



ST CATHERINE'S
COLLEGE

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Learning overview for: NCFE Level 1 / 2 Technical award in Food and cookery			Year group: Year 10	
Term	Key topics / scheme of work	What most pupils will learn (Prior assessment may alter starting point & content)	Key skills / recipes used	How will this learning be assessed?
Term 1	<p>Food Safety and Hygiene</p> <p>Content area 1 Health and safety relating to food, nutrition, and the cooking environment.</p> <p><i>Produce a range of dishes.</i></p> <p>Content Area 5</p> <p>Food preparation, cooking skills and techniques</p>	<p><i>Introduction to the course:</i> See link below for qualification specification:</p> <p>Food and Cookery (qualhub.co.uk)</p> <p>1.1 Safe and hygienic working practices relating to the individual and the cooking environment 1.2 Potential hazards and risks in the cooking environment 1.3 Hazard Analysis and Critical Control Point (HACCP) 1.4 Minimising risk in the cooking environment 1.5 Safe and hygienic working practices when using cooking equipment and utensils</p> <p>5.1 Key stages and the purpose of a recipe 5.2 The characteristics and function of ingredients 5.3 Preparation skills 5.4 Cooking techniques and skills 5.5 Presentation skills to include garnishing and decoration.</p>	<p>Range of higher-level skills so can achieve distinction where applicable.</p> <p>Bread making Bread making- shaped rolls</p> <p>Iced Buns</p> <p>Focaccia – with vegetable / herb artistic decorations</p> <p>Knife skills - Veg cuts - precision and types of.</p> <p>Weighing and measuring. Combining ingredients. Adapting recipes. Timing. Multi-tasking and dovetailing tasks.</p> <p>Healthier cooking methods.</p>	<p>External assessment of unit 1 in May/ June year 11 40% of final mark. 1 hour 30 minutes paper 80 marks.</p> <p>NEA – Non-Exam assessment 60% - in year 11. January to Easter.</p> <p>Through observations / photos of the practical activity for Content Area 5.</p> <p>Student booklets and folders.</p> <p>Evaluations and written work.</p> <p>Internal - End of unit tests for each unit.</p>



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Preparing students to stand shoulder to shoulder with their peers: locally, nationally and globally.



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		NB. This content area 5 will be delivered throughout the practical lessons throughout the year.		
Term 2	Content Area 2. Food legislation and food provenance Content Area 5 Food preparation, cooking skills and techniques	2.1 The Food Standards Agency (FSA) and food safety legislation 2.2 Food provenance 2.2.1 Grown 2.2.2 Reared 2.2.3 Caught 2.3 Food transportation 2.4 Food processing 2.4.1 Why food is processed 2.4.2 Advantages of processed food 2.4.3 Disadvantages of processed food 2.5 Food manufacturing 2.5.1 Why food is manufactured 2.5.2 Advantages of manufactured food 2.5.3 Disadvantages of manufactured food	Range of higher-level skills so can achieve distinction where applicable. Fish Pie (piped) or own choice fish dish when covering caught in theory lessons Pastry dishes Fruit Pie – Shortcrust pastry Rough Puff -sausage rolls Choux pastry – profiteroles Sweet crust pastry – fruit tartlets Christian Ideas at Christmas. Yule log or mince pies	Student booklets and folders. Through observations / photos of the practical activity for Content Area 5. Evaluations and written work. Homework. End of unit tests.
Term 3, 4 and 5	Content Area 3 Food groups, key nutrients and a balanced diet	3.1 Food groups 3.2 The components of a balanced diet 3.2.1 Proportions of the food groups 3.2.2 UK government healthy eating tips 3.3 Nutrients 3.3.1 Sources and functions of macronutrients 3.3.2 Sources and functions of micronutrients 3.3.3 Sources and functions of minerals 3.3.4 Sources and functions of water	Eggs – function and nutritional Meringue nests / kisses – piping and plate decoration, coulis etc Lemon meringue Pie - S/c pastry and piping Scotch eggs (Mayonnaise?) And tomato crowns, roses and cucumber plate decorations Easter Ideas suitable-own choice	Student booklets and folders. Through observations / photos of the practical activity for Content Area 5. Evaluations and written work. Homework. End of unit tests. CA3 end of unit 3 test for mock exam





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		<p>3.4 Nutrient imbalances</p> <p>3.5 Fibre</p> <p>3.6 Nutritional requirements for different groups of people</p> <p>3.7 Food-related health conditions</p> <p>3.7.1 Health conditions</p> <p>3.7.2 Intolerances</p> <p>3.7.3 Allergies</p> <p>3.8 Nutritional information on food labels</p>	<p>Shepherd's Pie (piped mash) - nutritional content. Is it a balanced meal? Follow 8 HE guidelines?</p> <p>Chilli con Carne – adapted by pupils to make high in fibre and gluten free option (Rice)</p> <p>Lasagne adapted and made healthier (using mock NEA brief as adapted recipe design brief)</p> <p>Jerk chicken and Hasselback potatoes with a mango salsa and decorating plates</p>	<p>USING NCFE mock adapted Lasagne recipe brief for year 10 Mock exam practical (2 hours)</p>
Term 6	Content Area 4 Factors affecting food choice	<p>4.1 Social factors</p> <p>4.2 Environmental factors</p> <p>4.3 Seasonality</p>	<p>Risotto and own choice of seasonal ingredients. Consider environmental factors</p> <p>Pea and potato pasties (as picnic / buffet idea) consider social factors</p> <p>Chocolate Fondant</p> <p>Panna Cotta</p> <p>‘Show stopper’ own choice dish to end term with, which considers content area 4 factors. Especially considering seasonality.</p>	<p>Student booklets and folders.</p> <p>Through observations / photos of the practical activity.</p> <p>Evaluations and written work. Homework. End of unit tests.</p>

