



BTEC HOME COOKING SKILLS



Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

Unit	Learning Outcomes	Task met Y/N	Evidence reference	Staff comment on student engagement
1	Be able to plan a nutritious, home cooked meal using basic ingredients			
1.1	Plan a nutritious two-course meal			
2	Be able to prepare, cook and present a nutritious, home cooked meal using basic ingredients			
2.1	Select and prepare ingredients for recipes for a nutritious, two course meal			
2.2	Use cooking skills when following the recipes			
2.3	Demonstrate food safety and hygiene throughout the preparation and cooking process			
2.4	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			

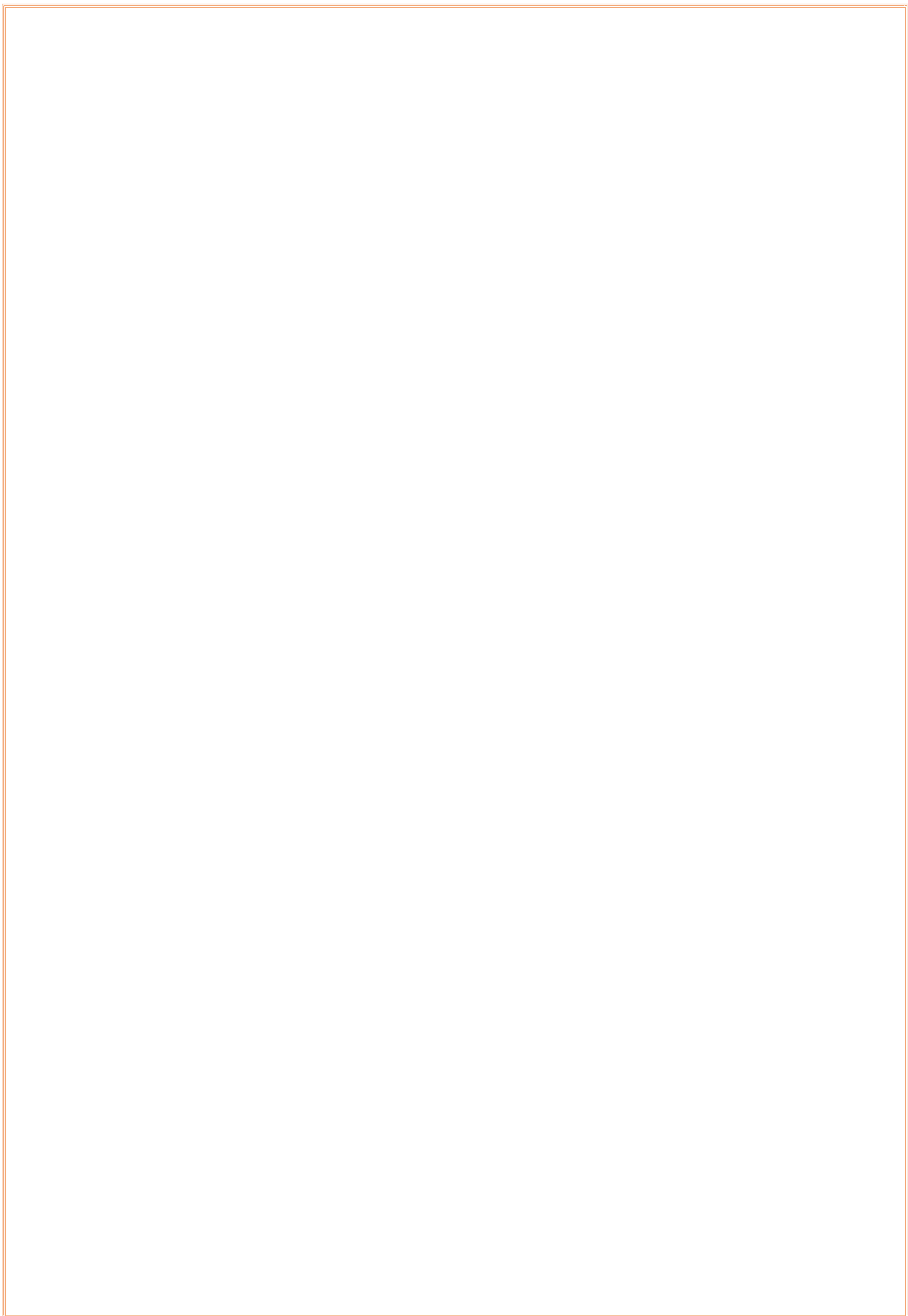
Student signature: Date:.....

