

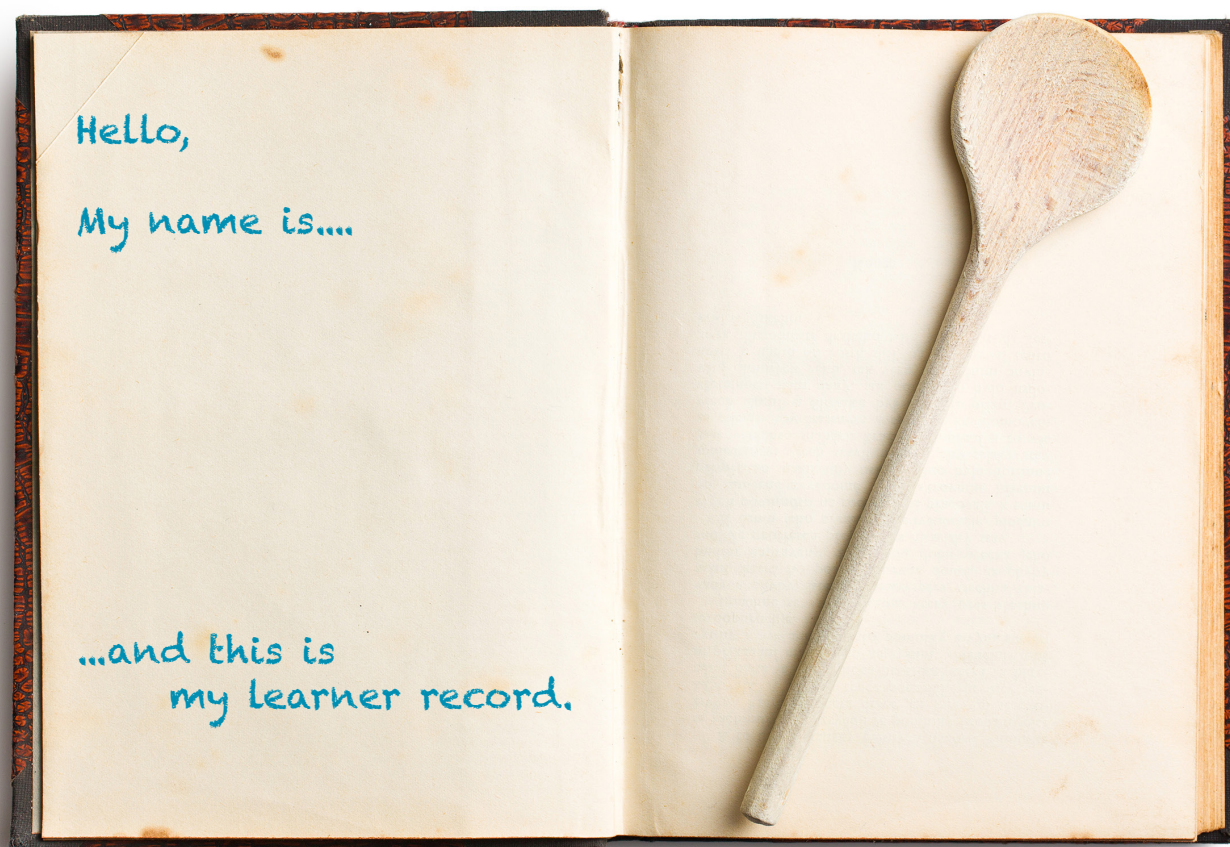


Pearson

EDEXCEL BTEC LEVEL 2 AWARD

home cooking skills

LEVEL 2
AWARD



What is the aim of the Learner Record?

The Learner Record will help you to keep a note of the knowledge and skills you gain throughout the unit and will help you to prepare for the assessment of the BTEC Award in Home Cooking Skills.

You'll be able to add information as you collect it throughout the unit.

This may include:

- recipes
- fact sheets
- worksheets
- helpful hints
- nutritional information
- references to useful websites
- photographs of you demonstrating cooking skills
- photographs of food you've cooked
- observations/witness statements.



