

BTEC Home Cooking Skills level1 /2

Nutrition

Can you explain from your starter and main meal how this meal that you have planned to make would be nutritious for yourself and your family? Fill in the information regarding how your starter and main meal would be part of a balanced diet. Include water, carbohydrates, proteins, fibre, vitamins & minerals, fats. How would your meal contribute to 5 a day?

Starter	Water	Carbohydrates	Vitamins & minerals	Protein	Fibre	Fats
Garlic bread 	Water	Flour Yeast	Garlic	Cheese		Butter
Chicken wings 						
Tortilla 						
Spring rolls 						

<p>Chicken Patties</p> 						
 <p>samosa</p>						
Main meal	Water	Carbohydrates	Vitamins & minerals	Protein	Fibre	Fats
<p>Lasagne</p> 						
<p>Spaghetti Bolognese</p> 						
<p>Pizza</p> 						
<p>Shepard's pie</p> 						
<p>Macaroni and cheese</p>						

					
<p>Chilli-con carne</p> 					
<p>Chicken curry</p> 					
<p>Special fried rice</p> 					

BTEC LEVEL 1/2

Home Cooking Skills

Costings to make your products

In the table below fill out the cost to make your starter and your main meal.

Starter	Ingredients	Cost to buy	Total
Main meal	Ingredients	Cost to buy	Total

I went shopping at these stores to buy my ingredients because:

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I spent this amount of money for my ingredients

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How I could save money on making my products next time:

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Home Cooking Skills

Fresh ingredients

How do you know if ingredients are fresh and safe to eat? Can you explain how you could buy and prepare the best ingredients to use in your cooking at home and at school?



This is an image of fresh meat and vegetables

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What do you notice about the colour of these fresh foods?

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This is an image of meat and vegetables which have gone off and has expired, past its use by date, what do you notice and the colour and the appearance?



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Which method would you use to store fresh fruits and vegetables? Where would you put them before using them?

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Which method of storing fresh meat would you use? Where can you put fresh meat before you are ready to use them?

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How long would you keep meat frozen when brought fresh?

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