

Level 1/2 NCFE Tech Award in Food and Cookery

Curriculum Content

Year 10	What?	Why and Why now?	What next?
Summer 2	Introduction to the course Recap on nutrition from year 9 Fats, Protein, CHO, Vitamins, Minerals	Students are introduced to the outline of the course. They develop an understanding of the assessment. Recap of knowledge from year 9 and introduction of nutrition in more depth. Importance of students choosing the right course and they need to know from the start how they will be assessed throughout.	Highlights the need to cook at home
Practical	Knife skills Butchery Fish Filleting Bread	Understanding of high skills and introduction to NEA. Development of skills from year 9. Students are made aware from the first practical lesson of the need for high skilled products and well produced dishes.	Builds an understanding of the skills needed and how to develop them
Autumn 1	Water NSP (dietary fibre) Life stages, Special diets linked to medical conditions, Energy balance/PAL – link to Eatwell guide Unsatisfactory Nutritional intake – visible/invisible Assessment 1	Recap year 9 knowledge (Eatwell guide) and make links. Understand the need for water, how that need is affected and the effects of dehydration on the body. Understand energy balance and the importance of exercise in maintaining energy balance. Apply knowledge to an assessment. Following specification to make students aware of exam paper and beginning of exam technique. Assessment 1 is carried out to check students understanding and introduce them to the format of the examination.	Consider individual needs and get students thinking about personal water intake. Promote the consideration of exercising in adulthood. Instill the importance of effective revision
Practical	Vegetable soup (knife skills) Bakewell Tart (shortcrust pastry recap) Fish Pie (piping mash) Quiche (pastry, setting a mixture with egg) Minestrone soup and bread Chicken and Tarragon pie (debone thighs, roux and pastry)	All dishes chosen to demonstrate to students high skilled dishes that will be needed in final examination. At this point we go in high with the skill level so that students understand the level of skill and quality in the final dishes that is required. It also introduces the final assessment early on so we can build on skills and recap as we go through the course.	Nurture the love of cooking and instill pride in completed dishes.
Autumn 2	Nutritional deficiencies/excesses	Develop further understanding of nutritional deficiency/excess. Introduction to cooking methods and links with nutrition. Recap seasonality and apply information to a mini nea.	Students get an idea of NEA in year 11

	<p>Cooking methods and effect on nutritional value</p> <p>Seasonality – making links to a specific brief</p> <p>Vocational experience – Old Folks party</p>	<p>Vocational experience introduced at this point. Students asked to volunteer at Old Folk’s Christmas do. They are helping to meet and greet at the start. They then stay to serve lunches.</p>	<p>Experience of customer service skills that could be used outside school.</p> <p>Highlights a vocational pathway into the real world.</p>
Practical	<p>Home-made pasta for vegetable lasagne</p> <p>Vegetable shepherd’s pie</p> <p>Sweet mince pies</p> <p>Home-made flaky for sausage rolls</p> <p>Christmas tea ring</p>	<p>Development of skills.</p> <p>Recap of high level skills (piping mash for shepherd’s pie)</p> <p>Sweet mince pies – teamwork and vocational experience.</p> <p>Dishes are chosen to build skills and reflect the time of year. Cooking dishes allows the students to enjoy Christmas cooking whilst still learning, producing high skilled dishes and well-presented food.</p>	<p>Team working skills which can be used in and outside school.</p>
Spring 1	<p>Mini NEA – planning a meal for a specific group of people</p> <p>How to write a time plan</p> <p>Using a time plan</p>	<p>Develop further understanding of skills needed and depth required for NEA</p> <p>NCFE is linear. NEA practice allows students to have an idea of how the NEA works and the level they need to be working at to be successful next year</p>	<p>Inspire the desire to consider life after school and research entry requirements for courses or apprenticeships that could be available.</p>
Practical	<p>Savoury Brioche couronne</p> <p>Pear and chocolate upside down cake</p> <p>Swiss roll</p> <p>Bread based pizza</p> <p>Flapjack tart</p>	<p>Practical lessons continue to build skills to use in coursework.</p>	<p>Share finished products with family members and encourage pride in work.</p>
Spring 2	<p>Risks, controls and recommendations</p> <p>Causes of food related ill health</p>	<p>Recap action planning</p> <p>Mock exam allows students to see the structure of the exam and the depth that will be required for success.</p>	<p>Build exam technique.</p> <p>Highlight revision that may be required.</p>
Practical	<p>Chicken roulade</p> <p>Dauphinoise and Duchess</p> <p>Potatoes</p> <p>Profiteroles</p> <p>Lemon meringue pie</p>	<p>Curry paste lesson allows students to be creative and inspire them into other ways of flavouring food.</p> <p>Encourages use of fresh rather than pre-prepared ingredients.</p> <p>Reinforces high skills linked to NEA</p> <p>Practical lessons continue to build skills to use in coursework.</p>	<p>Creativity outside the lesson and cooking at home.</p>

	Own curry pastes into veg curry and tasting session		
Summer 1	Mock exam and run through	Reflection from students on exam performance. Feedback session used for students to add extra info in their work and produce a revision resource. Going through the exam in depth allows students see where they have gone wrong or how they can improve.	Use purple pen information as a revision resource for real exam. Tailor revision for misunderstood areas to clarify understanding
Practical	Mini skills masterclasses to recap high level skills Revision list for exam	Revision techniques Recap knowledge Exam to check knowledge and understanding Practical lessons continue to build skills to use in coursework.	Instills the need for high quality finishes with high skilled dishes.
Year 11			
Summer 2	Plan for 2 course meal MOCK NEA	Countdown to mock exam. Lessons are used to recap, revise and prepare students for the examination. Develop time plan writing skills. This will be needed for coursework and needs to be detailed	Consolidation of skills
Practical	NEA Mock – 2 course meal chosen by student		
Autumn 1&2	NEA	3 x practical days 1 x adapted dish from a recipe from board 1 x 2 course meal for an occasion 1 x dish for someone with a specific dietary need	
Spring 1	Revision	Feedback given after each section with resub All NEA to be finished by xmas holidays and students given marks	
Spring 2	Revision		
Summer 1	Revision and booster		