



**Pathway
2/3/4**

NCFE Level 1 Certificate in Food and Cookery Skills (603/3909/3)

**Year 10 and
11**

Food Technology: Unit 01 Preparing to cook (H/506/7550)

Learning Intention:

This unit aims to introduce learners to safe preparation of themselves, the cooking environment and ingredients. Learners will be able to use basic cooking skills, equipment and utensils to produce a variety of dishes.

Key knowledge that should be learned during this SoW

Concept:

Learners will identify basic potential hazards and risks in the cooking environment
Learners will demonstrate safe and hygienic working practices to prepare self for cooking
Learners will identify basic cooking equipment and utensils
Learners will use basic equipment and utensils safely

Knowledge:

Highlight potential hazards and risks food safety: hazards: eg contamination by bacteria risks: eg poor hygiene
personal safety: hazards: eg incorrect use of knives risks: eg cuts

To understand items that need to be selected via their freshness, use-by dates, suitability for purpose, temperature


To build on their cooking skills: eg weighing, measuring, peeling, chopping, creaming, rubbing in, simmering, boiling, baking, stir-frying, grilling, shallow-frying and microwaving

Key Skills:

- Be able to prepare self and the environment for cooking
- Be able to use equipment and utensils for cooking
- Be able to prepare ingredients for cooking
- Be able to use cooking skills

Language and/or

communication skills:	
Curricular Links	<p>English - Reading, writing, speaking and listening skills.</p> <p>Maths - Identifying cost, reading prices, reading temperatures</p> <p>PSHCE - safety, hygiene,</p> <p>Computing - researching recipes</p>

	Pathway 2/3/4	<p>NCFE Level 1 Certificate in Food and Cookery Skills (603/3909/3)</p> <p>Food Technology: Unit 02 Understanding food (K/506/7551)</p>	Year 10 and 11
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Learning Intention:

Produce a useful guide which identifies a range of cooking skills that you would find useful to refer to when planning, preparing and cooking food.

Types of evidence: poster leaflet notes booklet.

Key knowledge that should be learned during this SoW

Concept:

Knowledge:

Key Skills:	
Language and/or communication skills:	
Curricular Links	<p>English - Reading, writing, speaking and listening skills.</p> <p>Maths - Identifying cost/ reading prices, reading temperatures</p> <p>PSHCE - safety, hygiene,</p> <p>Computing - researching recipes</p>

	Pathway 2/3/4	NCFE Level 1 Certificate in Food and Cookery Skills (603/3909/3) Food Technology: Unit 03 Exploring balanced diets (M/506/7552)	Year 10 and 11
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Learning Intention:

For each practical session you should produce a plan for your practical work, which shows: the cooking equipment and utensils that you will use the cooking skills that you will use.

Types of evidence: learner planning document annotated recipes annotated photographs of equipment and utensils used.

Key knowledge that should be learned during this SoW

Concept:	
Knowledge:	
Key Skills:	
Language and/or communication skills:	
Curricular Links	<p>English - Reading, writing, speaking and listening skills.</p> <p>Maths - Identifying cost/ reading prices, reading temperatures</p> <p>PSHCE - safety, hygiene,</p> <p>Computing - researching recipes</p> <p>Life Skills: shopping for ingredients</p>

	<p>Pathway 2/3/4</p>	<p>NCFE Level 1 Certificate in Food and Cookery Skills (603/3909/3)</p> <p>Food Technology: Unit 04 Plan and produce dishes in response to a brief (T/506/7553)</p>	<p>Year 10 and 11</p>
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Learning Intention: Prepare and cook the dishes that you have been set, using your plans to help you. During each practical session you should demonstrate: safe and hygienic working practices when preparing yourself for cooking safe and hygienic working practices when preparing your work area for cooking correct selection of ingredients for your recipe appropriate preparation of the ingredients for your recipe cooking skills safe use of equipment and

utensils safe cleaning of equipment and utensils safe storage of ingredients. Types of evidence: Teacher assessment checklists Teacher or peer witness statements annotated photographs.

Key knowledge that should be learned during this SoW

Concept:

Knowledge:

Key Skills:

Language and/or communication skills:

Curricular Links

English - Reading, writing, speaking and listening skills.
PSHCE - safety, hygiene, serving meals
Computing - researching recipes
Life Skills: cleaning