Staff signature: Date:.....

1) Be able to plan a nutritious, home cooked meal using basic ingredients

Use these pictures for choices on plate A,B and C on the next page.





Using the Pictures provided cut out and place the items on each plate and stick them where you think they should go for plate A,B and c

Plate A

I should eat a lot of these foods!



I should eat these foods sometimes.



I should only eat a little bit of
these foods.



A Balanced Diet

Look at the meals below, refer to the Eat Well plate on the next page to help select the correct options. What food item would you add to the meals to make them part of a balanced diet? Write the item and the food group it belongs to.

- Grilled pork chop
- Bacon
- Boiled rice
- _____

- Toast
- Fried egg
- Ham
- _____

- Tomato
- Bread
- Lettuce
- _____

- Cheese and tomato pizza
- French fries
- _____

- Carrot
- Boiled potato
- Cabbage
- _____

- Chicken drumsticks
- Green beans
- Mashed potato
- _____

Identify the five food groups.

Using the words in the word bank match up the food groups with the correct section on the Eat Well Plate.



Word Bank - label above

fruit and vegetables.

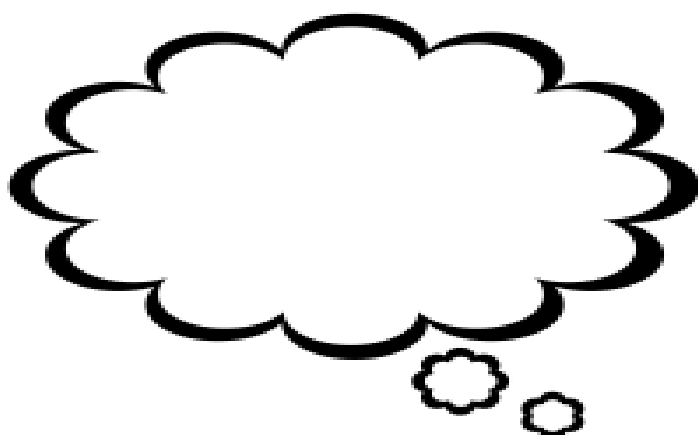
potatoes, bread, rice, pasta and other starchy carbohydrates.

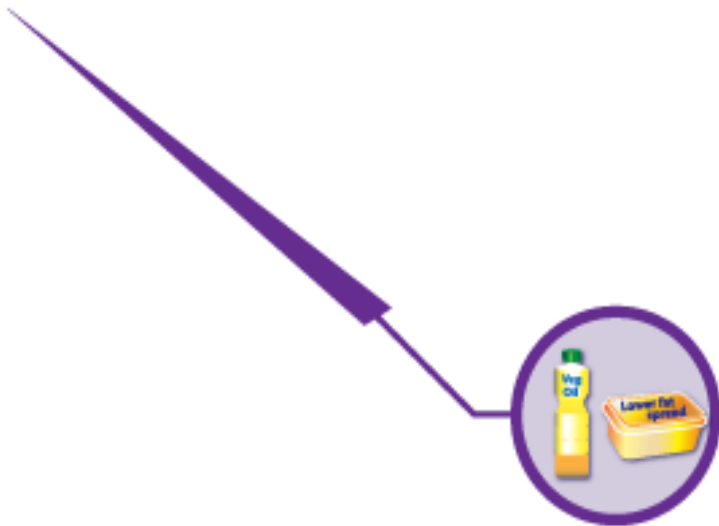
beans, pulses, fish, eggs, meat and other proteins.

dairy and alternatives.

oils and spreads.

Identify at least four foods for each of the five different food groups you can use the Eat Well plate on the previous page to help.