Your tutor/teacher will encourage you to make additions to this record at the end of each practical session.

This will enable you to keep an ongoing record of the progress you're making in your cooking skills, what went well in the session and what you would do differently next time.

This will help you when you're selecting the recipe to cook for your assessment.



This will also be a useful resource for you to refer to when you are cooking at home for yourself, your friends and your family.



Hygiene and safety for cooking

1

Before you start your practical sessions, record the ways you will ensure a high standard of personal hygiene when cooking.

Hand-washing rules for preparing and cooking food.

Hands must be washed before:

.....

.....

Hands must be washed after:

.....

.....

How to wash hands:

.....

.....

Give two reasons why it is important to follow handwashing rules when preparing and cooking food:

1.

2.

Clothing and personal presentation.

Hair should be:

.....

.....

Nails should be:

.....

.....

Cuts must be:

.....

.....

2

You'll need to follow basic rules for kitchen safety and hygiene to help prevent accidents and prevent harm to yourself and others.

What safety rules must be followed when using the cooker?

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What safety rules must be followed when using electrical appliances?

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.....

How can slips and falls be avoided in the kitchen?

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.....

How can fires be avoided in the kitchen?

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.....

Why is it important to store prepare and cook food safely?

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How should raw and cooked food be stored?

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.....

.....

What hygiene rules must be followed when preparing meat and fish?

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.....

.....

Skills

A wide range of skills are used in cooking. You will be developing these skills by following recipes in this award.

The skills that you will be practising include:

Food preparation e.g.:

- HYGIENIC FOOD PREPARATION
- SAFE FOOD STORAGE
- WEIGHING
- MEASURING
- FOLLOWING A RECIPE
- KNIFE SAFETY
- KNIFE SKILLS - CHOPPING, SLICING, CUTTING, SPREADING
- PEELING /FRUIT
- PREPARING VEGETABLES
- PREPARING SALAD LEAVES
- MAKING A SALAD DRESSING
- USING A PESTLE AND MORTAR
- USING A GRATER
- SEPARATING EGGS
- WHISKING
- MARINATING
- LIQUIDISING/BLENDING
- SKEWERING
- SHAPING (TO MAKE BURGERS, BREAD)
- RUBBING IN (TO MAKE CRUMBLE TOPPING)
- ROLLING WRAPS
- MIXING
- BEATING MIXTURES FOR BAKING
- MASHING
- KNEADING AND PROVING DOUGH



Skills... continued

Cooking e.g.:

- BOILING
- SIMMERING
- STEAMING
- STIRRING
- TOASTING
- FRYING
- GRILLING
- POACHING
- USING A GRIDDLE
- ROASTING
- BAKING
- SCRAMBLING
- KNOWING WHEN FOOD IS COOKED
- TIMING TO PREPARE A TWO-COURSE MEAL



Presentation e.g.:

- ATTRACTIVE FOOD PRESENTATION

You will learn:

- How to plan nutritious meals
- How to choose fresh ingredients
- How to economise when cooking at home.



Keeping a cooking skills record

It's important to keep a record of what you've cooked, the skills you've used and your successes. This will help you to see how you are developing your skills and what you need to remember next time you use the recipe.

Your tutor/teacher will encourage you to complete the record at the end of every practical session.

You should also make a note on the Cooking Skills Record when you have shared the recipes with anyone, or practised cooking them at home. This will help you with your assessment.



**Use the cooking
skills record on the
following page.**

You'll need a new Cooking Skills Record sheet for every recipe.

Cooking Skills Record

Recipe:

Date:

.....

.....

Skills I used in preparation and cooking:

.....

.....

My rating:

**Tasting &
looking good**

Quite good

Edible

Not so good

Skills I need to practice:

.....

.....

.....

.....

Notes to remember when using this recipe:

Choosing ingredients:

.....

.....

Possible alternative ingredients/vegetarian options:

.....

.....

