

BGE

Topic:	Practical Cookery S1-S3
Sub-Topic:	Cookery Processes
Overview:	This part of the course supports all practical lessons and develops an understanding of how recipes are prepared.
Content:	<p>Understanding Recipes</p> <ul style="list-style-type: none">• Following the method instruction• Using the ingredients in the order on the recipe.<ul style="list-style-type: none">▪ Accurately weighing and measuring ingredients by selecting the appropriate equipment - electronic scales, measuring jugs and measuring spoons▪ Measuring in grams or millilitres,▪ Resetting scales after weighing each ingredient• Cooking and temperature control - setting the oven temperature and hob dials to the correct setting• Cookery Processes using the hob<ul style="list-style-type: none">▪ frying▪ boiling▪ simmering• Cookery Processes using the oven<ul style="list-style-type: none">▪ Baking▪ Baking blind▪ Roasting• Testing for readiness - how to know when a food product is ready<ul style="list-style-type: none">▪ visual▪ spring back test▪ temperature probe▪ taste testing▪ texture testing

Topic:	Keeping Safe and Hygienic
Sub-Topic:	Hygiene and Food Safety Routines
Overview:	This course is designed to develop an understanding of the importance of maintaining good hygiene and safety practices, using equipment, the cooker and knowing how to weigh and measure.
Content:	<p>Good Hygiene</p> <ul style="list-style-type: none"> • Definition of good hygiene. • The importance of good hygiene when preparing recipes • Bacterial growth and contamination • Consequences of poor hygiene. <p>Safety</p> <ul style="list-style-type: none"> • The importance of good safety practices when preparing recipes • Identifying possible hazards and dangers in the kitchen • Preventing accidents in the kitchen <p>Kitchen Routines</p> <ul style="list-style-type: none"> • Know and learn how to follow kitchen hygiene and safety routines • Explain why these routines are important <p>Safe and Appropriate use of equipment</p> <ul style="list-style-type: none"> • Equipment and their uses • Know how to use the equipment safely in the preparation of recipes <p>Using the Cooker</p> <ul style="list-style-type: none"> • Powering the cooker- Gas, Electric • The different parts of the cooker - Hob, Grill and Oven • Switch on and adjust the heat of the cooker - power source, setting dial to correct temperature • Fire hazard - what to do in the event of a fire and how to prevent a fire
Recipes:	Fresh fruit Salad, Bread Roll Pizza, Rock buns, Scones

Topic:	Making an informed choice
Sub-Topic:	Food Labelling
Overview:	This course is designed to develop an understanding of the importance of food labelling and how food labelling information can be used by the consumer to make informed food choices. Pupils will learn how to read and create food labels.
Content:	<p>Statutory food Labelling</p> <ul style="list-style-type: none"> • The 8 pieces of statutory food labelling information <ul style="list-style-type: none"> ▪ name of the food ▪ quantity of ingredients ▪ weight or volume of the food ▪ the 'best before' or 'use by' date ▪ name and address of the food manufacturer ▪ nutritional information ▪ place of origin ▪ storage instructions ▪ instructions for use/cooking • Importance of statutory information to the consumer • Different types of date code - use by, best before <p>Nutritional Food labelling information-</p> <ul style="list-style-type: none"> • Reading and interpreting food labels • Identify the nutrients required to be declared on a food label • Protein • Fat • Carbohydrates, • Vitamins, • Minerals • Comparisons of nutritional information to make informed food choices
Recipes:	Homemade Bread Dough Pizza, Savoury Palmier/Pinwheels

