



BTEC HOME COOKING SKILLS LEVEL 1

AWARDING BODY: EDEXCEL

QUALIFICATION: BTEC LEVEL 1

AVAILABLE: ALL STUDENTS

COURSE OUTLINE

The course is divided into 2 units. Students complete 10 units over 2 years and is equivalent to half a GCSE.

Unit 1

Being able to cook is an essential life skill. In Unit 1, learners will be introduced to basic cooking skills by following recipes for simple dishes and learning how to use kitchen equipment safely. All recipes are underpinned with knowledge about sourcing food, nutrition, hygiene and food safety where relevant.

Unit 2

Unit 2 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. This unit will also encourage students to transfer skills learnt to other recipes, to continue cooking for themselves and their families and to inspire others by passing on their knowledge.



ASSESSMENT METHOD

Unit 1

- To be able to use cooking skills to make home-cooked food that does not use pre-prepared ready-cooked food.
- To understand the value of passing on information about home cooking.

Unit 2

- To be able to plan a nutritious, home-cooked two-course meal.
- To be able to prepare, cook and present a nutritious, home-cooked meal using basic ingredients.
- To understand how to cook economically at home.
- To be able to pass on information about cooking meals at home from scratch.

SKILLS ACQUIRED

- Basic knowledge of nutrition
- Economical use when buying and using ingredients
- Confidence in cooking for themselves

Specification: <https://qualifications.pearson.com/content/dam/pdf/myskills/home-cooking-skills/2010/BA033235-BTEC-Splt-L12-HCS-Issue-2.pdf>

Assessment: <http://qualifications.pearson.com/en/qualifications/myskills/btec-home-cooking-skills.html>