

# Curriculum Planning Enrich Academy



## Home Cooking Skills



## **Intent**



The BTEC Level 2 Home Cooking Skills course aims to equip students with the confidence and skills to prepare nutritious, balanced meals independently. Students develop practical cooking techniques alongside essential life skills such as planning, budgeting, time management, and food safety. The course encourages healthy eating, creativity, and the ability to make informed food choices for lifelong well-being.

## **Implementation**

The course is delivered through practical, hands-on approach, with students regularly preparing and cooking a variety of dishes. Lessons combine teacher demonstration, guided practice, and independent cooking to build confidence and competence. Key knowledge of nutrition, hygiene, and safety is embedded throughout. Students also develop planning and organisational skills through recipe selection, time management, and evaluation of their work.

## **Impact**

Students leave the course able to plan, prepare, and cook a range of healthy meals safely and independently. They demonstrate improved confidence, organisation, and understanding of nutrition. These skills support their personal well-being and prepare them for further education or independent living.



## Autumn 1

Focus: Introduction		
Health & safety in the kitchen	Introduction to Food Hygiene and Safety in the kitchen	Knife Safety Chopping boards Food hygiene Hygiene Rules
Personal hygiene	Importance of Personal Hygiene in the Kitchen	Personal Hygiene Dealing with cuts
Practical	<b>Complicated Sandwich – Meatball Sub</b> <b>Potato &amp; Onion Frittata</b> <b>Poached Eggs &amp; Avocado on Toast</b> <b>Full English Cooked Breakfast</b> <b>Apple Pie &amp; Custard</b> <b>Tomato Soup &amp; Cheese Toastie</b> <b>Shepherd's Pie</b> <b>Chicken Stir Fry</b>	Skills: Whisking, frying, poaching, separating eggs, measuring, reading & following recipes step by step, seasoning, timings, presentation, hygiene, sourcing ingredients, rubbing flour into butter, mixing, bringing together, resting, rolling, flouring, spreading, slicing, chopping, cross-contamination, blending/liquidising, toasting, marinading, recognising when meat is cooked

## Autumn 2

<b>Focus: BTEC Level 2</b>		
<b>Introduction to BTEC Level 2</b>	<b>Start planning BTEC Level 2 Project</b>	Choose and plan a two-course meal Plan timings Plan equipment list
<b>Practical</b>	<b>Mince Stew &amp; Dumplings</b> <b>Chocolate Chip Muffins</b> <b>Lasagna &amp; Salad</b> <b>Chicken Shawarma</b> <b>Pork Fillet with peppercorn Sauce &amp; Mashed Potatoes</b> <b>Gingerbread Blondies</b> <b>Christmas Dinner &amp; all the Trimmings</b>	<b>Skills:</b> Making a white sauce using Crème Fraiche method, layering, peeling, chopping, mixing, roasting, grilling, frying, simmering, boiling, weighing, measuring, mashing, slicing, baking, making gravy.

**Spring 1**

<b>Focus: BTEC Level 2</b>		
<b>Continue with BTEC Level 2</b>	<b>Eatwell Guide</b>	Why my meal plan is nutritious Where will I source my ingredients
	<b>Cooking Economically</b>	Explain three different ways to economise when cooking at home Complete a poster to strengthen this

<b>Practical</b>	<b>Tuna Pasta</b> <b>Chicken Fried Rice</b> <b>Chicken Curry</b> <b>Chicken Pasty</b> <b>Victoria Sponge Cake</b> <b>Pizza</b>	<b>Skills:</b> Weighing, creaming, beating, mixing, sifting, cooling, turning out, lining tins, testing doneness, pan frying, simmering, boiling, cooking pasta, kneading, shaping, resting, stretching, proving, cooking rice, making a white sauce.
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## Spring 2

<b>Focus: BTEC Level 2</b>		
<b>Continue with BTEC Level 2</b>	<b>Pass on information about cooking meals at home</b>	Identify two ways information about cooking meals at home has been passed on to others. Evidence this with photographs / emails / social media
<b>Practical</b>	<b>Chicken Caesar Salad</b>  <b>Complete dishes that were missed or dishes that skills need strengthening</b>	Consolidating and strengthening skills developed in the BTEC Home Cooking Skills Course: Frying, timings, making croutons, preparing salad leaves, slicing, chopping, dressing salad, making dressing, seasoning, recognising when meat is cooked, knife skills, nutritional understanding

## Summer 1

Practical Assessment		
Complete practical assessment	Cook a two-course meal	Prepare Cook Present
Group discussions	Creative Cooking Investigation	Students apply skills developed during the BTEC Home Cooking Skills Course to plan, prepare, and evaluate a series of dishes based on a chosen theme or personal interest
Practical	'Fakeaway' meals  Smash Burgers Salt & Pepper Chicken Doner Kebab Calzone Risotto Brownies	Skills: Cooking meat, hygiene, knife safety, frying, grilling, toasting, kneading, mixing, grating, seasoning, cooking rice, whisking, chopping, weighing, measuring, boiling, simmering, presenting, evaluating, baking, melting

## Summer 2

Celebration of Learning		
Independent Culinary Showcase	Express Creativity through independent cooking	Recreating favourite dishes Exploring new cuisines Occasion dishes



	<b>Reflect on progress and achievements</b>	Provide a positive and meaningful conclusion to the course, celebrating student achievement while reinforcing key life skills
	<b>Future Pathways</b>	Explore: Further education courses Apprenticeships Employment opportunities Independent living skills

