

BTEC Level 2

Home Cooking Skills



Overview

Overview required?

Year 11



Half Term 1

Food Safety and Preparation
Health and Safety in the Kitchen
Causes and Sources of Contamination
Safe Food Preparation Techniques



Half Term 2

Food and Nutrition
Nutrients, Vitamins, and Minerals
Nutritional Needs Throughout Life
Nutritious Meals on a Budget



Half Term 3

Food Presentation - Desserts
Introduction to Desserts
Cake Decorating Techniques
Designing a Dessert Concept



Half Term 4

Food Presentation - Starter and Mains
Introduction to A La Carte Dining
Fun Fruit Presentation
Catering for Dietary Requirements



Half Term 5

Cooking Techniques
Basic Cooking Skills
Recipe Adaptation
Time Management in the Kitchen



Half Term 6

Final Assessments
Planning and Preparation
Presentation and Evaluation
Reflective Practice

Where Next?