

BTEC Level 1 – Home Cooking skills

2.1 Reflect on own learning about the value of gaining cooking skills

Value of learning home cooking skills:

Provide a reason why you would change your food habits positively by cooking instead of getting take away foods?

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What is the benefits to long term health and wellbeing to yourself and your family from cooking meals at home?

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How do you feel about your self -esteem and confidence when you are able to make your own meals?

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When you can follow a recipe at home will you be able to make changes to a recipe when you practice making it more than once?

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What are the benefits of continuing to cook and make foods at home?

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