Hygiene and safety tips:

.....

.....

Time taken to prepare and cook recipe:

.....

.....

Cooking tips (what i need to remember next time):

Preparing for assessment

You need to plan a nutritious two-course meal which you will prepare and cook for your assessment.

What you need to do:

- 1** Look back at your Cooking Skills Record sheets to help you choose recipes that you feel confident cooking.
- 2** Choose recipes for a two-course meal which contribute to a balanced diet.
- 3** Plan how you will prepare and cook the meal.
- 4** Show your tutor/teacher how you chose and prepared the ingredients for the recipes. This will include selection of the correct ingredients, weighing, measuring and using the preparation skills identified in the recipes.
- 5** Follow the recipes and cook the meal you have chosen. Your tutor will observe you demonstrating your cooking skills.
- 6** Show your tutor that you are preparing and cooking the food safely and hygienically.
- 7** Present the meal attractively.
- 8** Show how you have passed on information about home cooking to others. You may have already collected this evidence in your Cooking Skills Record sheets, or you can record this on the Assessment Evidence sheet which follows.



Assessment evidence

Assessment of planning for the meal

Assessment criteria: 1.1

1. Identify recipes for a two-course meal:

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2. List ingredients needed for the meal:

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3. List the equipment needed for the meal:

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4. Include the timings for the meal:

Start time:

Time needed for preparation:

Time needed to cook recipe 1:

Time needed to cook recipe 2:

Time to serve meal:

