

## Your lessons explained

45 minutes



1 hour

During the first 45 minutes, you will need to use the internet to research and create a recipe card from a key ingredient/ topic each week. The recipe should be adapted into small steps which are easy to follow independently. The ingredients need to be fractioned so it is for 2 people. If any ingredients need to be removed or added this needs to be done. Once finished recipes need to be emailed to Keris and saved in your BTEC Food folder.

Once this is complete you will need to fill in the skills record from the previous week's practical, and check to see if there are any SPAG worksheets.

### This is your practical time

You have 1 hour to prepare, cook, wash up and clean down your areas. During this time you will be expected to work as independently as possible reading and following your individual recipe cards.

#### Quick tip

The more time that you spend in the first half on making sure that your recipe are easy to follow the easier the practical part will be.

#### What happens if you finish early?

Some lessons the practical will not take the whole hour or you have finished early, when this happens there will be worksheets/ tasks expected to be completed.

### CONSEQUENCES

If the first part of the lesson is not fully completed then you will not be able to progress to the practical.

If you have completed the practical but not to your personal standards then you will not be allowed to take your food home.

Hopefully this will not happen and we can all have FUN!!