BTEC Home Cooking Skills - Curriculum Intent

At Farleigh FE College we give our students an opportunity to learn essential cooking skills and knowledge. This course is design to give every young person the basic skills and knowledge to be able to cook for them-selves in a healthy, cost-effective way, as well as gain the confidence to share these skills with friends and family.

This engaging course aims to change what people eat, as these days many young people lack in the knowledge and skills to cook from scratch. For some, it may be the start of a career in cooking; for others, it will help them to learn the basic skills and recipes that will help them to make healthy choices throughout their lives.

BTEC Level 1 Award Home Cooking Skills

Level 1 Award focuses on giving all young people the skills to prepare delicious and nutritious home-cooked food using fresh ingredients, as well as an understanding of the value of passing on cooking knowledge.

This course will encourage learners to continue cooking for themselves and their families and will empower young people to make changes that have benefits to health and wellbeing.

BTEC Level 2 Award Home Cooking Skills

Level 2 Award is designed to develop the student's ability to plan and prepare a series of nutritious home-cooked meals for breakfast, snacks, lunch and dinner, and helps them understand how to cook economically.

This course will further develop cooking skills an underpin the knowledge about planning, sourcing food, hygiene and food safety and how to cook different elements of a meal by exploring recipes each week.