

Year 10

Topic Overview



Autumn Term BETC Home Cooking Skills Level 1 (40 hours)

Students will be introduced to the BETC Home Cooking Skills Level 1 Qualification, discuss evidence needed, paperwork and building up a portfolio. They will gain knowledge, skills and confidence to enjoy cooking independently, safely and hygienically at home, and to use fresh organic ingredients when possible.

Spring term

Students will gain understanding of how to economise when planning meals to cook at home, they will be able to plan, prepare and cook a two course meal safely and hygienically then compare this to the eat well plate.

Summer term

Students will be encouraged to transfer their knowledge and skills to others. Students will have knowledge and understanding of how to make lifestyle changes that have the benefits of health and well being.