

Welcome to Year 10 BTEC Home Cooking Skills



Home Learning!

This term you will be learning about healthy main meals as part of the BTEC Home Cooking skills qualification.

The following activities are to be completed once you have finished all of the Food Technology activities in your homework booklets. They are extra things for you to try at home. I hope that you enjoy doing them.

Don't forget to send me your amazing work and any photos of your cookery skills! Keep cooking!



Mrs Pratt

Teaches Year 10 BTEC
Home Cooking Skills



Mrs Wood

Teaches Year 10 BTEC
Home Cooking Skills



Side dishes

There are lots of different types of side dishes that you can eat, some are healthier than others. Make a list of healthy and unhealthy side dishes.

Healthy side dishes	Unhealthy side dishes

What do you like to eat for dinner?

Is it healthy or unhealthy? What changes could you make?

Side Salads.



There are lots of different types of side salads that you can eat. Design your own super side salad, using salad vegetables that you enjoy eating.

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A Guide for Parents and Carers.



Your child can complete the paper based activities in the following ways: Write, draw, cut and stick pictures from magazines.

If you are able to visit your local supermarket with your child have a look for the range of side dishes sold and different the types of deserts available. Or help your child search online for different examples.

I have also added two step by step recipes with symbols for you to make with your child. They will need to be supported and supervised when using knives, hobs and ovens.

Please send me photographs of your child cooking at home and their finished dish.

Kind regards, *L. Pratt* and *D. Wood*



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