



FOOD PREPARATION & NUTRITION

SUBJECT NAME: Level 1/2 in Food & Cookery (NCFE)

Why is the study of Food & Cookery important?

Food & Cookery is an essential subject for all whether you are a budding chef, an interested amateur cook or you would like to work in the wider hospitality industry. This course covers a cross section of the Food & Cookery industry combining practical skills and knowledge to give a well-rounded understanding of the industry and the potential it can offer for further careers or study.

Employment in this industry can range from chefs, waiting staff and managers. According to the British Hospitality Association this is Britain's fourth largest industry, since 2010 over 25% of all new jobs have been in the Food & Cookery Industry with a large proportion of new roles going to 18-24-year olds.

Additionally, you will develop your organisational skills learning how to work as part of a team becoming a good communicator and time manager. Successful completion of this qualification could support entry to qualifications that develop specific skills for work in Food & Cookery such as:

- Level 1 Certificate in Introduction to Professional Food and Beverage Service Skills
 - Level 2 Certificate in Professional Food and Beverage Service Skills
 - Level 2 NVQ Diploma in Professional Cookery
 - Level 3 Food Science and Nutrition

What skills will the study of Level 1/2 Food & Cookery teach you?

You will develop a range of skills including food preparation and cooking skills using a variety of ingredients, as well as transferable skills of problem solving, organisation, time management, planning and communication. You will also develop skills of project based research, development and presentation.

What will you know and understand from your study of Level 1/2 Food & Cookery? The qualification consists of 7 key content areas

| Content area number | Content area title | Suggested GLH |
|---------------------|---|---------------|
| Content area 1 | Health and safety relating to food, nutrition and the cooking environment | 15 |
| Content area 2 | Food legislation and food provenance | 15 |
| Content area 3 | Food groups, key nutrients and a balanced diet | 40 |
| Content area 4 | Factors affecting food choice | 10 |
| Content area 5 | Food preparation, cooking skills and techniques | 20 |
| Content area 6 | Recipe amendment, development and evaluation | 10 |
| Content area 7 | Menu and action planning for completed dishes | 10 |

How can you deepen your understanding of Level 1/2 Food & Cookery?

Examples of organisations that may be approached to provide help include: contract caterers, hotels and accommodation providers, catering providers, local authorities, health and safety professionals, tourist attractions, sports venues, kitchen designers, catering suppliers, catering equipment manufacturers.

Resources

www.hse.gov.uk/catering

www.hodderplus.co.uk/catering/pc/extra1.pdf

www.slideshare.net/carowilli/types-of-catering-establishments

www.greenhotelier.org

Green Hotelier – practical solutions for responsible tourism.

www.instituteofhospitality.org

The Institute of Hospitality is the professional body for the hospitality, leisure and tourism industries.

www.ons.gov.uk

Office for National Statistics – trends and population information.

www.people1st.co.uk

The sector skills council for hospitality, leisure, travel and tourism.

www.springboarduk.net

Springboard UK – hospitality careers and industry information.

www.sustainability.com

Case studies of hospitality businesses and sustainability.

www.towards-sustainability.co.uk

Close look at a range of sustainability issues and further links.

www.bha.org.uk

The British Hospitality Association is the leading representative organisation in the hospitality industry, representing hotels, restaurants and food service providers.

www.bighospitality.co.uk

Comprehensive site including current hospitality news, features, video links and other general information.

www.catererandhotelkeeper.co.uk

For hospitality news and copies of the Caterer and Hotelkeeper magazine.

www.cipd.co.uk

Chartered Institute of Personnel and Development – information on recruitment and legal aspects of staff employment.

www.food.gov.uk

This is the official government website for the Food Standards Agency

How are you assessed in Level 1/2 Food & Cookery?

There are 6 assessment points each year that we term Praising Stars®. We assess how students at their current stage of study are on track to reach their end of stage targets which are formulated on aspirational expectation from their KS2 starting points. We make an informed prediction from our holistic assessments based on our subject mapping of expectation across the Level 1/2 Food & Cookery curriculum.

| NCFE Level 1/2 Award in Food & Cookery | | | | |
|---|---------------------|-----------|-------------------|-------------------------|
| Unit | Unit Title | | Assessment | Course Weighting |
| NEA | Non Assessment Exam | Mandatory | Internal | 60% |
| EA | Written Exam | Mandatory | External | 40% |

Key Assessment Objectives

AO1: Recall knowledge and show understanding. The emphasis here is for learners to recall and communicate the fundamental elements of knowledge and understanding.

AO2: Apply knowledge and understanding. The emphasis here is for learners to apply their knowledge and understanding to real-world contexts and novel situations.

AO3: Analyse and evaluate knowledge and understanding. The emphasis here is for learners to develop analytical thinking skills to make reasoned judgements and reach conclusions.

AO4: Demonstrate and apply relevant technical skills, techniques and processes. The emphasis here is for learners to demonstrate the essential technical skills relevant to the vocational sector by applying the appropriate processes, tools and techniques.

AO5: Analyse and evaluate the demonstration of relevant technical skills, techniques and processes. The emphasis here is for learners to analyse and evaluate the essential technical skills, processes, tools and techniques relevant to the vocational sector.

Study of Level 1/2 Food & Cookery can lead to a wide range of careers:

- Waiting staff
- Chefs (head, sous, pastry etc)
- Receptionist
- Hotels and bar managers
- Events manager
- Food technologists

Course overview

| NCFE Level 1/Level 2 Award in Food & Cookery overview | | |
|--|--|----------------------------|
| Term | Year 10 | Year 11 |
| Autumn 1 | <p>Health & Safety relating to food, nutrition and the cooking environment.</p> <p>1.1 Safe and hygienic working practices relating to the individual and the cooking environment</p> <p>1.2 Potential hazards and risks in the cooking environment</p> <p>1.3 Hazard Analysis and Critical Control Point (HACCP)</p> <p>1.4 Minimising risk in the cooking environment</p> <p>1.5 Safe and hygienic working practices when using cooking equipment and utensils</p> <p>5.4 Cooking techniques & skills</p> | NEA Brief Released. |
| Autumn 2 | <p>2. Food legislation and food provenance</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>5.4 Cooking techniques and skills</p> <p>5.2 The characteristics and function of ingredients</p> | NEA - |
| Spring 1 | <p>3. Food groups, key nutrients and a balanced diet</p> <p>3.1 Food groups 3.2 The components of a balanced diet</p> | Exam Preparation: |

| | | |
|-----------------|--|----------------------|
| | <p>3.2.1 Proportions of the food groups</p> <p>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 3.4 Nutrient imbalances</p> <p>5.4 Cooking techniques and skills</p> <p>5.3 Preparation skills</p> | |
| Spring 2 | <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 3.8 Nutritional information on food labels</p> <p>5.4 Cooking techniques and skills</p> | Exam Preparation: |
| Summer I | <p>4. Factors affecting food choice</p> <p>4.1 Social factors</p> <p>4.2 Environmental factors</p> <p>4.3 Seasonality</p> <p>6. Recipe amendment, development, and evaluation</p> <p>6.1 Recipe amendment</p> <p>6.1.1 Amending and developing recipes</p> <p>6.2 Evaluating completed dishes</p> <p>5.4 Cooking techniques and skills</p> <p>5.5 Presentation skills to include garnishing and decoration</p> | External Exam |
| Summer 2 | <p>7. Menu and action planning for completed dishes</p> <p>7.1 Interpreting a customer brief</p> <p>7.2 Menu planning</p> <p>7.3 Action planning</p> <p>7.4 Evaluating the planning and outcome of completed dishes against the requirements of a customer brief</p> | |

