**Edexcel Level 2**

**BTEC Award in**

**Home Cooking Skills**

**Learner Record**

**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**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 during the unit and will help you to gather evidence for the assessment of the BTEC Award in Home Cooking Skills.**

**You will be able to add information to this Learner Record as you collect it during 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 have cooked, observations/witness statements.**

**Your tutor 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 are making in your cooking skills, what went well in the session, what you would do differently next time. This will help you when you are selecting the recipes to cook for your assessment.**

**This will be useful resource for you to refer to when you are cooking at home for yourself, family and friends**

**Hygiene and Safety for Cooking**

1) Before you start your practical sessions, record the ways you will ensure **personal hygiene** when cooking.

**Handwashing rules for preparing food and cooking**

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 will need to know rules for **kitchen safety and hygiene** to make sure you are able to prevent accidents and prevent harm to yourself and others.

**What safety rules must be followed when using the cooker?**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**What safety rules must be followed when using electrical appliances?**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**How can slips and falls be avoided in the kitchen?**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**How can fires be avoided in the kitchen?**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**How should raw and cooked food be stored?**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**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 eg:**  Hygienic food preparation  Safe food storage  Weighing  Measuring  Following a recipe  Knife safety  Knife skills - chopping, slicing, cutting, spreading  Peeling/coring 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 | **Cooking** **eg:**  Boiling  Simmering  Steaming  Stirring  Toasting  Frying  Grilling  Poaching  Using a griddle  Roasting  Baking  Scrambling  Knowing when food is cooked  Timings to prepare a two-course meal  **Presentation eg:**  Attractive food presentation |

You will learn:

* how to plan nutritious meals
* about selecting fresh ingredients
* how to economise when cooking at home

**Keeping a cooking skills record**

**It is important to complete a record of what you have cooked, the skills you have used and your success. This will help you to see how you are developing your skills and what you need to remember next time you use the recipe.**

**Use the Cooking Skills Record on the following page.**

**You will need a new Cooking Skills Record sheet for each 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 when you have shared the recipes with someone, or practised cooking at home. This will help you with your assessment.**

**Cooking Skills Record**

**Recipe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Skills I used in preparation and cooking**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**My rating:**

**tasted good**

**looked good quite good edible not so good**

**👍🞎 🞎 🞎 👎🞎**

**Skills I need to practise**

**\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_**

***Notes to remind 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) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Serving suggestions (what could I serve with this?) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Are there ways to economise? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**How this contributes to the “eatwell plate”/ nutritional information\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**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:**

* **Look back at your Cooking Skills Record sheets to help you to choose recipes that you feel confident to cook.**
* **Choose recipes to cook a two-course meal which contribute to a balanced diet.**

* **Plan how you will prepare and cook the meal**
* **Show your tutor/teacher how you choose and prepare the ingredients for the recipes. This will include selecting the correct ingredients, weighing, measuring and using the preparation skills identified in the recipes.**
* **Follow the recipes and cook the meal you have chosen. Your tutor will observe you demonstrating your cooking skills**
* **Show your tutor that you are preparing and cooking the food safely and hygienically**
* **Present the meal attractively**
* **Show how you have passed on information about home cooking to others. 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 Planning for the meal** |
| ***Assessment criterion: 1.1*** |
| **1)Identify recipes for a two-course meal** |
| **2) List ingredients for the meal**   |  |  | | --- | --- | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  |   **3) List the equipment needed for the meal**   |  |  | | --- | --- | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  |   **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 criterion: 1.1*** |
| **5) Show how the meal contributes to a balanced diet.**  **a) Include the ingredients for your recipes in the “eatwell” plate below**  **b) Why is the meal you have planned nutritious?**  Fruit and vegetables (33%)  Bread, rice, potatoes and pasta (33%)  Meat, fish, eggs and beans (12%)  Milk and dairy foods  (15%)  (5%)(15)5  Food and drinks high in fat and/or sugar (7%)  Food and drinks high in fat and/or sugar (7%) |

**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** | **Assessment criteria** | **Yes/no** | **Comments** |
| **Selected correct ingredients for recipes** | **2.1** |  |  |
| **Prepared ingredients as described in the recipes eg measuring , weighing, chopping, grating** | **2.1** |  |  |
| **Showed skills in cooking the dish following the instructions in the recipes eg frying, boiling baking** | **2.2** |  |  |
| **Prepared and cooked food safely eg following safety rules** | **2.3** |  |  |
| **Prepared and cooked food hygienically eg following rules for hand-washing 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 criterion:* 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. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Assessment criteria met\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Tutor/ assessors’ signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Assessment Evidence**

|  |
| --- |
| ***Assessment criterion:* 4.1** |
| **Provide evidence of how you have passed on information to others about cooking meals at home from scratch.**  **Evidence could include:**   * **Photographs of you cooking at home** * **Copies of emails** * **Witness statements from others**   **Space has been left on this and the next page for you to include your evidence.**  **You can stick evidence to the pages or use paper clips etc** |

**Assessment Evidence**

|  |
| --- |
| ***Assessment criteria:* 4.1** |
|  |
| **Assessment criteria met\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Tutor/ assessors’ signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |