

Intent for Year 10 Food Technology (QUALIFICATION):

This unit 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 proposition that being able to cook is an essential life skill which empowers people to make changes that have benefits to health and wellbeing.

Half of the unit is to be delivered until February half term and the rest of the unit in Year 11. This will award pupils with 'Home Cooking Skills Level 1'.

Aims:

- 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.

KEY WORDS: Assessment, booklet, qualification, demonstration, learner record, breakfast, peel, chop, grate, mix, oven, hob, whisk, fry, carbohydrates, protein, budget, planning

Term	Week/s	Topic/Theme <i>Steam</i>	Learning Objective/s Knowledge and Skills To know, to use, to apply...	Literacy Link Numeracy Link SMSC Link Gatsby Benchmark
Autumn (1)	1	Introduction to the unit	<p>Learning Objectives</p> <ul style="list-style-type: none"> -To understand the aims of the unit - Learners to know how they will be assessed and how they must keep records. <p>Knowledge and Skills</p> <p>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 Photographic record to be kept of dishes cooked Teacher demonstration of cooking eggs Boiled with soldiers and scrambled</p>	Literacy: Reading and following Home Cooking Skills booklet.
	2	Breakfast focused	<p>Learning Objectives</p> <ul style="list-style-type: none"> -To learn how to boil fry scramble eggs with toast and assess and compare the method of cooking for taste, nutritional value and appeal. <p>Knowledge and Skills</p> <ul style="list-style-type: none"> - Practical: Learners to cook eggs three ways. -Understand the terms: Boil, fry and scramble. <p>Learners to fill in cooking record. Photos to be taken of dishes cooked</p>	
	3	Breakfast focused	<p>Learning Objectives</p> <ul style="list-style-type: none"> -To learn about types of eggs, methods of cooking To understand hygienic handling and how to cook eggs for elderly and babies. <p>Knowledge and Skills</p> <ul style="list-style-type: none"> -Practical: Teacher demonstration of how to make an Omelette. <p>Discussion of difference between types of eggs. (free range, battery, barn, caged) Learners to make Spanish Omelette</p>	
	4	Breakfast focused	<p>Learning Objectives</p> <ul style="list-style-type: none"> -To learn how to make porridge with either water or milk. -To learn how to make a bacon sandwich <p>Knowledge and Skills</p> <ul style="list-style-type: none"> -Discussion of the importance of breakfast. 	Numeracy: Measuring quantities

			-Nutritional value of oats/milk	
	5	Breakfast focused	<p>Learning Objectives</p> <p>-To learn how to make welsh rarebit.</p> <p>Knowledge and Skills</p> <p><u>Practical:</u> Teacher demonstration of toast with different toppings. Learners to make after watching demonstration.</p> <p>-Discussion of alternative toast toppings different types of bread</p>	SMSC: Take part in discussions
	6	Breakfast focused	<p>Learning Objectives</p> <p>-To learn how to make flapjacks and consider nutritional value.</p> <p>Knowledge and Skills</p> <p><u>Practical:</u> To prepare and produce flapjacks</p> <p>-Discussion of nutritional value, cost, convenience of product. How it could be made healthier?</p>	Numeracy: Cost of food and total costs of recipes
	7	Breakfast focused	<p>Learning Objectives</p> <p>-To contribute to the discussion on healthy alternatives to butter and benefits of homemade versus shop bought packed lunch</p> <p>Knowledge and Skills</p> <p><u>Practical:</u></p> <p>-How to make a sandwich with different fillings -- How to slice, butter and chop ingredients How to pack a packed lunch?</p> <p>-Discussion of Nutritional values Costs and differences between homemade and bought. Bring in example of shop bought sandwich look at labelling, discuss cost compare how much you can make for same amount of money</p>	Numeracy: Calculating cost differences
	8	Breakfast focused	<p>Learning Objectives</p> <p>For pupils to develop their ability to differentiate different tastes and textures.</p> <p>Knowledge and Skills</p> <p>Tasting session. Taste test different types of bread. Learners to fill in tasting survey.</p>	Literacy: To write and fill out a survey
Autumn (2) 7 Weeks	1	Bread	<p>Learning Objectives</p> <p>To learn how to make bread understand the functions of yeast, gluten, sugar.</p> <p>Knowledge and Skills</p> <p>Teacher to demo bread making. Kneading, proving, etc. <u>Practical</u> Learners to make bread rolls.</p>	
	2	Focaccia	<p>Learning Objectives</p> <p>To learn how to make Focaccia.</p> <p>Knowledge and Skills</p> <p>Learners to recap on previous lesson Q&A. <u>Practical:</u> Learners to make Focaccia.</p>	
	3	Tomato Soup	<p>Learning Objectives</p> <p>To learn how to make tomato soup and how you can adapt and change this recipe use up vegetables past their freshness.</p> <p>Knowledge and Skills</p> <p>Soup making demonstration. Simple soups from one base. Discussion of seasonal vegetables, types of soups. Nutritional benefits.</p>	

