish</li> <li>• Pasta bake with white sauce, fish goujons sticks – Pane technique</li> <li>• Homemade pasta</li> <li>• Rice – risotto / biryani</li> <li>• Victoria Sandwich / Muffins</li> <li>• Decoration techniques – piping</li> <li>• Food storage</li> <li>• Rice cooking and Food Poisoning</li> <li>• Processing methods</li> <li>• Freezing foods</li> <li>• Labelling</li> </ul> <p>Every Lesson write up Food Making Diary</p> <p>Develop time planning skills for assessment</p>	<ul style="list-style-type: none"> <li>• Sharing information with others</li> <li>• How to share info – make a recipe card</li> <li>• Cooking for other – menu planning / needs</li> <li>• Soups and Toastie snack</li> <li>• Baked chicken goujon wraps – healthy MacDonald’s</li> <li>• Roast Dinner – group task, Yorkshires</li> <li>• BBQ – quick meats and grilled meats</li> <li>• Stir fry</li> <li>• Food and Fridge storage rules</li> </ul> <p>Start assignment 1/ 2 BTEC – choose menu and make a time plan Choose recipes for Term 5 – 2 course meal (3 if extension)</p> <p>Every Lesson write-up Food Making Diary</p>	<p><b>Assessment Level 1 and 2 BTEC</b></p> <p>Two course meal with appropriate skills and all folio completed for the submission for verification.</p> <p>Year 11 can start complete earlier if ready.</p> <p>Plan recipes and explain choices</p> <p>How to time plan – items for exam</p> <p>Skills checker – use making diary to complete skills list</p> <p>Nutrition and suitability</p> <p>Cooking for an audience</p> <p>Sharing ideas and Recipes</p>	<p>Exams and leave</p> <p>Food for fun</p>
	<ul style="list-style-type: none"> <li>• Breakfast</li> <li>• Salad</li> <li>• Vegetables -</li> <li>• Eggs - meringue</li> <li>•</li> </ul>					
How will it be assessed?	<p><u>2.1 Reflect on own learning about the value of gaining cooking skills</u></p> <p><input type="checkbox"/> Value of learning home cooking skills: change food habits e.g. prepare and eat home cooked food; benefits to long term wellbeing of self and family; sense of achievement; enjoyment; confidence; enthusiasm; able to transfer skills to new recipes; continue to cook at home</p> <p>2.2 Identify ways to pass on information about home cooking</p> <p><input type="checkbox"/> Ways to pass on information: inspire others; share recipes e.g. written, email; cook with family members e.g. children; cook for friends; ‘cook and eat’ groups; lunch clubs</p> <p>Level 2 • Pearson BTEC Level 2 Award in Home Cooking Skills QRN: M/600/8768 Assessment Learning Outcome Assessment Criteria 1 Be able to plan a nutritious, home-cooked meal using basic ingredients.</p> <p>1.1 Plan a nutritious two-course meal. 2 Be able to prepare, cook and present a nutritious, home-cooked meal using basic ingredients.</p>					

2.1 2.2 2.3 2.4 Select and prepare ingredients for recipes for a nutritious two-course meal. Use cooking skills when following recipes. Demonstrate food safety and hygiene throughout the preparation and cooking process. Apply presentation skills when serving the meal. 3 Understand how to cook economically at home.

3.1 Explain ways to economise when cooking at home.

4 Be able to pass on information about cooking meals at home from scratch.

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

Why are we doing this now? How does this build on prior knowledge and the knowledge still to come?

Previous work, knowledge and experience has now moved on the BTEC level 1 qualification This further builds up the confidence of the learners in the skills and knowledge they have gained for lifelong learning, Emotion coaching and mindfulness will be embedded within the work. Future qualifications will be gained ready for the working environment. The industry will recognise the BTECs level 1 and level 2 and the learners will be able to progress on the ladder into management, college or their own business better. Creating a working ladder effect or scaffold.

knowledge and experience has now moved forward to the BTEC level 2 qualification This further builds up the confidence of the learners in the skills and knowledge they have gained for lifelong learning, Emotion coaching and mindfulness will be embedded within the work. Future qualifications will be gained ready for the working environment. The learner will complete the units and cook a two-course meal. The industry will recognise the BTECs level 1 and level 2 and the learners will be able to progress on the ladder into management, college or their own business better. Creating a working ladder effect or scaffold.

The learner has decided on a career. Whether catering or not. The skills and knowledge of teamwork, timing, co-ordination, health and wellbeing, cooking, nutrition, timing, presentation etc. These will add to lifelong learning and will help the learner in any role they so wish. The work, knowledge and experience has now moved on. The BTEC Level 2 qualification This further builds up the confidence of the learners in the skills and knowledge they have gained for lifelong learning, Emotion coaching and mindfulness will be embedded within the work. Future qualifications will be gained ready for the working environment. The industry will recognise the BTECs and the learners will be able to progress into management, college or their own business better. Creating a ladder effect or scaffold. The units will be completed after each practical and theory sessions when the knowledge and competence has been demonstrated.

						Assessments will have been made and on completion the certificate will be awarded
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