Medium Term Planning Sheet: Secondary- Food Technology

Class: vocational

Teacher: E MENDELSON

Jamie Oliver BTEC Home Cooking skills level 1 Y10/11 E. Mendelson

Year 10/11 BTEC		Learners to develop:	Assessment criteria
Jamie Oliver Home cooking skills Unit 1 Unit title: Home cooking skills Credits needed 4 I credit for learning outcomes achievable in 10 hours of learning	One double lesson per week totalling 80mins One single 40 mins Each session should include discussion of food sourcing, nutrition, hygiene and food labelling of ingredients involved in recipe.	 Knowledge understanding and confidence to cook meals at home To be able to use cooking skills to make home-cooked food that does not use pre prepared, ready cooked food To understand the benefits of learning home cooking Ability to transfer skills learnt to different recipes To understand how to pass on recipes learnt to others and the value of passing on information about home cooking. 	 1.1 select and prepare ingredients for a recipe 1.2 use cooking skills when following a recipe 1.3 Demonstrate food safety and hygiene throughout prep and cooking. 2.1 reflect on own learning about value of gaining cooking skills 2.2 identify ways to pass on information about home cooking



Lesson	ome cooking skills BTI Classroom Activity	Learning outcome/ objective	Assessment criteria	Theory activity	<u>Success Criteria:</u> <u>Cooking Skills</u> <u>gained</u>	Learning styles
1	 Introduction to the unit and the structure of the learning and assessment. Pupils to fill in Learner record. Shown example of cooking record to be filled in at the end of each cooking session Folders 	To know how they will be assessed and how they must keep records.	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	 Hygiene sourcing ingredients Nutritional value effects of the method of cookery, labelling equipment cooking tips seasoning. 	Boiling Buttering Toasting Timing All-make an edible food product and gain the above skills Most- and Complete a learner record Some-and make independently	VAK

E.Mendelson Food Tech Y10/11

	 Photographic record to be kept of dishes cooked Teacher demonstration of cooking eggs Boiled with soldiers scrambled eggs 				And present their food as fine dining	
Lesson	Classroom Activity	Learning outcome/ objective	Assessment criteria	Theory activity	<u>Success Criteria:</u> <u>Cooking Skills</u> gained	Learning styles
2	 Practical lesson. Fried egg Eggs in a basket Learners to fill in cooking record. Photos to be taken of dishes cooked 	To learn how to boil fry scramble eggs with toast and assess and compare the method of cooking for taste, nutritional value and appeal.	1.1.1.2,1.3,2.1, 2.2	 Discussion Hygiene, Safety, eggs types Value for money Cost? 	Boiling Frying Scrambling Toasting All- make an edible food product and gain the above skills Most- and Complete a learner record Some- and make independently And present their food as fine dining	V A K

Lesson	Classroom Activity	Learning outcome/ objective	Assessment criteria	Theory activity	<u>Success Criteria:</u> <u>Cooking Skills</u> gained	Learning styles
3	 Practical. Teacher demonstration of how to make an Omelette. Discussion of difference between types of eggs. (free range, battery,barn,cage d) Learners to make an Omelette 	To learn about types of eggs, methods of cooking . to know @ hygienic handling and how to cook eggs for elderly and babies.	1.1,1.2,1.3	 Discussion Types of eggs Hygiene – worksheet :hygiene and egg facts 	Whisking, Peeling, cutting, finely Fry. All- make an edible food product and gain the above skills Most- and Complete a learner record Some- and make independently And present their food as fine dining	V A K

