

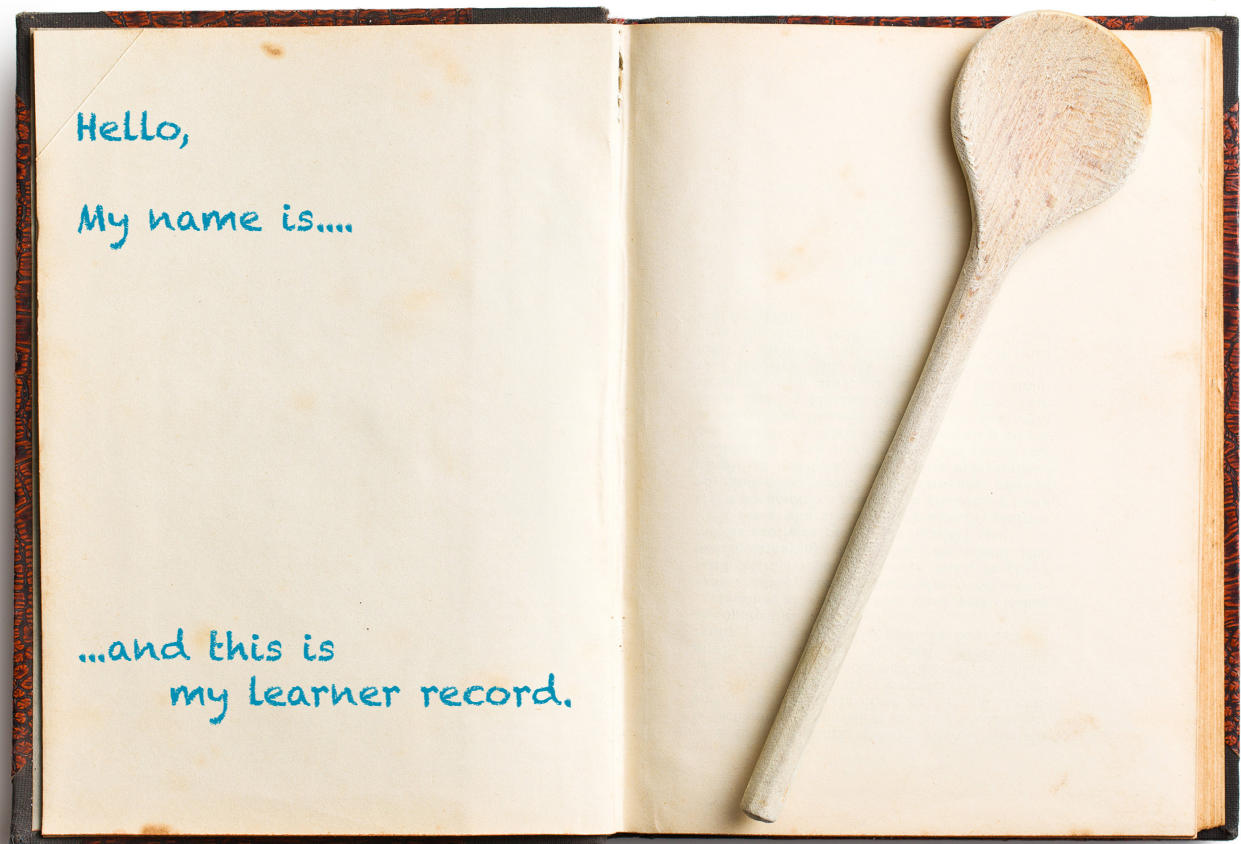


Pearson

EDEXCEL BTEC LEVEL 1 AWARD

home cooking skills

LEVEL 1
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:

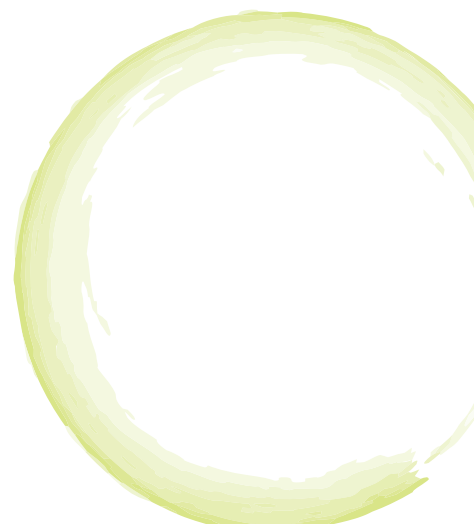
- recipes
- fact sheets
- worksheets
- helpful hints
- nutritional information
- references to useful websites
- photographs of you demonstrating cooking skills
- photographs of food you've cooked
- observations/witness statements.