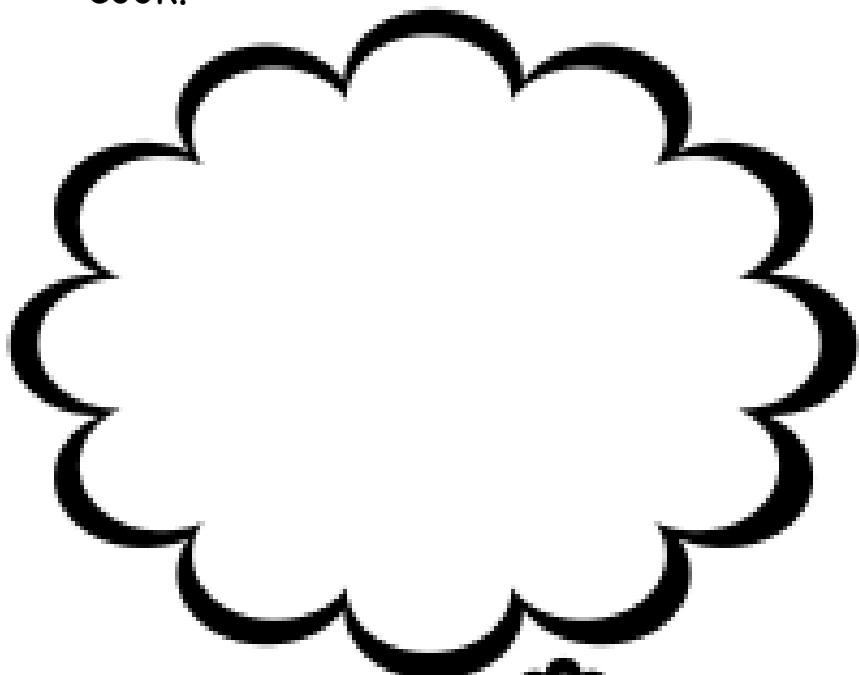




1.1 Plan a nutritious two-course meal

Plan and prepare one healthy menu consisting of two courses

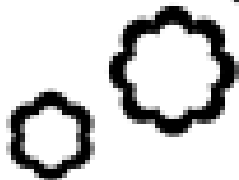
Think of what you would like to cook, look at healthy recipes for ideas. Write two ideas in each bubble then pick which one to cook.



Course One



Course Two



Select recipes for your two courses meal making sure you keep in mind the Eat Well Plate. Write the recipes below and what you will need to do.

Course one Ingredients	Equipment Needed	Plan
Course Two Ingredients	Equipment Needed	Plan

2) Be able to prepare, cook and present a nutritious, home cooked meal using basic ingredients

2.1 Select and prepare ingredients for recipes for a nutritious two-course meal

List and purchase the ingredients required for your two meals identifies on earlier page



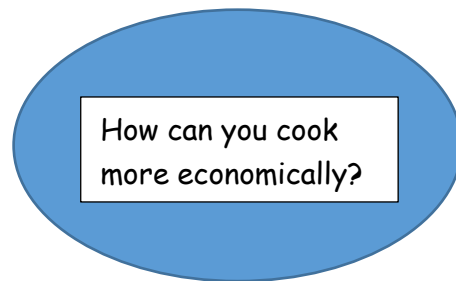
The image shows a spiral-bound notebook with a table for a shopping list. The table has two columns: 'My Shopping List' and 'Cost £'. The table is empty and has 15 rows. The notebook has a spiral binding on the left side.

My Shopping List	Cost £

3. Understand how to cook economically at home.

How could you economise at home when making and preparing meals? Make a mind map of your ideas.

Mind Map



3.1 Explain ways to economise when cooking at home.

How could you economise and make your food cheaper to buy and use?

Compare shopping for two supermarkets online then write what you found out. Think about how to make your shopping cheaper.

Supermarket One	Supermarket Two
Total	Total

What did you find out?

