

Lesson	Learning Intention (Progress Statements)	Activity	Resources	Differentiation	Cross Curricular links Literacy/Numeracy/ PSHE/ICT	Questioning	Keywords/ Concepts	Evaluation
1	Plan a nutritious two course meal	Youtube - <a href="https://www.youtube.com/watch?v=flxmB8NKMzE">https://www.youtube.com/watch?v=flxmB8NKMzE</a> Complete learner record p3/4.	Youtube Learner Record p3+4	Discussion Paired work TA support A3 worksheet (support)		What is a two course meal  Examples of a two course meal	Pastry making Filling Folding Weighing Resting	
2, 3	Be able to plan a nutritious home cooked meal using basic ingredients	<a href="https://www.youtube.com/watch?v=Qsu2QXdY2go">https://www.youtube.com/watch?v=Qsu2QXdY2go</a> Knife handling demo and discussion – safe handling Students apply skills to complete dishes	Youtube Knives Ingredients	Staff to work 1 to 1 with less able. Simplify dish – plain stir fry Additional ingredient for more able (pepper)	PSHE – healthy diet / fibre  Life Skills	Peer evaluation.  What senses used to describe food/	Sensory Analysis.  Knife sharpening Techniques Julienne	
4	Evidence of ingredients for a starter	Group discussion – types of meal Powerpoint research exercise – 3 starters, mains and desserts – photo, skills culture Identify practice recipe	Google Computers Powerpoint	TA support Basic IT skills for PPT	Cultural awareness Portion size Healthy diet	When is a starter not a main? Benefits of diversity	Starter, Main , Dessert, Accompaniment, Portion size	
5, 6	Apply safety and hygiene during practical session	Student led demonstration of personal hygiene. . Students produce simple dish and present with support	Cutting boards, knives, Cooking equipment, Recipes	Questioning Dish choice TA/Teacher 1 to 1 support	Life skills Healthy diet Knife safety Hygiene	Is your dish nutritious? How could it be made more so? Peer evaluate	Arch grip Claw grip Tap, cross and rock chopping techniques	

			Ingredients					
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**Subject** Food **Cycle 2** **Group** Year 11 **Topic** BTEC L2 Home cooking skills **Lesson Total** 24

Lesson	Learning Intention (Progress Statements)	Activity	Resources	Differentiation	Cross Curricular links Literacy/Numeracy/ PSHE/ICT	Questioning	Keywords/ Concepts	Evaluation
1	Plan a nutritious home cooked <b>starter meal</b> using basic ingredients	Teacher led discussion- planning a two course meal – timings, eatwell plate. Identify, cut and paste amended recipes to powerpoint. Individual discussion of plan.	Eatwell plate poster, Computer PPT	Large print for support. TA support Dish difficulty	Planning and preparation IT skills - PPT	Timings of dishes, what is a dovetailed plan?	Timing Eatwell Plate Nutrition Alternatives Accompaniments	
2,3	Plan a nutritious home cooked <b>main meal</b> using basic ingredients	Individual student discussion with Teacher or TA to consider organisation of dish preparation and cooking. Students work with support 3 to 1 to prepare, cook and present dish 1.	Cutting boards, knives, Cooking equipment, Recipes Ingredients	1 to 1 support for less able Dish choice (simple/hard) Picture cards	Life skills Independence Healthy diet Measuring and Weighing units, conversion and numeracy	Timings? Order of work changes? Evaluation and improvements Peer feedback	Application of learned knife skills- use the correct terminology to describe preparation skills	
4	Be able to <b>prepare, cook and present a starter home</b> cooked meal with	Teacher led discussion- planning a two course meal – timings, eatwell plate. Identify, cut and paste amended recipes to powerpoint. Individual discussion of plan.	Cooking skills record 1	TA to support 1 to 1 with Hassan Powerpoint help sheet – skills, hygiene and safety points.	ICT skills – word processing and powerpoint. SMSC nutrition	Do your two dishes represent all aspects of the eatwell plate?	Balanced diet Government guidance 5 a day Water intake	

	basic ingredients							
5,6	Be able to <b>prepare, cook and present a main home cooked</b> meal with basic ingredients	Individual student discussion with Teacher or TA to consider organisation of dish preparation and cooking. Students work with support 3 to 1 to prepare, cook and present dish 1.	Cutting boards, knives, Cooking equipment, Recipes Ingredients	1 to 1 support for less able Dish choice (simple/hard) Picture cards Printed recipe	SMSC – Life skills and nutrition	How to wash up effectively and efficiently Discuss Peer sensory review of dishes	Safe knife handling Hygiene Safety Pathogen	