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 The kitchen can be a breeding ground for bacteria. When you're preparing and cooking food it is essential that you understand how to control the spread of these harmful bacteria to avoid food poisoning and to keep yourself and others safe from accidents.

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

Hand-washing rules for preparing and cooking food.

Hands must be washed before:

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Hands must be washed after:

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How to wash hands:

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Clothing and personal presentation.

Hair should be:

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.....

Nails should be:

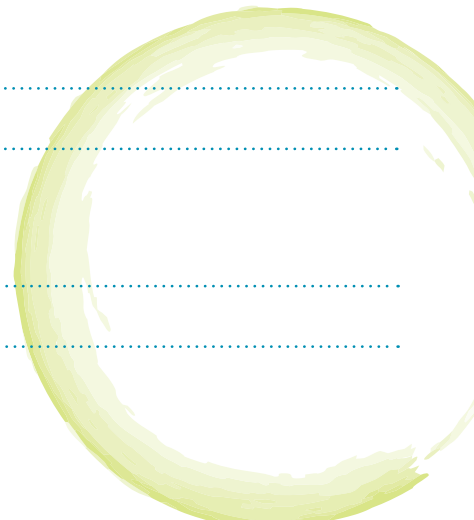
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Cuts must be:

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2

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

Safety rules for using the cooker.

Saucepan handles must be positioned:

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.....

When removing items from the oven you must use:

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Safety rules for using electrical appliances.

Before touching electrical appliances hands must be:

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General kitchen safety rules.

Spills on the floor must be:

.....

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Tea towels and oven gloves must be hung:

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Hygienic food preparation.

Before preparing fruit and vegetables they must be:

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To prevent cross-contamination raw food and cooked food will need to be stored:

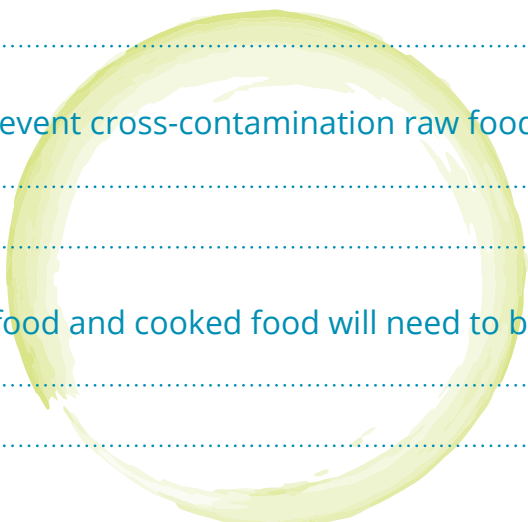
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Raw food and cooked food will need to be prepared using:

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Skills

Cooking uses a wide range of different skills, all of which you'll be developing by following the recipes in this award.

These skills include:

Food preparation:

- HYGIENIC FOOD PREPARATION
- SAFE FOOD STORAGE
- WEIGHING
- MEASURING
- FOLLOWING A RECIPE
- KNIFE SAFETY
- KNIFE SKILLS - CHOPPING, SLICING, CUTTING, SPREADING
- PEELING FRUIT AND VEGETABLES
- PREPARING SALAD LEAVES
- MAKING A SALAD DRESSING
- USING A PESTLE AND MORTAR
- USING A GRATER
- SKEWERING
- SEASONING
- 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

- BOILING
- SIMMERING
- STEAMING
- STIRRING
- TOASTING
- FRYING
- GRILLING
- USING A GRIDDLE
- ROASTING
- BAKING
- SCRAMBLING
- KNOWING WHEN FOOD IS COOKED

During practical sessions you'll learn:

- How to choose fresh ingredients
- How home cooking is better value for money
- How to read food labels and what to look out for the nutritional value of the food you're cooking
- How to present food attractively.



