



ST CATHERINE'S COLLEGE

A CHURCH OF ENGLAND ACADEMY

Learning overview for (subject): 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 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: 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>NB. This content area 5 will be delivered throughout the practical lessons throughout the year.</p>	<p>Range of higher-level skills so can achieve distinction where applicable.</p> <p>Bread making. Proving , kneading, shaping Cake making (creaming Salmon (healthier) Apple Pie shortcrust pastry and decorative techniques</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. Evaluations and written work.</p> <p>Internal - End of unit test for each unit.</p>





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Term 2	<p>Content Area 2.</p> <p>Food legislation and food provenance</p> <p>Content Area 5</p> <p>Food preparation, cooking skills and techniques</p>	<p>2.1 The Food Standards Agency (FSA) and food safety legislation</p> <p>2.2 Food provenance</p> <p>2.2.1 Grown 2.2.2 Reared 2.2.3 Caught</p> <p>2.3 Food transportation</p> <p>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</p> <p>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</p>	<p>Range of higher-level skills so can achieve distinction where applicable.</p> <p>Focaccia decorated</p> <p>Chilli Con Carne</p> <p>Christian Ideas at Christmas. Eg Yule log</p>	<p>Student booklets and folders.</p> <p>Through observations / photos of the practical activity for Content Area 5.</p> <p>Evaluations and written work.</p> <p>Homework.</p> <p>End of unit test.</p>
Term 3	<p>Content Area 3</p> <p>Food groups, key nutrients and a balanced diet</p>	<p>3.1 Food groups</p> <p>3.2 The components of a balanced diet 3.2.1 Proportions of the food groups 3.2.2 UK government healthy eating tips</p> <p>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</p> <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 3.7.1 Health conditions 3.7.2 Intolerances 3.7.3 Allergies</p> <p>3.8 Nutritional information on food labels</p>	<p>Scotch eggs</p> <p>Steak and Kidney Pie</p> <p>Valentines brief</p>	<p>Student booklets and folders.</p> <p>Through observations / photos of the practical activity for Content Area 5.</p> <p>Evaluations and written work.</p> <p>Homework.</p> <p>End of unit test.</p>
Term 4	<p>Content Area 4</p> <p>Factors affecting food choice</p>	<p>4.1 Social factors</p> <p>4.2 Environmental factors</p> <p>4.3 Seasonality</p>	<p>Risotto (seasonal vegetables)</p> <p>Thai Curry (Tofu)</p>	<p>Student booklets and folders.</p> <p>Through observations / photos of the practical activity.</p>





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			Easter decorated dish/ cake. Hot Cross Buns	Evaluations and written work. Homework. End of unit test.
Term 5	Content Area 6. Recipe amendment, development, and evaluation	6. Recipe amendment, development, and evaluation 6.1 Recipe amendment 6.1.1 Amending and developing recipes 6.2 Evaluating completed dishes (N.B this will also be dovetailed in to take place throughout practical lessons)	Practical's to extend their skills and cooking techniques. Increased use of decoration skills. Marinade – protein Profiteroles Mock NEA Lasagne brief amending a recipe	Student booklets and folders. Through observations / photos of the practical activity. Evaluations and written work. Homework. End of unit test and past papers completed.
Term 6	Content Area 7. Menu and action planning for completed dishes	7.1 Interpreting a customer brief 7.2 Menu planning 7.3 Action planning 7.4 Evaluating the planning and outcome of completed dishes against the requirements of a customer brief	Lemon meringue Pie. Burger rolls and wedges 2 course meal made healthier NEA practice brief and time plans	Student booklets and folders. Through observations / photos of the practical activity. Evaluations and written work. Homework. Mock exam paper