4	 Practical. Learners to make Porridge with topping Bacon sandwich Learners to fill in cooking record. Photos to be taken of dishes cooked 	To learn how to make porridge with either water or milk And a bacon sandwich	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	 Discussion Importance of breakfast. Nutritional value of oats/milk 	Frying Simmering All- make an edible food product and gain the above skills Most- and Complete a learner record Some- and make independently And present their food as fine dining	V A K
Lesson	Classroom Activity	Learning outcome/ objective	Assessment criteria	Theory activity	<u>Success Criteria:</u> <u>Cooking Skills</u> gained	Learning styles
5	 Practical. Teacher demo of toast with different toppings. Welsh rarebit Learners to make after watching demo. Learners record Photographic evidence 	To learn how to make welsh rarebit.	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	 Discussion of alternative toast toppings different types of bread Plan of making 	Toasting Whisking Grilling All- make an edible food product and gain the above skills Most- and Complete a learner record Some- and make independently And present their	VAK

					food as fine dining		
6	 Breakfasts Breakfast Burrittos Courgette fritatta Learners record Photographic evidence 	To Learn how to follow a recipe and make burritos and fritatta	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	 Discussion of Multicultural flavours Herb and spices work sheet 	Chopping Slicing Grating Frying Whisking All- make an edible food product and gain the above skills Most- and Complete a learner record Some- and make independently And present their food as fine dining	V A K	
Lesson	Classroom Activity	Learning outcome/ objective	Assessment criteria	Theory activity	<u>Success Criteria:</u> <u>Cooking Skills</u> gained	Learnin styles	g
7	As part of breakfast options. • Learners to make flapjacks • Learners record • Photographic evidence	 To learn how make flapjacks and consider nutritional value. Oats, what else could we add to 	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	 Discussion of nutritional value, cost, convenience of product. How it could be made healthier? 	Following recipe choosing ingredients Stirring, melting, baking, Safe Hob and oven use All- make an edible food product and gain the above skills Most- and Complete a learner record	V A K	

		make it healthier?			Some- and make independently And present their food as fine dining	
Lesson	Classroom Activity	Learning outcome/ objective	Assessment criteria	Theory activity	Success Criteria: Cooking Skills gained	Learning styles
8	Design Sandwiches • Demonstration • How to make a sandwich with different fillings how to slice, butter.,	• Learners to watch demo and contribute to discussion on healthy alternatives to butter	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	 Discussion Nutritional values Costs and differences between homemade and bought. What would they choose 	Learning about food labelling Nutritional values All- make an edible food product and gain the above skills Most- and Complete a learner record	VAK

	 How to pack a packed lunch Design idea thought shower Learners record Photographic evidence 	and benefits of homemade versus shop bought packed lunch		 Bring in example of shop bought sandwich look at labelling, discuss cost compare how much you can make for same amount of money Product analysis worksheets 	Some- and make independently And present their food as fine dining	
Term 2		Home co	oking skills BTEC		delson	
Lesson	Classroom Activity	Learning outcome/ objective	Assessment criteria	Theory activity	Success Criteria: Cooking Skills gained	Learning styles
9	 Tasting session. Different types of bread. Learners to fill in tasting survey. Make bread sticks 		Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	 Healthy choices ppt Different types of bread work sheets 	Sensory analysis All- make an edible food product and gain the above skills Most- and	VAK

	 Learners record Photographic evidence 				Complete a learner record Some- and make independently And present their food as fine dining	
10	Bread Teacher to demo bread making. Kneading, proving, knocking back • Learners to make bread rolls. • Learners record • Photographic evidence •	To learn how to make bread understand the functions of yeast , gluten, sugar.	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Tips on making bread Sketch bread shapes	Kneading, shaping, baking.	VAK
Lesson	Classroom Activity	Learning outcome/ objective	Assessment criteria	Theory activity	<u>Success Criteria:</u> <u>Cooking Skills</u> gained	Learning styles
11	Learners to recap on previous lesson Q&A. • Learners to watch demo and make Focaccia • Make bread pizza	To learn how to make Focaccia	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	What types of flour are there? Pizza toppings ideas	, proving, Sieving, kneading, shaping	VAK

