

## Course Titles: Technical Award in Food and Cookery

Awarding Body: NCFE

Further information available from: Mrs Pymm or Mrs Naughton

This is an exciting 2-year course that gives students the opportunity to focus on the study of food and Cookery. The course provides opportunities for students to acquire a range of practical and technical skills recognised in commercial premises such as restaurants. The course has a strong focus on food preparation, cooking and amending recipes. These skills are underpinned through an understanding of hygiene, nutrition, balanced diets, and food choice.

Food preparation skills are integrated into the following topics:

- Health and safety relating to food, nutrition, and the cooking environment.
- Food legislation and food provenance (where food comes from)
- Food groups, key nutrients, and a balanced diet.
- Factors affecting food choice.
- Food preparation, cooking skills and techniques.
- Recipe amendment, development and evaluation.
- Menu and time planning for completed dishes.

### Course Components

#### Written paper – Unit 1 – 40%

The paper is 1 hour and 30 minutes. A mixture of multiple-choice, short answer and extended response questions covering the course content.

#### Non- exam assessment (NEA) – Unit 2 – 60%

The completion time is 16 hours and 30 minutes, plus 2 hours preparation and research. This task will draw together all the skills and understanding to complete a practical brief set by NCFE.

#### Unit 1 – written paper – 40%

The paper will be made up of 4 sections worth 96 marks in total. Each section has a combination of multiple choice, short answer and extended answer questions. These assess the students' knowledge of health and safety, food provenance, nutrition and food choice.

#### Unit 2 – NEA 2 – 60% Year 11

This requires students to apply an appropriate selection of knowledge, understanding, skills and techniques developed in year 10 to respond to a real-world situation, e.g. food for a restaurant. Students have 16 hours to complete this task plus 2 hours for research to produce a resource pack. The first task involves amending a recipe for a health condition and making the amended version then evaluate its suitability. The second part requires students to plan, prepare and evaluate a 2-course meal and the final part is to prepare and cook a dish suitable for a food-related health condition for example lactose intolerant.

#### How is the course graded?

The course covers both level 1 pass, merit and distinction and level 2 pass, merit, distinction, and distinction\*. This is equivalent to a GCSE grade 1-8.5.

#### Which careers will this lead to?

Studying Food and Cookery can lead to exciting opportunities in the food industry including courses in Food Science and Nutrition, Advanced Technical Diploma in Professional Cookery as well as T levels and apprenticeships in catering both as a sous chef or chef. It can lead to opportunities to work as a Food Produce Developer, Buyer, Nutritionists, Teacher or Hotel and Restaurant Manager.