Subject Food Cycle 3 Group Year 11 Topic BTEC L2 Home cooking skills Lesson Total 24

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1	Boiling, frying, roasting and baking	Teacher led discussion- planning a two course meal – timings, eatwell plate. Identify, cut and paste amended recipes to powerpoint. Individual discussion of plan.	Eatwell plate poster, Computer PPT	Large print for support. TA support Dish difficulty	Planning and preparation IT skills - PPT	Timings of dishes, what is a dovetailed plan?	Timing Eatwell Plate Nutrition Alternatives Accompaniments	
2,3	Follow recipe, weights, measuring jugs, oven temperatures	Individual student discussion with Teacher or TA to consider organisation of dish preparation and cooking. Students work with support 3 to 1 to prepare, cook and present dish 1.	Cutting boards, knives, Cooking equipment, Recipes Ingredients	1 to 1 support for less able Dish choice (simple/hard) Picture cards	Life skills Independence Healthy diet Measuring and Weighing units, conversion and numeracy	Timings? Order of work changes? Evaluation and improvements Peer feedback	Application of learned knife skills- use the correct terminology to describe preparation skills	
4	Food safety and hygiene	Teacher led discussion- planning a two course meal – timings, eatwell plate. Identify, cut and paste amended recipes to powerpoint. Individual discussion of plan.	Cooking skills record 1	TA to support 1 to 1 with Hassan Powerpoint help sheet – skills, hygiene and safety points.	ICT skills – word processing and powerpoint. SMSC nutrition	Do your two dishes represent all aspects of the eatwell plate?	Balanced diet Government guidance 5 a day Water intake	

5,6	Chopping, slicing, grating, peeling,	Individual student discussion with Teacher or TA to consider organisation of dish preparation and cooking. Students work with support 3 to 1 to prepare, cook and present dish 1.	Cutting boards, knives, Cooking equipment, Recipes Ingredients	1 to 1 support for less able Dish choice (simple/hard) Picture cards Printed recipe	SMSC – Life skills and nutrition	How to wash up effectively and efficiently Discuss Peer sensory review of dishes	Safe knife handling Hygiene Safety Pathogen	
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1	Evidence of selecting ingredients from fresh, seasonal, local shops	Teacher led discussion- planning a two course meal – timings, eatwell plate. Identify, cut and paste amended recipes to powerpoint. Individual discussion of plan.	Eatwell plate poster, Computer PPT	Large print for support. TA support Dish difficulty	Planning and preparation IT skills - PPT	Timings of dishes, what is a dovetailed plan?	Timing Eatwell Plate Nutrition Alternatives Accompaniments	
2,3	Evidence of breakfasts, pancakes, omelettes, quiche etc	Individual student discussion with Teacher or TA to consider organisation of dish preparation and cooking. Students work with support 3 to 1 to prepare, cook and present dish 1.	Cutting boards, knives, Cooking equipment, Recipes Ingredients	1 to 1 support for less able Dish choice (simple/hard) Picture cards	Life skills Independence Healthy diet Measuring and Weighing units, conversion and numeracy	Timings? Order of work changes? Evaluation and improvements Peer feedback	Application of learned knife skills- use the correct terminology to describe preparation skills	
4	Preparation skills	Teacher led discussion- planning a two course meal – timings, eatwell plate. Identify, cut and paste amended recipes to powerpoint. Individual discussion of plan.	Cooking skills record 1	TA to support 1 to 1 with Hassan Powerpoint help sheet – skills, hygiene and safety points.	ICT skills – word processing and powerpoint. SMSC nutrition	Do your two dishes represent all aspects of the eatwell plate?	Balanced diet Government guidance 5 a day Water intake	
5,6	Use evidence to identify and evaluate	Individual student discussion with Teacher or TA to consider organisation	Cutting boards, knives,	1 to 1 support for less able Dish choice (simple/hard)	SMSC – Life skills and nutrition	How to wash up effectively and efficiently Discuss	Safe knife handling Hygiene Safety	

	technical skills used	of dish preparation and cooking. Students work with support 3 to 1 to prepare, cook and present dish 1.	Cooking equipment, Recipes Ingredients	Picture cards Printed recipe		Peer sensory review of dishes	Pathogen	
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