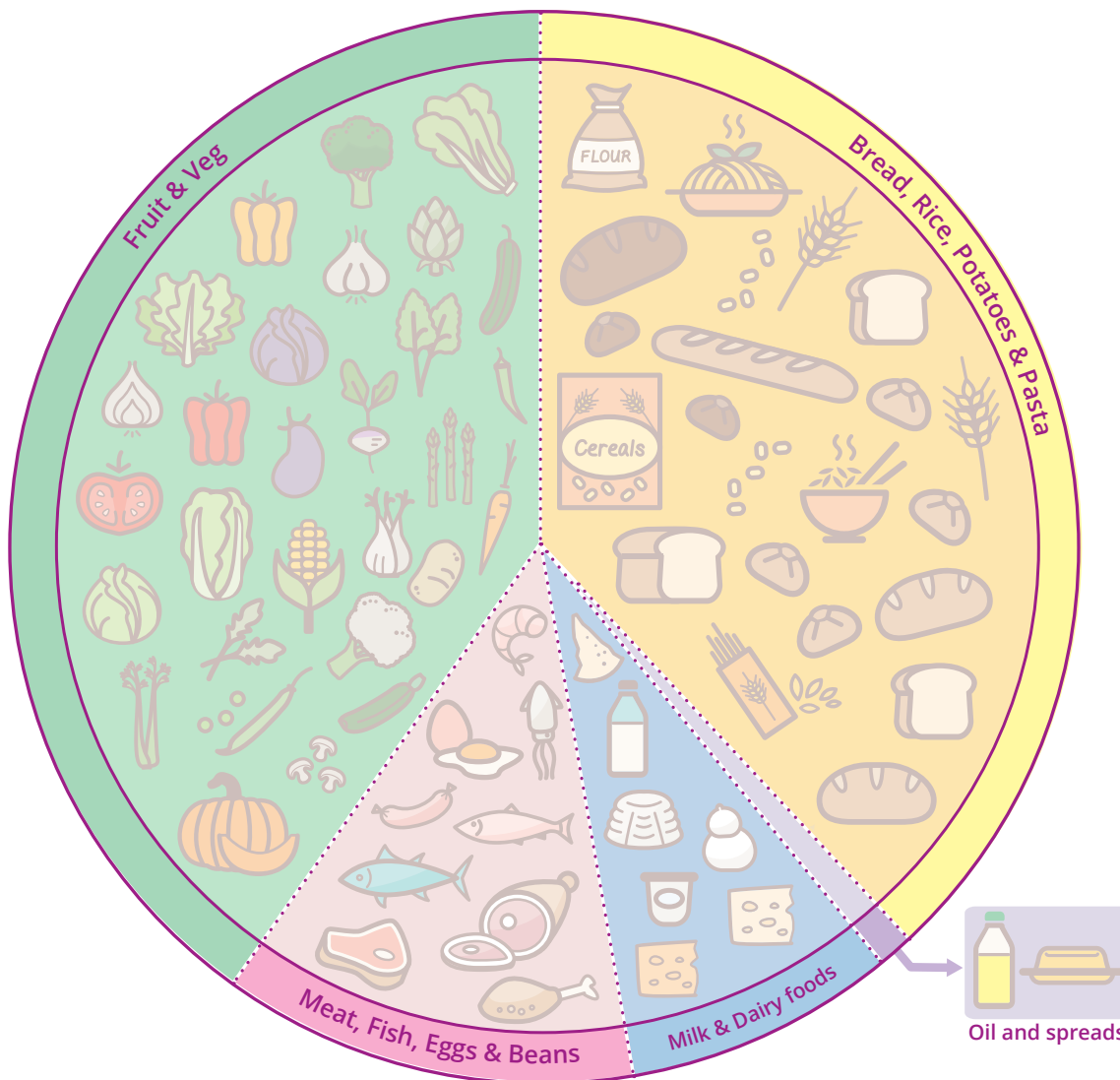
Assessment evidence

Assessment of planning for the meal

Assessment criteria: 1.1

5a. Show how the meal contributes to a balanced diet.

Include the ingredients for your recipes in the 'eatwell guide' below:



5b. Why is the meal you have planned nutritious?

Assessment criteria met:

Tutor/Assessors' signature:

Date:

Assessment evidence

Assessment of practical cooking skills.

Assessment Criteria: 2.1, 2.2, 2.3, 2.4

EVERY SECTION MUST BE COMPLETED TO ACHIEVE A PASS

Task	Criteria	Yes/No	Comments
Selected correct ingredients for recipes.	2.1		
Prepared ingredients as described in the recipes e.g. measuring, weighing, chopping, grating.	2.1		
Showed skills in cooking the dish following the instructions in the recipes e.g. frying, boiling, baking.	2.2		
Prepared and cooked food safely e.g. following safety rules.	2.3		
Prepared and cooked food hygienically e.g. following rules for handwashing and food storage.	2.3		
Presented food attractively	2.4		

Assessment will be carried out by a tutor/teacher or assessor.

YOU NEED A TICK IN EVERY BOX TO PASS

Assessment criteria met:

.....

Tutor/Assessors' signature:

Date:

.....

Assessment evidence

Assessment criteria: 3.1

Suggest different ways to economise when cooking at home. You may link your answer to the recipes you have cooked for your meal or use information from your Cooking Skills Record sheets.

- 1.
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- 2.
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.....
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- 3.
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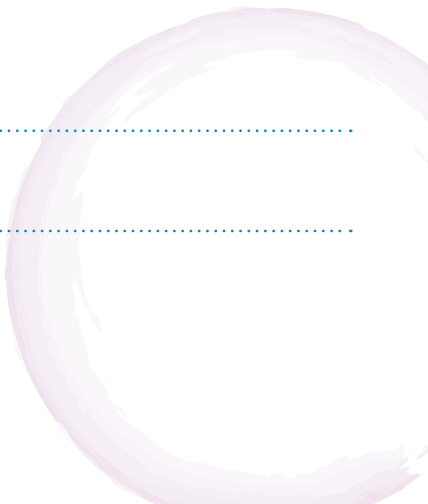
Assessment criteria met:

.....

Tutor/Assessors' signature:

Date:

.....



Assessment criteria: 4.1

Evidence could include:

- Space has been left below and on the next page for you to include your evidence. You can stick evidence to the pages or use paper clips etc.

Assessment criteria: 4.1 (Continued)

Tutor/Assessors' signature: