



Overview	<p>This course aims to give learners the knowledge, skills and confidence to enjoy cooking meals at home. Learners will gain understanding of how to economise when planning meals to cook 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 chef Jamie Oliver's proposition that being able to cook is an essential life skill which empowers people to make changes that have benefits to health and wellbeing.</p>
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Autumn Term	<p>TERM 1A & 1B</p> <ul style="list-style-type: none"> ■ Go through exemplar work / review MOCK assessment to improve ■ Start planning and completing assessment documents <p>Complete practical assessment – BTEC Level 2 Award Home Cooking Skills Assessment</p> <ul style="list-style-type: none"> ■ Task 1 - Planning: Be able to plan a nutritious, home-cooked meal using basic ingredients ■ Task 2 - Practical: Be able to prepare, cook and present a nutritious, home-cooked meal using basic ingredients ■ Task 3 - Economising: Understand how to cook economically at home ■ Task 4 - Pass on Information: Be able to pass on information about cooking meals at home from scratch. 	Assessment
	<p>Students are required to cook at home at least once per month to provide evidence for their coursework.</p>	

Spring Term	<p>TERM 2A & 2B</p> <p>Complete Assessment – Print home cooking evidence and sign documents.</p> <p>Revision for CORE SUBJECT exams</p>	Assessment

Summer Term	<p>TERM 3A & 3B</p> <p>Revision for CORE SUBJECT exams</p>	Assessment

Useful Resources for Supporting Your Child at Home:	Homework:
<p>TEAMS – all lesson PowerPoint and resources are posted on the Year 10 Food and Nutrition page</p> <p>Cooking - Students should be cooking at home to practise skills & complete coursework evidence.</p>	<p>Bringing in ingredients.</p> <p>Using YouTube to watch video 'how to' for recipes</p> <p>Cooking at home and providing evidence through pictures and/or witness statements.</p>