	4	Leek and Potato Soup	<p>Learning Objectives To know how to make leek and potato or minestrone soup. Able pupils to make bread rolls to accompany their soup.</p> <p>Knowledge and Skills Teacher to give feedback on how each pupil is meeting the assessment criteria each lesson.</p>	
	5	Ragu Sauce	<p>Learning Objectives To know how to make a ragu sauce for pasta.</p> <p>Knowledge and Skills Discussion how this sauce can be a base for many dishes. That we can add many vegetables.</p>	
	6	Types of Pasta	<p>Learning Objectives To know the many types of pasta and know how to cook them.</p> <p>Knowledge and Skills Different types of pasta. Give each pupil a different type of pasta to cook. Compare results Give a readymade sauce to eat with pasta and compare with previous sauce.</p>	
	7	Fresh v dried pasta	<p>Learning Objectives To identify a difference between fresh and dried.</p> <p>Knowledge and Skills To see how to make fresh pasta and to taste it. To make a pesto sauce Discussion of fresh v dried pasta. Is it worth the effort? Is there a difference in taste?</p>	Literacy: To give an opinion
Spring (1) 6 Weeks (Y10 unit until February half term. Qualification then begins again in Y11)	1	Spicy Wedges	<p>Learning Objectives To know how to peel a potato safely and know how to make spicy wedges.</p> <p>Knowledge and Skills Cooking Vegetables. Teacher demo of how to peel potatoes. Learners to make spicy wedges. Nutritional value, seasonality, effects of different methods of cooking.</p>	Literacy: Following instructions
	2	Dauphinois potatoes	<p>Learning Objectives To recap prep of potatoes and to know how to make dauphinois potatoes.</p> <p>Knowledge and Skills Discussion of baked potatoes their nutritional value, discussion of different types of fillings.</p>	SMSC: Researching where different cooking methods of potatoes originates from
	3	Bolognaise Sauce	<p>Learning Objectives Discuss ways in which you can adapt recipes.</p> <p>Knowledge and Skills Discuss various adaptations to this recipe. How many other dishes could we make with this one basic recipe?</p>	Literacy: To give an opinion when adapting a recipe
	4	Beef Casserole	<p>Learning Objectives Discuss various different cuts of meat and price comparison.</p> <p>Knowledge and Skills Cuts of meat/ cost/ what else could we use. Slow cooking discussion on use of slow cooker</p>	Numeracy: Cost of meat
	5	Risotto	<p>Learning Objectives To know how to cook rice safely and to understand it is the basis of many recipes.</p> <p>Knowledge and Skills</p>	

			Discussion food safety of rice. (making sure it is cooled appropriately). Economical dish. Discuss types of risotto/types of rice.	
	6	Fish pie or fish cakes. Teacher demo of making fish cakes. Learners to make their own fish cakes.	<p>Learning Objectives</p> <p>To know how to make fish cakes. To understand benefits of fish in the diet</p> <p>Knowledge and Skills</p> <p>Discussion on benefits of eating fish. Sustainability. Discussion of other ways of cooking fish. Nutritional value.</p>	SMSC: Take part in discussions
<p>Intended impact: <i>Explain how the above will ensure pupils are ready for their next year</i> Pupils will consolidate their learning and complete BTEC Home Cooking Skills in Y11.</p>				

