



Curriculum Intent: (Food Technology)

Introduction:

The new Education Inspection Framework (EIF 2019) includes an enhanced focus on curriculum. This is structured around three pillars:

- Curriculum Intent
- Curriculum Implementation
- Curriculum impact

Al-Ashraf Secondary School for Girls has reviewed its curriculum with a clear focus on addressing and meeting these new demands, keeping in mind that the school curriculum is not only the subjects on the timetable; it is the whole experience of education. The curriculum firmly underpins the school vision from which a culture and ethos is generated that supports all students within our school. We are committed to ensuring that spirituality & morality permeates all sections of the curriculum and that our curriculum is broad and balanced in order that the needs of all students are provided for whatever their gifts, talents or abilities. We aim to make provision for academic achievement and the spiritual, moral, social, cultural, mental, physical and creative development of our students, in addition to preparing them for the opportunities, responsibilities and experiences of later life.

BTEC level 1 & 2

Qualification number (QN : 500/8084/2)

Credit value level 1: 4

Credit value level 2: 6

Purpose of Study

The purpose of the Pearson BTEC Level 1 and Level 2 awards in Home Cooking Skills is to give learners the opportunity to develop:

- the knowledge, understanding and confidence to cook meals at home
- an understanding on how to economise when planning a meal
- an ability to transfer skills learned to different recipes
- an ability to inspire others by transferring that knowledge

Learning Outcomes, Assessment Criteria, Unit Application – Unit 1

See Pages 16 & 17: <https://al-ashraf.org.uk/secondary/curriculum/art/BA033235-BTEC-Splt-L12-HCS-Issue-2.pdf>

Learning Outcomes, Assessment Criteria, Unit Application – Unit 2

See Pages 25 & 26: <https://al-ashraf.org.uk/secondary/curriculum/art/BA033235-BTEC-Splt-L12-HCS-Issue-2.pdf>

Aims

- The aim of this qualification is to give learners the knowledge, skills and confidence to enjoy cooking meals at home.
- Learners will gain understanding of how to economise when planning to cook meals at home.
- The unit will encourage learners to transfer skills learnt to other recipes to continue cooking for themselves and their families and to inspire others by passing on their knowledge.

The unit is based on the proposition that being able to cook is a life skill which empowers people to make changes that have benefits to health and wellbeing.

Subject Content:

Key Stage 4

This BTEC qualification is aimed for years 10 & 11

Being able to cook is an essential life skill. Learning to cook used to be passed down through the generations, but this is no longer necessarily the case. It is apparent that many people do not have the skills to cook from scratch and lack food knowledge, creating a reliance on pre-prepared or ready-cooked food. Lack of time and money are also considerable issues. These issues have had a considerable impact on obesity and ill health; this is likely to have a profound impact /effect on the health of the nation over the next century.

In this qualification, earners will be introduced to;

- Basic cooking skills by following recipes for simple dishes
- Learning how to use kitchen equipment safely
- Each recipe is underpinned with knowledge about sourcing food, nutrition, hygiene and food safety where relevant
- Learners will demonstrate their skills by following a recipe
- Learners will consider the value of acquiring skills for cooking at home and explore ways to pass on their knowledge of cooking skills to others

This qualification aims to give learners the skills and confidence to enjoy cooking at home, to continue cooking for themselves and their families and to inspire others to do so.

Curriculum Map

YEAR	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
10	<p>Introduction to BTEC level 1 Home Cooking Skills</p> <p>Importance of food safety and hygiene.</p> <p>What is a well-balanced diet?</p> <p>understanding different skills when cooking</p>	<p>Introduction to basic cookery.</p> <p>understanding and following recipes</p> <p>being able to transfer skills learnt to other recipes</p> <p>practical cooking sessions followed by self-reflection and feedback theory in order to self-improve</p>	<p>Following on from basic cookery to a little more advanced.</p> <p>making basic pasta with homemade sauce, spaghetti bolognese, lamb stew etc.</p>	<p>Being more proficient enough to try making fluffy rice from scratch, attempting fish cookery, cooking minute steak and sausages</p>	<p>preparing and making tray baked chicken, making stewed fruit/crumbles, learning about barbequing food, the importance of making sure food is cooked thoroughly before consuming</p>	<p>Final Assignment.</p> <p>Follow a recipe to prepare ingredients and cook a dish, demonstrating food safety and hygiene.</p>
11	<p>Introduction to BTEC level 2 in Home Cooking Skills.</p> <p>Looking at and analysing food related case studies to identify how meal preparations could have improved to ensure success.</p> <p>Discussion on how to plan a meal, including choosing recipes, sourcing ingredients, timings for assembly and preparation, cooking and presentation and how a meal contributes to a balanced diet.</p>	<p>Introduction to basic cookery, but by being more creative and using recipes which are slightly more challenging.</p> <p>Filling out self-feedback forms on what could be improved next time, what went wrong, and what needs more practice.</p> <p>How did each dish contribute to the eat well plate.</p>	<p>Cooking breakfasts, making a homemade pasty or making a complicated sandwich for a healthy lunchbox, knowing and understanding on the best way to use a barbeque or griddle pans safely.</p> <p>Cooking different types of soups with different toppings.</p>	<p>Learning how to make Caesar salads, knowing how to make homemade bread/pizza.</p> <p>Making and cooking lasagne with a green salad, making and cooking potatoes dauphinoise with roasted vegetables.</p> <p>Making shepherd's pie.</p> <p>Making basic stews, with meat or vegetarian.</p>	<p>Cooking and making pan fried tuna/ chilli and coriander salad.</p> <p>Cooking fish pie and peas with baked apples.</p> <p>Cooking chops with mixed herbs.</p> <p>Making puddings.</p> <p>Cooking chicken stir fry, rice stir fry or vegetable stir fry.</p> <p>Baking and assembling Victoria</p>	<p>Final assignment.</p> <p>Follow recipes to prepare ingredients and cook and present a two course meal, demonstrating food safety and hygiene.</p>

		How would you cater for a vegetarian/vegan diet using a recipe which is non vegetarian/vegan?			sponge and muffins. Making a roast chicken.	
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YEAR 10	<p>Pearson BTEC Level 1- in home cooking skills</p> <ul style="list-style-type: none"> ● Learn about the importance of a healthy well balanced diet. ● The importance of food safety & hygiene. ● Learning about very basic cookery such as exploring different ways of egg cookery, how to make a healthy lunchbox, making and exploring basic healthy breakfasts from scratch. ● Moving on to making basic soups, pasta sauces, fish cookery, stews, bread etc. ● chicken tray bakes, salads, meatballs, bolognaise, rice, minute steak and sausages, fruit crumbles, fruit salads and all in one baking such as brownies. 	<p>Be able to use cooking skills to make home cooked food that does not use pre-prepared, ready cooked food.</p> <p>Understand the value of passing on information about home cooking.</p>	<p>Practical assessment on a cooked dish</p> <p>Written theory assignment</p>
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<p>YEAR 11</p>	<p>Pearson BTEC Level 2- in home cooking skills</p> <ul style="list-style-type: none"> ● Analysing different food based case studies ● Cooking with eggs, using more creative recipes which are slightly more challenging. ● Learning how to make accompaniments to go with cooked dishes to make a balanced meal. Understanding ways to adapt to a vegetarian/vegan diet. ● Cooking healthy breakfasts, making complicated sandwiches, making soups with different toppings, making a Caesar salad with dressing, cook a loaf of bread or a pizza. ● Learning how to cook dishes such as lasagne with a green salad, making and cooking potatoes dauphinoise with roasted vegetables, making shepherd's pie. ● Pan fried tuna, fish pie with baked apples, cooking chops with herbs, baking apple pie, cooking chicken stir fry, rice stir fry, vegetable stir fry, baking and assembling a Victoria sponge cake or muffins. 	<p>Be able to plan a nutritious, home-cooked meal using basic ingredients.</p> <p>Understand how to cook economically at home</p> <p>Be able to pass on information about cooking meals at home from scratch.</p>	<p>Practical assessment on cooking a two course meal</p> <p>Written theory assignment</p>
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