	 Learners record Photographic evidence 					
12	Soup demonstration • Simple soups from one base • Learners to make tomato soup.	To learn how to make tomato soup and how you can adapt and change this recipe use up vegetables past their freshness	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	Discussion of seasonal vegetables, types of soups. Nutritional benefits Vegetable worksheets	Knife skills. Slicing, chopping, boiling, simmering, liquidising. All- make an edible food product and gain the above skills Most- and Complete a learner record Some- and make independently And present their food as fine dining	VAK
Lesson	Classroom Activity	Learning outcome/ objective	Assessment criteria	Theory activity	Success Criteria: Cooking Skills gained	Learning styles
13	Learners to make soup leek and potato or minestrone from Licence to cook recipe	•To know how to make leek and potato or minestrone	Teacher to give feedback on how each pupil is meeting the assessment criteria each	Plan of making Methods of storing foods	Chopping, slicing, stewing, All-make an edible food product and gain the above skills	

		soup. • More able pupils to make bread rolls to accompany their soup	lesson		Most- and Complete a learner record Some-and make independently And present their food as fine dining, make bread to accompany soup dish	
Lesson	Classroom Activity	Learning outcome/ objective	Assessment criteria	Theory activity	<u>Success Criteria:</u> <u>Cooking</u> Skills gained	Learning styles
14	 Make a pasta bake from standard components Learners to 	•To know how to make a ragu sauce for pasta.	Teacher to give feedback on how each pupil is meeting the assessment	• Discussion how this sauce can be a base for many dishes components?	Chopping, slicing, simmering, liquidising All-make an edible	VAK

	make a Ragu sauce for pasta • Cook pasta bake		criteria each lesson	 What can we can add? many vegetables (Jamie's Hidden veg pasta sauce) 	food product and gain the above skills Most- and Complete a learner record Some- and make independently And present their food as fine dining			
15	 Different types of pasta. Give each pupil a different type of pasta to cook. Compare results Give a ready-made sauce to eat with pasta and compare with previous sauce 	•To know the many types of pasta and know how to cook it	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	 Discussion pasta carbohydrates, energy ,fibre, B vitamins. Types of pasta worksheets 	Boiling, draining, testing. All-make an edible food product and gain the above skills Most- and Complete a learner record Some-and make independently And present their food as fine dining	V	A	K

Term 3		Y10/11 k	nome cooking sk	ills BTEC – E Mende	lson	
Lesson	Classroom Activity	Learning outcome/ objective	Assessment criteria	Theory activity	<u>Success Criteria:</u> Cooking Skills gained	Learning styles
16	 Learners to make pesto sauce Teacher to demo making fresh pasta Make spinach and ricotta ravioli 	•To see how to make fresh pasta and to taste it. To make a pesto sauce	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	 Discussion of fresh Versus dried pasta. Is it worth the effort? 	Toasting pine nuts, using pestle and mortar All-make an edible food product and gain the above skills Most- and Complete a learner record Some-and make independently And present their food as fine dining	VAK
17	 Cooking Vegetables Teacher demo of how to peel potatoes. Learners to make spicy wedges Roast potatoes with rosemary and thyme 	•To know how to peel a potato safely and o know how to make spicy wedges	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	• Nutritional value, seasonality, effects of different methods of cooking.	Peeling, cutting, boiling, baking. All-make an edible food product and gain the above skills Most- and Complete a learner record Some-and make independently And present their food as fine dining	VAK

18	 Potato Learners to make potato dauphinois. Potato rostis 	•To recap prep of potatoes and to know how to make dauphinois	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	• Discussion of baked potatoes their nutritional value, discussion of different types of fillings	Peeling, slicing evenly, baking All-make an edible food product and gain the above skills Most- and Complete	V	A	K
19	Beef	 and rostis • 		• Discuss various adaptations to	a learner record Some- and make independently And present their food as fine dining Chopping , mixing, shaping, simmering	V	A	K
	Learners to make Bolognese sauce with spaghetti			this recipe. How many other dishes could we make with this one basic recipe	All-make an edible food product and gain the above skills Most- and Complete a learner record Some- and make independently And present their food as fine dining			

