St Dominic's School

Curriculum Plan

What will pupils learn and when?

Subject	BTEC 1 Home Cooking Skills & AQA Units	Year Group	Year 10
Subject Intent	In Year 10 students will continue to build on their nutritional and health knowledge and to find their own recipes within the Breakfast, Snacks, Lunch and Dinner themes. They will adapt and re-type recipes to make them their own and be encouraged to taste and evaluate not only their own dishes but that of their peers. They will be expected to complete their own progress report, give their comments and feedback and receive assessments and feedback. The practical dishes are on a medium difficulty level and all cooking methods will be used. Students will be encouraged to cook healthy meals which maintain a balanced diet and is economic in cost, sustainability and avoiding food waste. Students are given knowledge maps and resources to reflect on the theory received and referred to BBC Bitesize for revision and testing.		

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Term	Topic	Subject Content	Vocabulary	Sequencing
Autumn 1	Introduction to BTEC 1 Home Cooking Skills Health and Safety Review Function of Ingredients Practical Lessons: Brunch Recipes	What are the personal hygiene rules in a kitchen? What are the important food hygiene and safety considerations in a kitchen? What safety guidelines are there for hobs and ovens? From your list of chosen recipes can you peer teach your favourites? Why is it important to record your progress in cooking skills and theory knowledge? What are the function of ingredients?	**Tier 2** Ambient Tainted **Tier 3** Shelf-life Use-by-date Best Before Date	**Building On** Working safely and hygienically in the kitchen. Building on existing cooking skills and becoming more Independent and confident. Expanding on knowledge of food science by understanding what food is composed of, why we need it and how it affects out long-term health **Building Towards** Confident cooking skills. Good group communication ensuring everyone is safe in the kitchen.
Autumn 2	Balanced healthy dishes based on Eastwell Guide. Practical Lessons:	What are the main food groups and what are the functions within each group? Why do we need to evaluate our dishes? Why should we amend recipes and reproduce them? What does a nutritious lunch look like?	**Tier 2** Functions Aeration **Tier 3** Plasticity Maillard Reaction Caramelisation	**Building On** Understanding the reactions of different food groups and cooking methods. **Building Towards**

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	Lunch recipes		Dextrinisation Flakiness	Being critical of cooking skills and owning mistakes and how to avoid them.