

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

### Sample lesson plan 12

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

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

Lesson topic:

**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	<p>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.</p> <p>Discuss any follow up points or questions the learners may have from previous lesson.</p>	<p>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.</p> <p>Learner discussion and Q&amp;A.</p>	Whiteboard IT
5 minutes	Aims and objectives	Discuss the aims and objectives for the lesson.	Learner discussion and Q&A.	Whiteboard IT
5 minutes	<p>Introductory task 1:</p> <p>Prepare a range of advanced fish, shellfish and crustacean main course dishes using correct preparation methods</p> <p>Cook a range of advanced fish, shellfish and crustacean main course dishes using</p>	<p>Outline the focus of the lesson to include:</p> <ul style="list-style-type: none"> <li>preparation, cooking and finishing of advanced fish, shellfish and crustacean main course dishes.</li> </ul> <p>Encourage Q&amp;A and discussion in order to engage and develop ideas and thinking which will help with the completion of this unit.</p>	Learner discussion and Q&A.	Whiteboard IT

Timing (mins)	Work to be covered	Teaching activity/assessment	Learner activity	Resources
	<p>different methods of cookery</p> <p>Apply quality checks during the cooking of advanced fish, shellfish and crustacean main course dishes</p> <p>Use equipment safely during the cooking of advanced fish, shellfish and crustacean main course dishes</p> <p>Finish a range of advanced fish, shellfish and crustacean main course using appropriate finishing methods.</p>			
40 minutes	<p>Introductory task 2:</p> <p>Prepare a range of advanced fish, shellfish and crustacean main course dishes using correct preparation methods</p>	<p>Provide learners with recipes decided by the centre, consider a 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:</p> <ul style="list-style-type: none"> <li>advanced fish, shellfish and crustacean main course dishes using the stewing method of cookery</li> </ul>	<p>Learners are to weigh the ingredients required for:</p> <ul style="list-style-type: none"> <li>advanced fish, shellfish and crustacean main course dishes using the stewing method of cookery</li> <li>advanced fish, shellfish and crustacean main course dishes</li> </ul>	<p>Whiteboard</p> <p>Recipes</p> <p>Ingredients</p> <p>Large and small equipment</p>

Timing (mins)	Work to be covered	Teaching activity/assessment	Learner activity	Resources
	<p>Cook a range of advanced fish, shellfish and crustacean main course dishes using different methods of cookery</p> <p>Apply quality checks during the cooking of advanced fish, shellfish and crustacean main course dishes</p> <p>Use equipment safely during the cooking of advanced fish, shellfish and crustacean main course dishes</p> <p>Finish a range of advanced fish, shellfish and crustacean main course using appropriate finishing methods.</p>	<ul style="list-style-type: none"> <li>advanced fish, shellfish and crustacean main course dishes using the shallow-frying method of cookery</li> <li>advanced fish, shellfish and crustacean main course dishes using the deep-frying method of cookery.</li> </ul>	<p>using the shallow-frying method of cookery</p> <ul style="list-style-type: none"> <li>advanced fish, shellfish and crustacean main course dishes using the deep-frying method of cookery.</li> </ul> <p>Learner discussion and Q&amp;A.</p>	
5.5 hours	<p>Main body of lesson:</p> <p>Prepare a range of advanced fish, shellfish and crustacean main course dishes using</p>	<p>Activity: Tutors should apply the explain, demonstrate, imitate and practice (EDIP) teaching methodology.</p> <p>Following the explanation and demonstration task learners to prepare and cook and finish the dishes.</p>	<p>Learners to prepare and cook and finish the dishes.</p> <ul style="list-style-type: none"> <li>advanced fish, shellfish and crustacean main course dishes</li> </ul>	<p>Whiteboard</p> <p>Recipes</p> <p>Ingredients</p>

Timing (mins)	Work to be covered	Teaching activity/assessment	Learner activity	Resources
	<p>correct preparation methods</p> <p>Cook a range of advanced fish, shellfish and crustacean main course dishes using different methods of cookery</p> <p>Apply quality checks during the cooking of advanced fish, shellfish and crustacean main course dishes</p> <p>Use equipment safely during the cooking of advanced fish, shellfish and crustacean main course dishes</p> <p>Finish a range of advanced fish, shellfish and crustacean main course using appropriate finishing methods.</p>	<p>Encourage the learners to develop their skills through observation and individual feedback.</p> <p>Explain the requirements to evaluate each and every dish against their specification.</p>	<p>using the stewing method of cookery</p> <ul style="list-style-type: none"> <li>advanced fish, shellfish and crustacean main course dishes using the shallow-frying method of cookery</li> <li>advanced fish, shellfish and crustacean main course dishes using the deep-frying method of cookery.</li> </ul> <p>Learner discussion and Q&amp;A.</p>	<p>Large and small equipment</p>
20 minutes	Summary of session:	Group question and answer session: Ask individual learners oral questions specific to the topic.	Learner discussion and Q&A.	

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	<p>Prepare a range of advanced fish, shellfish and crustacean main course dishes using correct preparation methods</p> <p>Cook a range of advanced fish, shellfish and crustacean main course dishes using different methods of cookery</p> <p>Apply quality checks during the cooking of advanced fish, shellfish and crustacean main course dishes</p> <p>Use equipment safely during the cooking of advanced fish, shellfish and crustacean main course dishes</p> <p>Finish a range of advanced fish, shellfish and crustacean main</p>			

Timing (mins)	Work to be covered	Teaching activity/assessment	Learner activity	Resources
	course using appropriate finishing methods.			
<b>How learning is to be measured:</b> <ul style="list-style-type: none"><li>• Oral questions and answers</li><li>• End of unit assessment (City and Guilds set).</li></ul>				
<b>Homework/research work:</b> <ul style="list-style-type: none"><li>• </li></ul>				
<b>Lesson evaluation</b>		<ul style="list-style-type: none"><li>• Was the lesson better than expected</li><li>• As expected</li><li>• Worse than expected</li></ul>		
<b>Lesson evaluation/comments:</b>				
<b>Suggestions/modifications for next lessons:</b>				