# Unit 308: Produce and present advanced main course dishes using standardised recipes

# Sample lesson plan 12

**Course number:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Course title:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Tutor’s name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_ **Time:** \_\_\_\_\_\_\_\_\_\_\_\_\_ **Lesson length:** 7 hours **Room:** \_\_\_\_\_\_\_\_\_\_\_

**Lesson topic:**

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| --- | --- |
| **Aims**:   * The purpose of this unit is to provide learners with the skills in how to produce and present advanced main course dishes using standardised recipes, ensuring an ability to adjust standardised recipes to meet volume demands or guest needs. * Learners will also use classical and contemporary methods of preparation to create the main course to a meal experience or lunch option for the guest suitable for restaurant and volume catering. | **Learning outcomes**:  To enable learners to understand:   * advanced fish, shellfish and crustacean main course dishes. |

| **Timing (mins)** | **Work to be covered** | | **Teaching activity/assessment** | **Learner activity** | **Resources** |
| --- | --- | --- | --- | --- | --- |
| 5 minutes | Registration and welcome | | Take register. |  |  |
| 15 minutes | Recap previous session | | Group discussion/reflection: Reflection of the previous session focusing on what went well and what could be improved in the production, cooking and finishing of advanced fish, shellfish and crustacean main course dishes.  Discuss any follow up points or questions the learners may have from previous lesson. | Group discussion/reflection: Reflection of the previous session focusing on what went well and what could be improved in the production, cooking and finishing of advanced fish, shellfish and crustacean main course dishes.  Learner discussion and Q&A. | Whiteboard  IT |
| 5 minutes | Aims and objectives | | Discuss the aims and objectives for the lesson. | Learner discussion and Q&A. | Whiteboard  IT |
| 5 minutes | Introductory task 1:  Prepare a range of advanced fish, shellfish and crustacean main course dishes using correct preparation methods  Cook a range of advanced fish, shellfish and crustacean main course dishes using different methods of cookery  Apply quality checks during the cooking of advanced fish, shellfish and crustacean main course dishes  Use equipment safely during the cooking of advanced fish, shellfish and crustacean main course dishes  Finish a range of advanced fish, shellfish and crustacean main course using appropriate finishing methods. | | Outline the focus of the lesson to include:     * preparation, cooking and finishing of advanced fish, shellfish and crustacean main course dishes.   Encourage Q&A and discussion in order to engage and develop ideas and thinking which will help with the completion of this unit. | Learner discussion and Q&A. | Whiteboard  IT |
| 40  minutes | Introductory task 2:  Prepare a range of advanced fish, shellfish and crustacean main course dishes using correct preparation methods  Cook a range of advanced fish, shellfish and crustacean main course dishes using different methods of cookery  Apply quality checks during the cooking of advanced fish, shellfish and crustacean main course dishes  Use equipment safely during the cooking of advanced fish, shellfish and crustacean main course dishes  Finish a range of advanced fish, shellfish and crustacean main course using appropriate finishing methods. | | Provide learners with recipes decided by the centre, consider inga wide range of different preparation, cooking and finishing methods and showing full coverage of the assessment criteria. Learners are to weigh the ingredients required for:   * advanced fish, shellfish and crustacean main course dishes using the stewing method of cookery * advanced fish, shellfish and crustacean main course dishes using the shallow-frying method of cookery * advanced fish, shellfish and crustacean main course dishes using the deep-frying method of cookery. | Learners are to weigh the ingredients required for:   * advanced fish, shellfish and crustacean main course dishes using the stewing method of cookery * advanced fish, shellfish and crustacean main course dishes using the shallow-frying method of cookery * advanced fish, shellfish and crustacean main course dishes using the deep-frying method of cookery.   Learner discussion and Q&A. | Whiteboard  Recipes  Ingredients    Large and small equipment |
| 5.5 hours | Main body of lesson:  Prepare a range of advanced fish, shellfish and crustacean main course dishes using correct preparation methods  Cook a range of advanced fish, shellfish and crustacean main course dishes using different methods of cookery  Apply quality checks during the cooking of advanced fish, shellfish and crustacean main course dishes  Use equipment safely during the cooking of advanced fish, shellfish and crustacean main course dishes  Finish a range of advanced fish, shellfish and crustacean main course using appropriate finishing methods. | | Activity: Tutors should apply the explain, demonstrate, imitate and practice (EDIP) teaching methodology.    Following the explanation and demonstration task learners to prepare and cook and finish the dishes.  Encourage the learners to develop their skills through observation and individual feedback.  Explain the requirements to evaluate each and every dish against their specification. | Learners to prepare and cook and finish the dishes.   * advanced fish, shellfish and crustacean main course dishes using the stewing method of cookery * advanced fish, shellfish and crustacean main course dishes using the shallow-frying method of cookery * advanced fish, shellfish and crustacean main course dishes using the deep-frying method of cookery.   Learner discussion and Q&A. | Whiteboard  Recipes  Ingredients    Large and small equipment |
| 20 minutes | Summary of session:  Prepare a range of advanced fish, shellfish and crustacean main course dishes using correct preparation methods  Cook a range of advanced fish, shellfish and crustacean main course dishes using different methods of cookery  Apply quality checks during the cooking of advanced fish, shellfish and crustacean main course dishes  Use equipment safely during the cooking of advanced fish, shellfish and crustacean main course dishes  Finish a range of advanced fish, shellfish and crustacean main course using appropriate finishing methods. | | Group question and answer session: Ask individual learners oral questions specific to the topic. | Learner discussion and Q&A. |  |
| **How learning is to be measured:**   * Oral questions and answers * End of unit assessment (City and Guilds set). | | | | | |
| **Homework/research work:** | | | | | |
| **Lesson evaluation** | | * Was the lesson better than expected * As expected * Worse than expected | | | |
| **Lesson evaluation/comments:** | | | | | |
| **Suggestions/modifications for next lessons:** | | | | | |