Topic:	Dietary Goals for Scotland
Overview:	This course is designed to develop an understanding of current dietary advice (the Dietary Goals for Scotland), including why each goal is important in improving health, which food groups are involved in each goal and several practical examples of how each goal can be met without restricting diets. Students will evaluate and reflect on their practical experience.
Content:	<p>The Goals</p> <ul style="list-style-type: none"> • The development, history and importance of the Dietary Goals for Scotland • The 3 'increase' intake goals - Fibre, Fruit and Vegetables and Oily Fish • The 3 'decrease' intake goals - Fat, Sugar and Salt • The 2 'maintain' intake goals - Carbohydrates and Red Meats <p>Health benefits</p> <ul style="list-style-type: none"> • Increasing fibre intake - prevention of bowel disorders, aids digestion • Increasing fruit and vegetable intake - prevention of obesity, constipation, colds and viruses • Increasing oily fish intake - prevention Heart disease • Reducing sugar intake - prevention of obesity, tooth decay and Type 2 diabetes • Reducing fat intake - prevention of obesity and coronary heart disease • Reducing salt intake - prevention of hypertension (high blood pressure) • Maintaining carbohydrate/calorie intake - prevention of obesity and coronary heart disease • Eat moderate red meat intake - prevention of coronary heart disease <p>Meeting the goals</p> <ul style="list-style-type: none"> • Food groups involved in each goal - Fruit and Vegetables, Starchy Carbohydrates, Dairy Products and Alternatives, Meats, Fish Eggs and Alternatives, Fats and Oils. • How to meet each goal • Increasing fibre - e.g. replace white bread with wholemeal • Increasing fruit and vegetable - e.g. using fruit in puddings • Increasing oily fish - e.g. replace white fish with salmon in a fish cake • Reducing sugar intake • reducing salt intake replace with herbs and spices • Suggesting recipes that are suitable to help to meet the goals - adapting ingredients, changing proportion of ingredients and alternative cooking methods.
Recipes:	Vegetable Stir Fry, Bacon and Mushroom Risotto, Banana and Honey Muffins, Fruit Crumble, Tuna Napolitano, Chilli con Carne, Quorn Spaghetti Bolognese

Topic:	The Journey of Food
Overview:	This course is designed to develop an understanding of sustainability in relation to food production, Fairtrade, Scottish Produce, Seasonality and Foods around the World.
Content:	<p>Fairtrade</p> <ul style="list-style-type: none"> • Definition of Fairtrade - Fair trade helps producers from developing countries achieve sustainable and equitable relations • The Fairtrade premium - an extra sum of money paid on top of the selling price that farmers invest in projects of their choice. • Fairtrade products available in the UK - bananas, cocoa, coffee, tea, honey, herbs and spices, fruit juices • Promotion of Fairtrade products - Supermarkets and advertising • The Fairtrade Logo - symbolises optimism and empowerment. • Benefits of Fairtrade <ul style="list-style-type: none"> ▪ Environmental protection ▪ Fair pricing the farmers ▪ Farmers able to access the market ▪ Closer links between the producers and consumers • Drawbacks to Fairtrade <ul style="list-style-type: none"> ▪ Tariffs or the taxes put on exports and imports ▪ The price, ▪ Limited number of products <p>Scottish Produce</p> <ul style="list-style-type: none"> • Traditional produce grown in Scotland - wheat, barley, oats, potatoes, summer berry fruits, beef and lamb • Products that are imported and can't be grown in Scotland - tomatoes, exotic fruits, bananas, tea, coffee • The effect of climate on food production - • Food miles - the distance food travels from the producer to the dinner plate • Farmers markets - local produce, farm to fork, supporting local communities • Carbon footprint - impact on the environment <p>Seasonality</p> <ul style="list-style-type: none"> • Definition of seasonality • Foods that can be grown in Scotland • Advantages and disadvantages of eating seasonally • Benefits to health of eating seasonally • Planting and harvesting of seasonality foods • Producing seasonal recipes • Adapting recipes to seasons • Creating a seasonal and local menu

	<p>Foods around the world</p> <p>Exploring traditional cuisine from:</p> <ul style="list-style-type: none"> • Mexico - enchiladas, fajitas • India - curry • Spain - frittata • Italy - pizza bombs • China - stir fry • USA - mini pumpkin pies • Greece - chicken kebabs and Greek salad • Scotland - oaty energy bites, haggis bon bons <p>With reference to climate, culture, traditional festivals and religious beliefs and holidays.</p>
Recipes:	<p>Crumble banana fingers, chocolate brownies, haggis bon bons, shortbread, oaty energy bites, Eve's pudding, soup, enchiladas, frittata, curry, pizza bombs, stir fry, mini pumpkin pies, chicken kebab and Greek salad</p>