Lesson	Classroom Activity	Learning outcome/ objective	Assessment criteria	Theory activity	<u>Success Criteria:</u> <u>Cooking Skills</u> gained	Learning styles
20	 Casserole. Learners to make beef casserole. Cuts of meat work sheet Learner records Photographs 	•		 Discussion Cuts of meat/ cost/ what else could we use. Slow cooking discussion on use of slow cooker 	Peeling, slicing, chopping, searing, simmering, slow cooking All- make an edible food product and gain the above skills Most- and Complete a learner record Some- and make independently And present their food as fine dining	V A K
21	 Rice cooking risotto. Teacher demo Learners to make risotto. Learner records Photographs 	•To know how to cook rice safely and to understand it is the basis of many recipes.	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson	• Discussion food safety of rice.(making sure it is cooled appropriately). Economical dish. Discuss types of risotto/types of rice.	Peeling, slicing, chopping, simmering. All-make an edible food product and gain the above skills Most- and Complete a learner record Some-and make independently And present their food as fine dining	VAK

Lesson	Classroom Activity	Learning outcome/ objective	Assessment criteria	Theory activity	<u>Success Criteria:</u> Cooking Skills gained	Learning styles
22	 Fish pie fish cakes. Teacher demo of making fish cakes. Learners to make their own fish cakes Learner records Photographs 	•To know how to make fish		 Discussion on benefits of eating fish. Sustainability Discussion of other ways of cooking fish. Nutritional value 	Chopping, slicing, Peeling, mashing All-make an edible food product and gain the above skills Most- and Complete a learner record Some-and make independently And present their food as fine dining	V A K

TERM 4 Lesson	Classroom Activity	Y10/11 home Learning outcome/ objective	e cooking skills B Assessment criteria	<u>TEC – E Mendelson</u> Theory activity	<u>Success Criteria:</u> <u>Cooking Skills</u> gained	Learning styles
23	 Chicken pasta bake. Learners to make from recipe following recipe themselves. Ready-made vol-u-vents filled with chicken and mushroom sauce Learner records Photographs 	 To know how to make a substantial pasta dish, adding vegetables. Knowing how to cook the chicken properly. Sharing this dish with peers 	Teacher to give feedback. Collect comments from friends on success of this dish and keep the records of comments.	 Discussion on how to pass on recipes/ how to share and to get feedback and collect the evidence for learner record. Email, letter, pictures 	Baking, chopping, slicing, sauce making All-make an edible food product and gain the above skills Most- and Complete a learner record Some-and make independently And present their food as fine dining	

Lesson	Classroom Activity	Learning outcome/ objective	Assessment criteria	Theory activity	<u>Success Criteria:</u> Cooking Skills gained	Learning styles
24	 Thai green Chicken Curry. Chutney and pompadom tasting Star profiles Teacher to demonstrate the cooking of this recipe from Licence to cook collection. Make Thai green curry Pupils to taste and evaluate. 	 To taste and evaluate curry sundries To be able to complete a sensory evaluation To make a Thai green curry 	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson. This was the recipe chosen by my learner as her assignment.	 What other Curries are there? How do we know chicken is cooked? Chicken w/sheets 	Cooking chicken safely, slicing, chopping, simmering All-make an edible food product and gain the above skills Most- and Complete a learner record Some-and make independently And present their food as fine dining	

Lesson	Classroom Activity	Learning outcome/ objective	Assessment criteria	Theory activity	<u>Success Criteria:</u> Cooking Skills gained	Learning styles
25	 Chicken fajitas. Learners to make fajitas using griddle pan. Teacher demo of how to roll wraps Make guacamole and salsa 	Continuing chicken cookery . • To know how to make chicken fajitas and select ingredients to accompany them guacamole? Cheese? Salsa	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson. This was the recipe chosen by my learner as her assignment.	 Discussion. Hygiene eg raw meat and cooked meat , nutritional value of chicken 	Slicing, frying, grilling, rolling wraps All-make an edible food product and gain the above skills Most- and Complete a learner record Some-and make independently And present their food as fine dining	