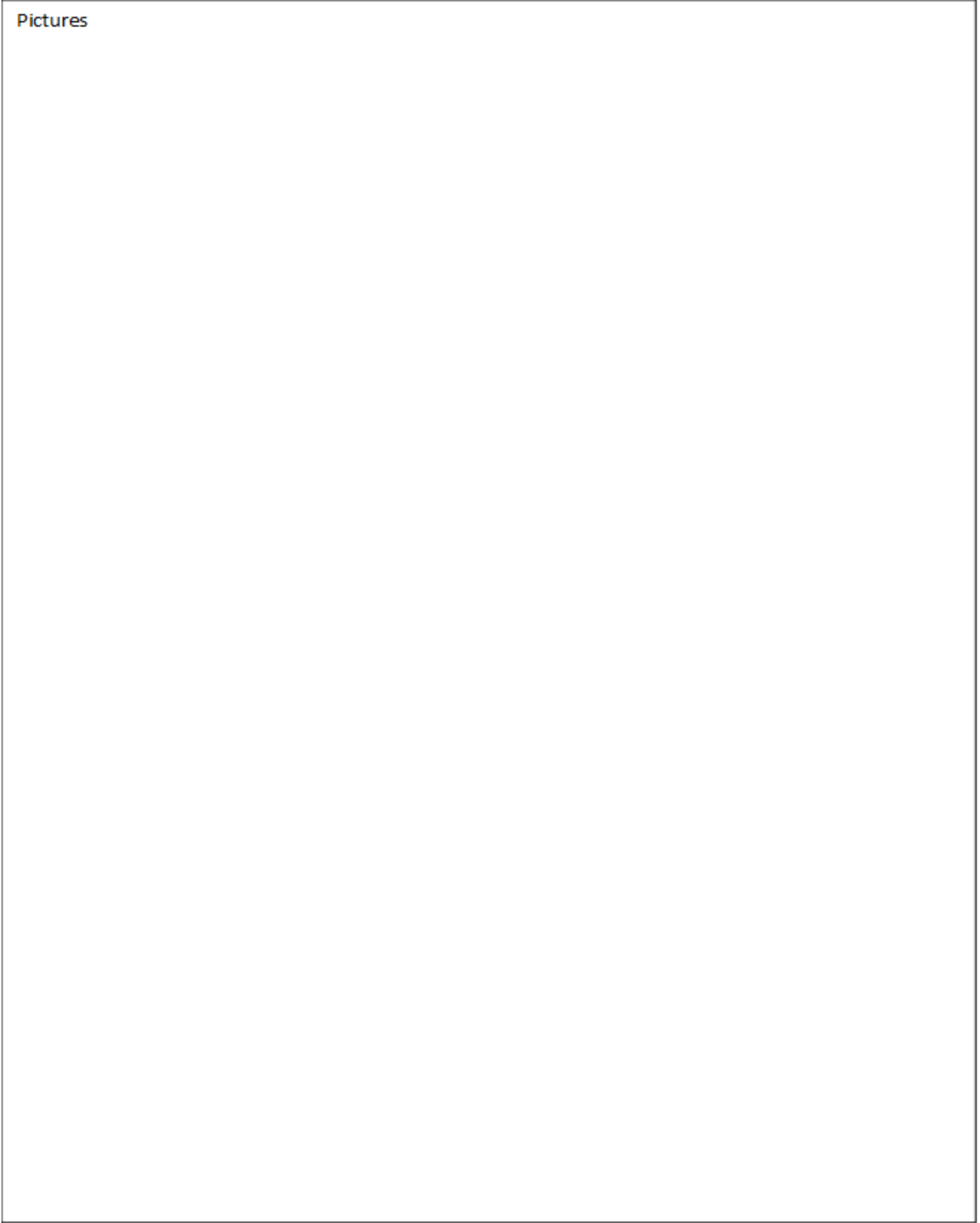
Take pictures of yourself doing your shop and attach them with the receipt

Pictures

Receipts

How are you going to prepare your ingredients before cooking?
Attach pictures showing you preparing and measuring your ingredients.