Topic:	Developing Healthy Choices
Overview:	This course is designed to develop an understanding of how to adapt a basic recipe to improve health. Pupils will investigate how to adapt recipes to prevent dietary diseases and meet Dietary Goals for Scotland. They will consolidate their knowledge of food labelling information by creating their own packaging for the dishes they have designed.
Content:	<p>Adapting recipes</p> <ul style="list-style-type: none"> • Which ingredients are high in fibre - wholemeal pasta, wholemeal bread, brown rice, fruit and vegetable skin on • Which ingredients will add a variety of nutrients to a dish - meat, dairy, fish, fruit and vegetables. • Which ingredients are suitable in each selected dish in relation to flavour, texture and health - Oats, dried fruit, nuts, fruit and vegetables, alternative proteins, lean protein, fish, herbs and spices and honey. <p>Health benefits</p> <ul style="list-style-type: none"> • The benefits to health of increasing fibre content - aids digestion and prevents constipation • The benefits to health of reducing sugar intake - preventing tooth decay obesity and type 2 diabetes • The benefit to health of reducing fat intake - preventing obesity, heart disease and strokes • The benefit to health of increasing intake of a variety of nutrients - preventing cancers and heart disease. <p>Dietary Goals for Scotland</p> <ul style="list-style-type: none"> • How recipes can be adapted to meet Dietary Goals for Scotland • The benefits to health of meeting the Dietary Goals for Scotland <p>Evaluating design</p> <ul style="list-style-type: none"> • Using descriptive words (crunchy, crumbly, tangy, sweet, bland) to evaluate taste, texture, and aroma • Improving the recipe and dish based on evaluations
Recipes	Stir Fry, Fruit Crumble, Oat Cookies.

Level 3 - 4 Home Economics

Overview:	This course is designed to develop an understanding of the importance of food, nutrition and health. Students will also learn about factors which may affect consumers' food choices, contemporary food issues, technological developments and food labelling. Students will study functional properties of ingredients in food and their use in developing food products.
Content:	<p>Good Hygiene</p> <ul style="list-style-type: none">• The importance of good hygiene and safety practices when preparing recipes - washing hands, tying hair back, wearing an apron, disinfecting worktops, using hot soapy water to wash dishes• Consequences of poor hygiene - cross contamination, conditions for bacterial growth• How to use equipment safely in the preparation of recipes - using a vegetable knife, hand blender, electric hand mixer <p>Food for Health</p> <ul style="list-style-type: none">• Functions and effects on health of the main nutrients - Protein, Fat, Carbohydrates, Vitamins, Minerals• Functions and effects on health of water and dietary fibre• Benefits to health of a balanced and varied diet• The effects of diet-related conditions on health - Type 2 Diabetes, Heart Disease, High Blood Pressure, Strokes, Bowel Disorders, Cancer and Dental Caries <p>Contemporary Food Issues</p> <ul style="list-style-type: none">• Factors affecting consumer food choice - lifestyle, shift patterns, income, age, religion and moral beliefs and locality• Contemporary food issues affecting consumer food choice - Fairtrade, organic, factory farming• Technological development affecting consumer food choices - Genetic Modification, pro and prebiotics• Organisations that protect the interests of consumers - Trading Standards, Citizen Advice, Which, Environmental Health.• Food labelling and the consumer - Statutory and Voluntary Information <p>Food Product Development</p> <ul style="list-style-type: none">• The functional properties of different ingredients in food products - Aeration, Gelatinisation, Coagulation, Caramelisation, Fermentation, Dextrinisation• The stages of food product development - 7 Stages from concept generation to Product Launch• Designing and development of food products to meet a specific need