Lesson	Classroom Activity	Learning outcome/ objective	Assessment criteria	Theory activity	<u>Success Criteria:</u> <u>Cooking Skills</u> gained	Learning styles
26	 Crumbles. Learners to make a fruit crumble Brulee Design and cost 		Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson. This was the recipe chosen by my learner as her assignment.	Discussion on types of fruit that could be used, seasonality Cost . adjustments to recipe to make it healthier(add oats, wholemeal flour)	Peeling, cutting, rubbing in, baking. All- make an edible food product and gain the above skills Most- and Complete a learner record Some- and make independently And present their food as fine dining	
27	 Fruit salad. Plan the making using flowcharts Make layered trifle with fresh fruit 	 To know how to make a fruit salad. To know how to make a 	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson.	 Discussion on types of toppings. Nutrional value of fruit. Nutrition of fruit worksheets 	Peeling, slicing, use gelatine All-make an edible food product and gain the above skills Most- and	

		fruit trifle	This was the recipe chosen by my learner as her assignment.		Complete a learner record Some- and make independently And present their food as fine dining	
Lesson	Classroom Activity	Learning outcome/ objective	Assessment criteria	Theory activity	Success Criteria: Cooking Skills gained	Learning styles
28	 Baking sessions Make brownies Ice fairy cakes- make butter icing 	 To know how to make brownies using the melting method know how to make butter icing 	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson. This was the recipe chosen by my learner as her assignment.	 Discussion: Explain different methods of baking. Cake method worksheets 	Weighing measuring, melting chocolate. Following a recipe. Testing, baking, creaming Icing All- make an edible food product and gain the above skills Most- and Complete a learner record Some- and make independently And present their food as fine dining	

TERM 5	Y	10/11 home cod	oking skills BTEC	– E Mendelson		
Lesson	Classroom Activity	Learning outcome/ objective	Assessment criteria	Theory activity	Success Criteria: Cooking Skills gained	Learning styles
29	Cookies. Shrewsbury biscuits Strawberry shortbread 	 To be able to work hygienically to make biscuits using the creaming method To be able to work hygienically to make biscuits using the 'rubbed in' method 	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson. This was the recipe chosen by my learner as her assignment.		Weighing measuring, Following a recipe. Testing, baking. Cooling, All- make an edible food product and gain the above skills Most- and Complete a learner record Some- and make independently and present their food as fine dining	

Lesson	Classroom Activity	Learning outcome/ objective	Assessment criteria	Theory activity	<u>Success Criteria:</u> Cooking Skills gained	Learning styles
<u>30</u>	 Fruit Cake royal icing and decorating. 	 To be able to bake line a cake tin To be able to bake a fruit cake and ice it 	Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson. This was the recipe chosen by my learner as his/her assignment.		use a piping bag blend, bake and ice, line cake tins All- make an edible food product and gain the above skills Most- and Complete a learner record Some- and make independently And present their food as fine dining	
<u>Assignment</u>	 Assignment brief Learner to choose recipe they are going to cook 	Pupils to practice their chosen dishes until they		Explain how this final piece will be shared and passed on		

	from what they have done	have perfected 2-3		
		•	Explain how you	
	already. If	times	have worked	
	possible to shop		hygienically	
	with teacher for	Take off time		
	ingredients. Write	table to cook		
<u>Learner</u>	out the recipe	final outcome	Photographic	
work	they have		evidence	
	chosen, their			
	shopping list. Fill			
	in two ways they			
	have benefited			
	from learning			
	home cooking			
	skills and two			
	ways they have			
	passed on			
	information about			
	home cooking to			
	others			

Assignment brief

Level 1 Btech home Cooking skills Unit Title: Home Cooking Skills Unit Number 1 Assignment Title: Jamie Oliver, eat your heart out! Assessor Name; Date of Assignment launch: Date of Assignment surrender:

Assessment criteria

- 1.1 Select and prepare ingredients for a recipe
- 1.2 Use cooking skills when following a recipe
- 1.3 Demonstrate food safety and hygiene throughout the cooking and preparation process
- 2.1 Reflect on own learning and consider two ways you have benefited from learning cooking skills.
- 2.2 Suggest two ways you could pass on information about home cooking to others

Assignment scenario

This is your chance to show just what you can do when planning, preparing and cooking a recipe. Think about fresh food, interesting dishes and the pleasure it gives to you and your family when eating at home. Now it's time for you to show your cooking skills by making your chosen recipe. Select the ingredients, follow the recipe and demonstrate food safety and hygiene throughout the cooking session.