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 your skills are developing 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 Records if you've 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

What I need to remember next time I cook this:

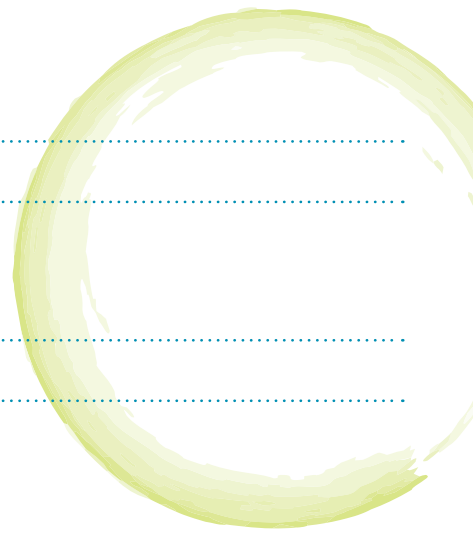
Skills I need to practice:

Notes for future use of this recipe:

Choosing ingredients:

Hygiene and safety tips:

I have passed on this recipe to:



Preparing for assessment

You need to select a recipe to prepare and cook for your assessment.

What you need to do:

- 1** Look back at your Cooking Skills Record sheets to help you choose a recipe that you feel confident to cook.
- 2** Show your tutor/teacher how you choose and prepare the ingredients for the recipe. This will include selecting the correct ingredients, weighing, measuring and using the preparation skills identified in the recipe.
- 3** Follow the recipe and cook the dish you've chosen. Your tutor will observe you demonstrating your cooking skills.
- 4** Show your tutor/teacher that you're preparing and cooking the food safely and hygienically.
- 5** You'll need to think about what you've gained from learning cooking skills in this award. You may discuss this with your tutor/teacher or record your thoughts in the Assessment Evidence sheet which follows.
- 6** Finally, you'll need to show you know about ways to pass on information about home cooking. You may have already collected this evidence in your Cooking Record sheets, or you can record this in the Assessment Evidence sheet which follows.



Assessment evidence

Assessment of practical cooking skills.

Assessment Criteria: 1.1, 1.2, 1.3, 2.1, 2.2

EVERY SECTION MUST BE COMPLETED TO ACHIEVE A PASS

Task	Criteria	Yes/No	Comments
Identified recipe	1.1		
Selected correct ingredients for recipe	1.1		
Prepared ingredients as described in the recipe e.g. measuring, weighing, chopping, grating	1.1		
Showed skills in cooking the dish following the instructions in the recipe e.g. frying, boiling, baking	1.2		
Prepared and cooked food safely e.g. following safety rules	1.3		
Prepared and cooked food hygienically e.g. following rules for handwashing and food storage	1.3		

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

YOU NEED A TICK IN EVERY BOX TO PASS

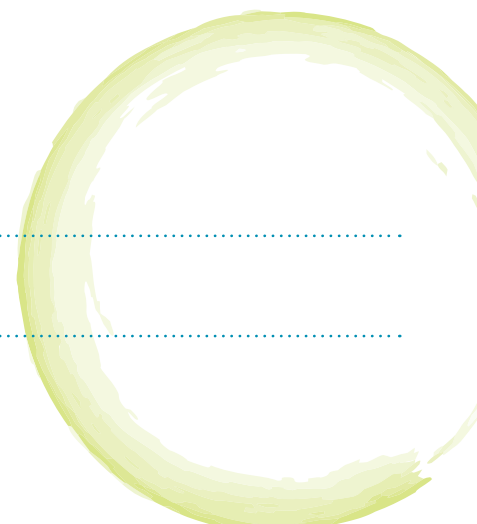
Assessment criteria met:

.....

Tutor/Assessors' signature:

Date:

.....



Assessment evidence

Unit review

Assessment criteria: 2.1, 2.2

ALL QUESTIONS MUST BE COMPLETED

A. Give two ways that learning home cooking skills will be helpful to you (2.1).

1.

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2.

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B. Give two ways that information about home cooking may be passed on to others (2.2).

1.

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2.

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Assessment criteria met:

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Tutor/Assessors' signature:

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Date:

