

Year 10

They will produce a range of savoury and sweet dishes alongside and work on developing their practical skills including preparation techniques, different cooking methods and presentation techniques.

Award: 1. To be able to use cooking skills to make home cooked food that does not use pre-prepared, ready cooked food.2. Understand the value passing on information about home cooking

Certificate: 1.Be able to plan a nutritious, home-cooked meal using basic ingredients. 2. Be able to prepare, cook and present a nutritious, home-cooked meal using basic ingredients. 3. Understand how to cook economically at home. 4. Be able to pass on information about cooking meals at home from scratch

Ideally students joining in September will start with the level 1 award and then move on to the Level 1 certificate. As most are not here for the full year we offer a rolling program of the level 1 award

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Healthy eating Working toward level 1 Award	Street food Completion of level 1 Award	Food Safety Working toward Level 1 certificate	Fish Working toward Level 1 certificate	Bread Working toward Level 1 certificate	Home cooking skills Completion of Level 1 certificate
Key learning aims- knowledge and skills	Key Knowledge: Nutritional needs through life. Health issues that is associated with dietary excess or deficiency and allergy and intolerance.	Key Knowledge Taking a wider look around the world within cuisine. Exploring American, Asian, and Indian cuisine whilst learning new techniques and	Key Knowledge: Food-related causes of ill health including: bacteria, microbes, chemicals, metals, poisonous plants, allergies and intolerances	Key Knowledge: Develop an understanding of why fish is important in to our health and diet select and prepare ingredients for recipes for a nutritious two-course meal	Key Knowledge: Investigate how yeast is used in bread making and explain the optimum conditions required. Key Skills kneading, shaping	Key Knowledge To be able to plan a nutritious, home-cooked meal using basic ingredients To be able to prepare, cook and present a nutritious, home-

	<p>select and prepare ingredients for a recipe use cooking skills when following a recipe demonstrate food safety and hygiene throughout the preparation and cooking process</p> <p>Key Skills: Sensory analysis Develop knife skills</p>	<p>about new ingredients</p> <p>Key Skills: Knife skills, hob control, kneading, shaping, filing and assembly, home cooking Using cooking skills when following a recipe demonstrate food safety and hygiene throughout the preparation and cooking process reflect on own learning about the value of gaining cooking skills identify ways to pass on information</p>	<p>and Food poisoning</p> <p>Key Skills: use cooking skills to make home cooked food that does not use pre-prepared, ready cooked food Understand the value of passing on information about</p>	<p>use cooking skills when following the recipes</p> <p>Key Skills: Look at different ways to prepare different fish Use of electric equipment - grill</p>	<p>Using cooking skills when following the recipes Demonstrating food safety and hygiene throughout the preparation and cooking process developing presentation skills when serving the meal</p>	<p>cooked meal using basic ingredients Understand how to cook economically at home To be able to pass on information about cooking meals at home from scratch</p> <p>Key skills: select and prepare ingredients for recipes for a nutritious two-course meal</p> <p>use cooking skills when following the recipes</p> <p>demonstrate food safety and hygiene throughout the preparation and cooking process</p>
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		about home cooking				apply presentation skills when serving the meal
Assessment	<p>Assessment: What can I remember assessment</p> <p>Completion of work booklet L.O 1 plan a nutritious meal Annotated images of use cooking skills when following the recipe</p>	<p>Assessment: Completion of work booklet</p>	<p>Assessment: L.O 1.1 plan a nutritious two-course meal</p>	<p>Assessment: L.O. 2.1. Annotated images of selecting and preparing ingredients for recipes for a nutritious two-course meal</p>	<p>Assessment: Big breakfast assessment</p>	<p>Assessment: Completion of work booklet</p>

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Pearson BTEC Level 1 Introductory Award in Hospitality and Tourism

Designed for learners wishing to gain an introduction to a chosen vocation area. The Award offers the opportunity for learners to develop their skills in food preparation and cooking. They will plan dishes, which they will then prepare and cook safely and hygienically and plan for their next steps by completing the mandatory unit: A2 Developing a Personal Progression Plan.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Chicken	Pastry	Sauces	Food safety	Unit HT5: Preparing and Cooking Food	
Key learning aims- knowledge and skills	<p>Key Knowledge: Poultry how poultry is reared and slaughtered cuts of poultry</p> <p>A2; Finding out about progression opportunities such as to further learning, work or Local sources of information about potential progression routes such as</p>	<p>Key Knowledge Understanding that the ingredients and proportion of fat to flour affects the pastry and what it can be used for.</p> <p>A2; Reviewing own skills and behaviours against progression goal</p> <p>Key Skills:</p>	<p>Key Knowledge: Understanding the emulsification of fat and different thickening agents used.</p> <p>A2; Benefits and purpose of developing a progression plan</p> <p>Setting a progression goal</p> <p>Key Skills: Adaptation of 6 basic sauces -</p>	<p>Key Knowledge:</p> <p>Key Skills: Look at different ways to prepare different fish Use of electric equipment - grill</p> <p>A2; Identifying the skills and behaviours needed to meet progression goal</p> <p>Creating a progression plan</p>	<p>Key Knowledge: Students will apply knowledge of previous learning to a given brief, plan production of dishes for a menu including: sequencing, timing, mise en place, cooking, cooling, hot holding, completion and serving</p> <p>Depending on the students proposed dishes, complete</p>	

	<p>colleges, Sources of advice and guidance for progression Apprenticeships.</p> <p>Key Skills: Butchery skills, filling, shaping and presentation, dovetailing (time management) and multi components of dish assembly.</p>	<p>Rubbing in method. Piping, baking blind, lamination (rough puff pastry). Shaping and batch baking Even rolling and using a high-risk food product (sausage rolls)presentation</p>	<p>béchamel, mayonnaise, ragu Use of hob</p>		<p>dishes using presentation techniques such as portion control, position on serving dish, garnish and creativity, use food safety practices.</p> <p>Key Skills kneading, shaping Using cooking skills when following the recipes Demonstrating food safety and hygiene throughout the preparation and cooking process developing presentation skills when serving the meal</p>	
Assessment	Assessment:	Assessment:	Assessment:	Assessment: BP1, BM1 and BD1	Assessment: AP1, AM2 and AD1.	

	Power point showing potential progression routes	AP1, AM1 and AD1 section in "what do I do next" work booklet	AP2, AM2 and AD2 section in "what do I do next" work booklet	section in "what do I do next" work booklet	AP2, AM2 and AD2 BP1, BM1 and BD1	
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