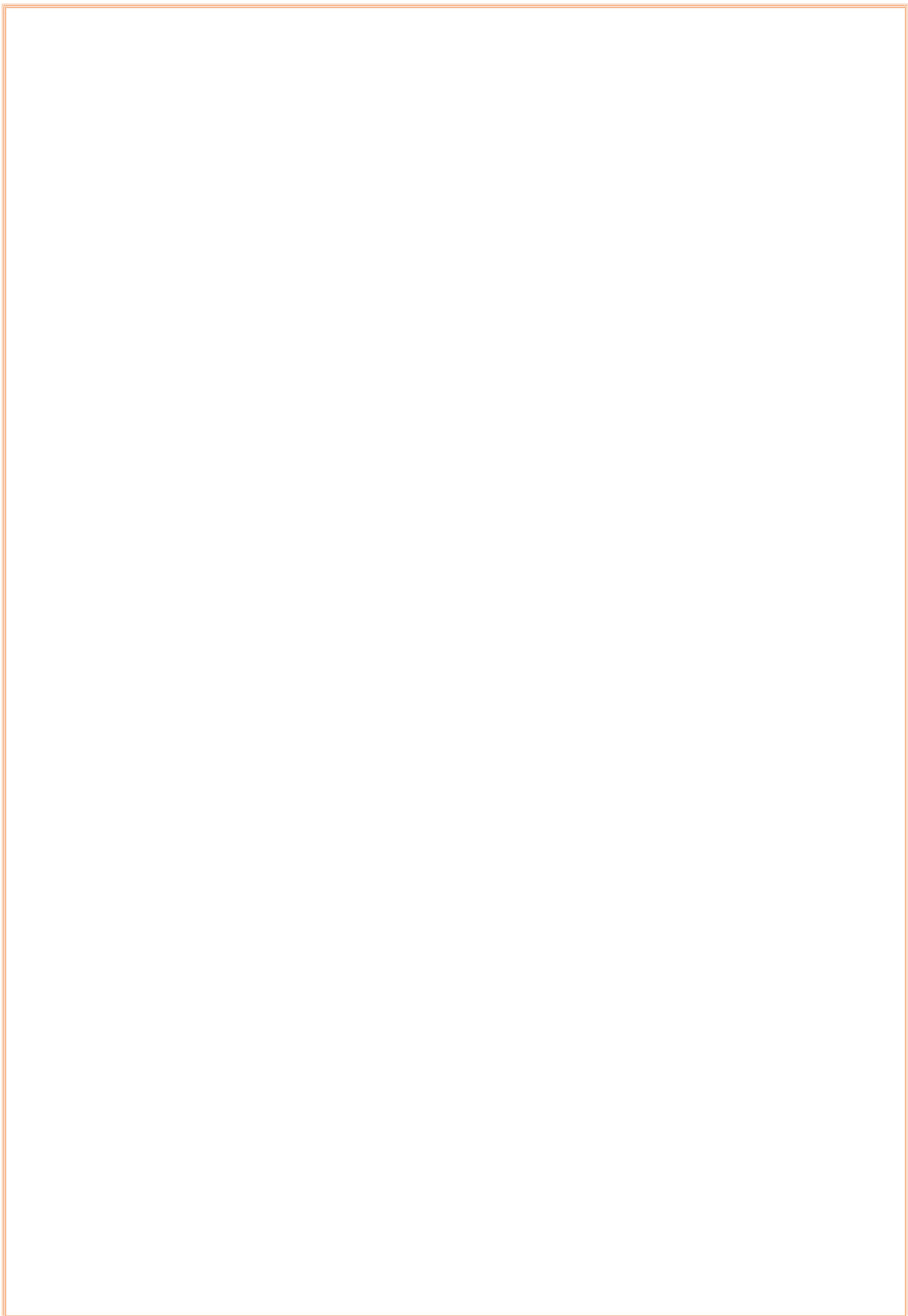
Pictures



2.3 Demonstrate food safety and hygiene through the preparation and cooking proses.

Now it is time to cook your meal but before you do can, you cut out the following statements on the next page and stick them in the correct columns

1. safety awareness in the kitchen	2. food hygiene procedures in the kitchen	3. personal hygiene procedures in the kitchen



Use for task 2.3

- Read the labels on food products carefully. The label will tell you the safest way to store the product – whether it's in the fridge or in a cool cupboard.

- Make sure long hair is tied back.

- After you have finished cooking and preparing food, wash all of the utensils you have used in hot, soapy water.

- Use oven mitts to remove hot food and dishes from the stove and oven.

