

Year 10 Big Picture – NCFE Level 1 and 2 Food & Cookery

Overview

In Year 10, students will have opted to study NCFE Food & Cookery. It is a vocational qualification equivalent to GCSE grades 8.5 to 1.

This qualification aims to:

- focus on the study of food and cookery
- offer breadth and depth of study, incorporating a key core of knowledge
- provide opportunities to acquire a range of practical and technical skills

The objectives of this qualification are to:

- provide an understanding of health and safety relating to food, nutrition and the cooking environment
- provide an understanding of legislation in the food industry
- identify and understand food provenance
- provide an understanding of the main food groups, key nutrients and what is required as part of a balanced diet
- identify factors that can affect food choice
- explore recipe development and how recipes can be adapted
- understand how to cater for people with specific dietary requirements
- demonstrate menu and action planning
- be able to evaluate and consider how to improve completed dishes
- demonstrate the application of practical skills and techniques through all aspects of the qualification content areas

This qualification provides learners with the opportunity to explore and understand a wide range of themes connected with food and cookery that students can apply to a variety of scenarios. It has a strong focus on the elements of food preparation and cooking, developing a wide range of technical and practical skills, and the ability to amend recipes and respond to a brief. This strong practical focus will ensure students have time to develop, practise and perfect a tangible skillset and be able to apply the skills they achieve to a range of contexts. These skills will be underpinned by a thorough understanding of the importance of safe hygienic working practices, nutrition, balanced diets, individual dietary needs, and factors that affect food choice. This qualification will enable students to develop their personal interest and skills in cookery that will help them to prepare food that is healthy and nutritious. These vocational skills will help the students to make appropriate food choices and provide a balanced diet for themselves and others. These skills can readily be transferred to further study or employment within the food sector.

60% of the technical award is Non exam assessment (NEA). A different NEA brief will be released every September by the exam board, marked internally and moderated externally. The completion time for the NEA is 16 hours 30 minutes and it is marked out of 96 marks.

40% of the technical award is a 1 ½ hour exam assessment marked out of 80 marks.

The exam is based on 7 content areas

- Unit 1: Health and safety relating to food, nutrition and the cooking environment
- Unit 2: Food legislation and food provenance
- Unit 3: Food groups, key nutrients and a balanced diet
- Unit 4: Factors affecting food choice
- Unit 5: Food preparation, cooking skills and techniques
- Unit 6: Recipe amendment, development and evaluation
- Unit 7: Menu and action planning for completed dishes

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Monday 4th September 2023 INSET DAY 1 Only Staff in School
Tuesday 5th September 2023 First day of term YEAR 7 ONLY
Wednesday 6th September 2023 ALL YEARS IN SCHOOL

<i>Autumn 01</i> 2023 <i>Weeks 1 – 7 (7 weeks)</i> OCTOBER HALF TERM	<i>Autumn 02</i> 2023 <i>Weeks 8 – 15 (7 weeks)</i> CHRISTMAS	<i>Spring 01</i> 2024 <i>Week 16- 22 (7 weeks)</i> FEBRUARY HALF TERM
<p>Content Unit 3 (EA) Food groups, key nutrients and a balanced diet Unit 5(NEA) Food preparation, cooking skills and techniques</p> <p><u>Practical's and skills</u></p> <p>Bakewell tart – greasing, rubbing in, rolling, melting, spreading, baking</p> <p>Cottage Pie – simmering, peeling, slicing, dicing, browning, boiling, piping, mashing, grilling, grating</p> <p>Spiced pumpkin soup- boiling, blending, peeling, slicing, dicing</p>	<p>Content Unit 3 (EA) Food groups, key nutrients and a balanced diet Content Unit 2 (EA) Food legislation and food provenance Unit 5(NEA) Food preparation, cooking skills and techniques</p> <p><u>Practical's and skills</u></p> <p>Bread Plait – weighing, measuring, kneading, proving, rolling, shaping, baking</p> <p>Lasagne – weighing, measuring, roux, peeling, slicing, dicing, grating, simmering, baking</p> <p>Profiteroles – Baking, Boiling, Measuring, Beating, Whisking, Coating</p>	<p>Content Unit 4 (EA) Factors affecting food choice Unit 5(NEA) Food preparation, cooking skills and techniques</p> <p><u>Practical's and skills</u></p> <p>Cornflake tart- rubbing in, melting, baking, weighing, measuring, rolling, shaping</p> <p>Chicken and mushroom pie – rolling, shaping, garnishing, simmering, measuring, crimping</p> <p>Chocolate ganache cake- creaming, whisking, melting, buns marie, baking, folding, weighing, measuring, greasing, lining.</p>
<p>Assessment Objectives This is the knowledge, application and skills assessed by the Mini test 1. Big Test 1CFS and intervention Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions, so students perform better Attitude to Learning (ATL) - Data capture PPE/BT1</p>	<p>Assessment Objectives This is the knowledge, application and skills assessed by the Mini test 2 Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions, so students perform better Attitude to Learning (ATL) - Data capture</p>	<p>Assessment Objectives This is the knowledge, application and skills assessed by the Mini test 3 Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions, so students perform better Attitude to Learning (ATL) - Data capture</p>
<i>Spring 02</i> Weeks 23 – 27 (5 weeks) EASTER	<i>Summer 01</i> Weeks 28 – 33 (6 weeks) WHIT	<i>Summer 02</i> Weeks 34 – 40 (7 weeks)

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<p>Content Unit 1 (EA) Health and safety relating to food, nutrition and the cooking environment</p> <p>Unit 5(NEA) Food preparation, cooking skills and techniques</p> <p><u>Practical's and skills</u></p> <p>Chicken kiev- beating, seasoning, rolling, shaping, butterfly, baking and frying</p> <p>Chicken curry and naan bread – weighing, measuring, seasoning, simmering, steaming, baking</p> <p>Chicken shawarma, flatbread and relish – peeling, slicing, dicing, seasoning, kneading, proving, simmering, baking, massaging</p>	<p>Content Unit 1, 2, 3, 4 revision (EA)</p> <p>Unit 5(NEA) Food preparation, cooking skills and techniques</p> <p><u>Practical's and skills</u></p> <p>Malay chicken and Bombay potatoes-marinating, seasoning, rubbing, boiling</p> <p>Deboning and portioning a chicken (cater link lesson)</p> <p>Quiche – weighing, measuring, rubbing in, baking, setting, rolling, caramelising</p>	<p>Content Unit 1, 2, 3, 4 revision (EA)</p> <p>Unit 5(NEA) Food preparation, cooking skills and techniques</p> <p><u>Practical's and skills</u></p> <p>Lemon meringue pie – rolling, shaping, whisking, separating, folding, baking</p> <p>Pasta arrabiata – kneading, rolling, shaping, pasta machine, boiling, draining, seasoning.</p> <p>Summer fruit tart with crème pâtissier – peeling, slicing, dicing, garnishing, boiling, blind baking, weighing, measuring</p>
<p>Assessment Objectives This is the knowledge, application and skills assessed by the Mini test 4 Big Test 2 CFS and intervention Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions, so students perform better Attitude to Learning (ATL) - Data capture PPE/BT2</p>	<p>Assessment Objectives This is the knowledge, application and skills assessed by the Mini test 5 Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions, so students perform better Attitude to Learning (ATL) - Data capture</p>	<p>Assessment Objectives This is the knowledge, application and skills assessed by the Mini test 6 Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions, so students perform better Attitude to Learning (ATL) and Big test 3 % - Data capture</p>