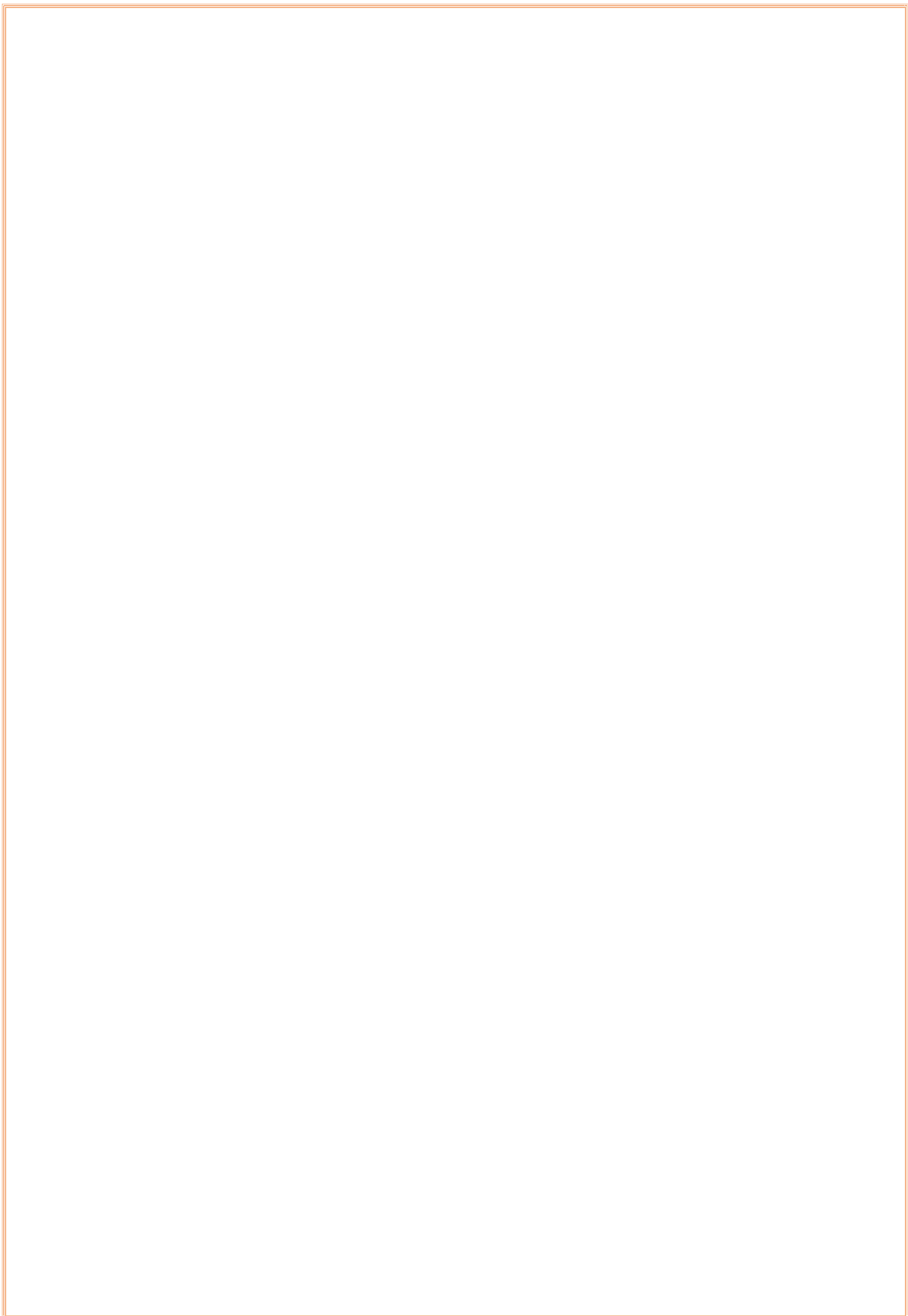
- Wipe up any spillages straight away.

- Move carefully in the kitchen – never run.

- Be careful when using sharp knives or utensils.

- Wash all fruits and vegetables before eating and preparing.

- Wash your hands before and after touching food.

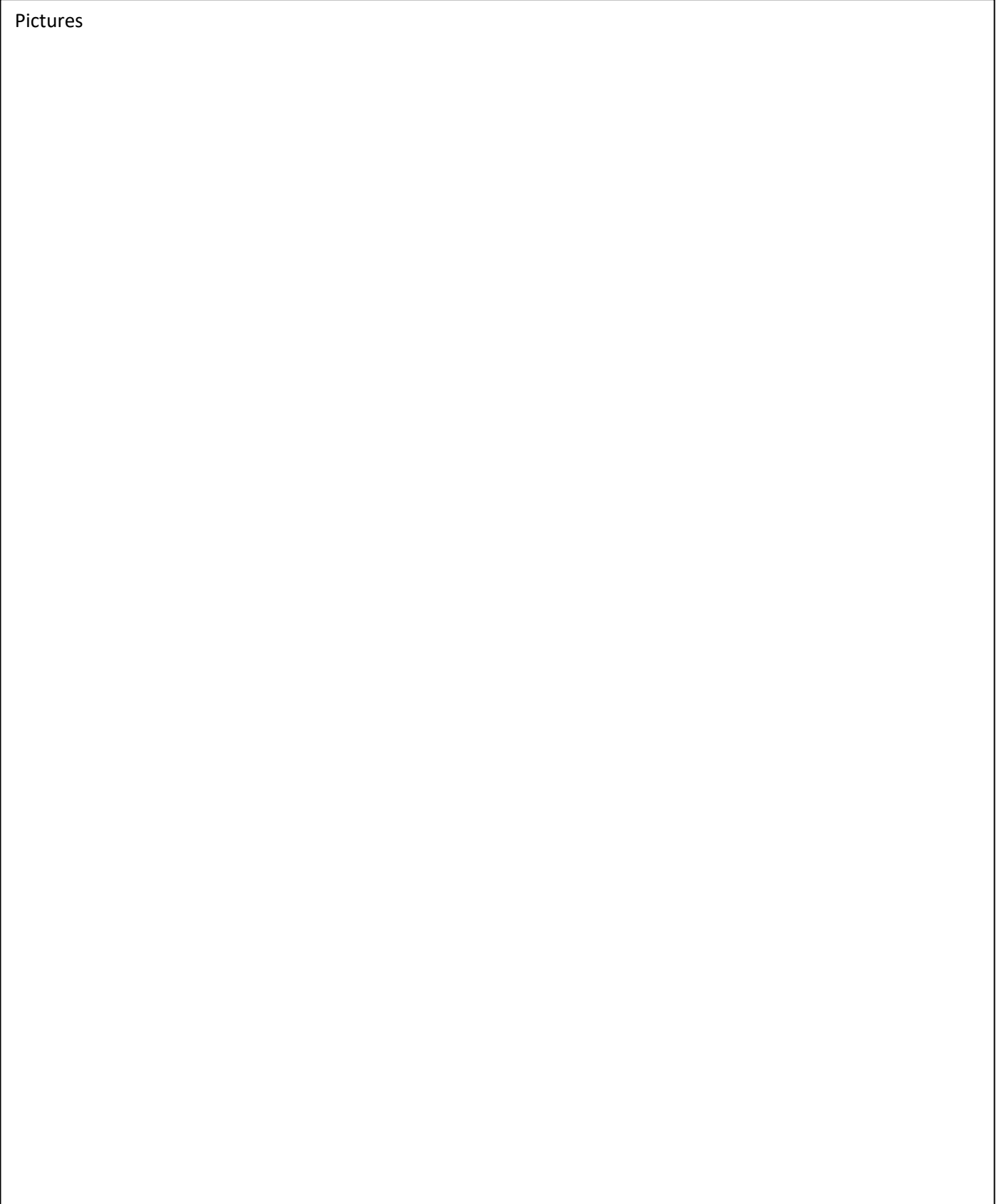


It is important when you cook to follow basic food safety and hygiene

Take some pictures of how you have followed this

(Washing hands, wearing an apron, using different boards for different foods ect)

Pictures



2.4 Apply presentation skills when serving the meal

Find images that you would like your meal to look on the finished plate.

Course One



Course Two

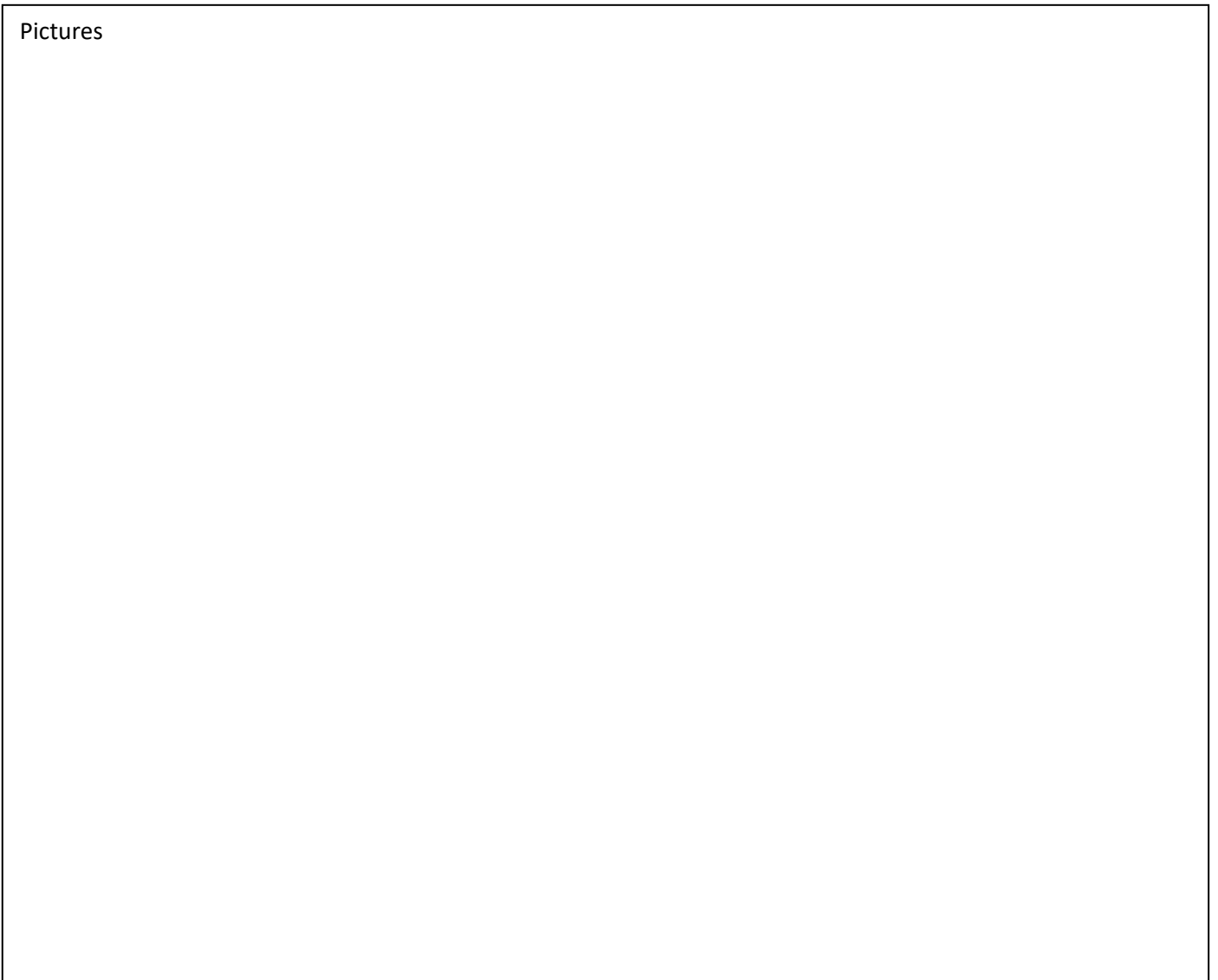


What can you do to make your meal look attractive?



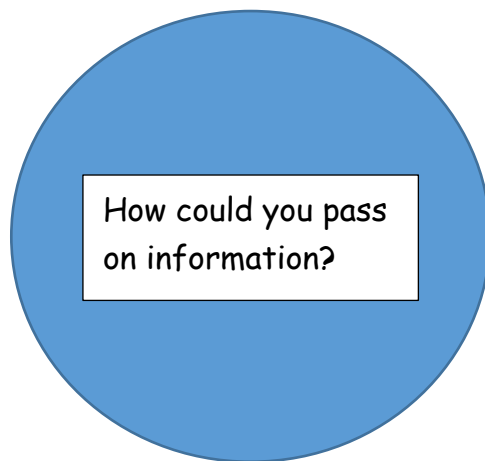
Take some pictures of you finished two course meal making sure they are presented nicely.

Pictures



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

How could you pass on the information you have learnt about cooking meals at home to other people? Make a mind map of your ideas.



4.1 Identify ways in which information about cooking meals at home from scratch can be passed on to others.

In the box below explain four ways you can share your knowledge and who could you pass the recipes you have used on to (with your tips added of course) and why do you think they would like to have a copy of this recipe?

- Think about how you could pass them on (written, email, word of mouth cooking with friends). Who could you pass it on to? Why would you want to share your recipe pass?

Ways	Who	How	Why
1			
2			
3			
4			