

KS4 Big Picture 2024 - 2026 – NCFE Level 1 and 2 Food & Cookery

Overview

In Year 10, students will have opted to study NCFE Food & Cookery. It is a vocational qualification equivalent to GCSE grades 8.5 to 1.

This qualification aims to:

- focus on the study of food and cookery
- offer breadth and depth of study, incorporating a key core of knowledge
- provide opportunities to acquire a range of practical and technical skills

The objectives of this qualification are to:

- provide an understanding of health and safety relating to food, nutrition and the cooking environment
- provide an understanding of legislation in the food industry
- identify and understand food provenance
- provide an understanding of the main food groups, key nutrients and what is required as part of a balanced diet
- identify factors that can affect food choice
- explore recipe development and how recipes can be adapted
- understand how to cater for people with specific dietary requirements
- demonstrate menu and action planning
- be able to evaluate and consider how to improve completed dishes
- demonstrate the application of practical skills and techniques through all aspects of the qualification content areas

This qualification provides learners with the opportunity to explore and understand a wide range of themes connected with food and cookery that students can apply to a variety of scenarios. It has a strong focus on the elements of food preparation and cooking, developing a wide range of technical and practical skills, and the ability to amend recipes and respond to a brief. This strong practical focus will ensure students have time to develop, practise and perfect a tangible skillset and be able to apply the skills they achieve to a range of contexts. These skills will be underpinned by a thorough understanding of the importance of safe hygienic working practices, nutrition, balanced diets, individual dietary needs, and factors that affect food choice. This qualification will enable students to develop their personal interest and skills in cookery that will help them to prepare food that is healthy and nutritious. These vocational skills will help the students to make appropriate food choices and provide a balanced diet for themselves and others. These skills can readily be transferred to further study or employment within the food sector.

60% of the technical award is Non exam assessment (NEA). A different NEA brief will be released every September by the exam board, marked internally and moderated externally. The completion time for the NEA is 16 hours 30 minutes and it is marked out of 96 marks.

40% of the technical award is a 1 ½ hour exam assessment marked out of 80 marks.

The exam is based on 7 content areas

- Unit 1: Health and safety relating to food, nutrition and the cooking environment
- Unit 2: Food legislation and food provenance
- Unit 3: Food groups, key nutrients and a balanced diet
- Unit 4: Factors affecting food choice
- Unit 5: Food preparation, cooking skills and techniques
- Unit 6: Recipe amendment, development and evaluation
- Unit 7: Menu and action planning for completed dishes

Monday 1st September 2025 INSET DAY 1 Only Staff in School

Tuesday 2nd September 2025 First day of term YEAR 7 ONLY

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Wednesday 3rd September 2024 ALL YEARS IN SCHOOL

YEAR 10

Autumn 01 2024 Weeks 1 – 7 (7 weeks) OCTOBER HALF TERM	Autumn 02 2024 Weeks 8 – 16 (8 weeks) CHRISTMAS	Spring 01 2025 Week 17- 23 (7 weeks) FEBRUARY HALF TERM
Content Unit 2 (EA): Food legislation and provenance Unit 3 (EA) Food groups, key nutrients and a balanced diet covered by the Mock NEA Unit 5(NEA) Food preparation, cooking skills and techniques Revision (EA) Practical's and skills Bakewell tart – greasing, rubbing in, rolling, melting, spreading, baking Cottage Pie – simmering, peeling, slicing, dicing, browning, boiling, piping, mashing, grilling, grating Spiced pumpkin soup - boiling, blending, peeling, slicing, dicing	Content Unit 2 (EA): Food legislation and provenance Unit 3 (EA) Food groups, key nutrients and a balanced diet covered by the Mock NEA Unit 5(NEA) Food preparation, cooking skills and techniques Revision (EA) Practical's and skills Bread Plait – weighing, measuring, kneading, proving, rolling, shaping, baking Lasagne – weighing, measuring, roux, peeling, slicing, dicing, grating, simmering, baking Profiteroles – Baking, Boiling, Measuring, Beating, Whisking, Coating	Content Unit 1 (EA) Health and safety relating to food, nutrition and the cooking environment Unit 5(NEA) Food preparation, cooking skills and techniques Mock NEA Revision (EA) Practical's and skills Cornflake tart - rubbing in, melting, baking, weighing, measuring, rolling, shaping Chicken and mushroom pie – rolling, shaping, garnishing, simmering, measuring, crimping Chocolate ganache cake - creaming, whisking, melting, bains marie, baking, folding, weighing, measuring, greasing, lining.
Assessment Objectives This is the knowledge, application and skills assessed by the Mock NEA, Mini test 1 CFS and intervention Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions, so students perform better Data capture: ATL Deadline: 20/09	Assessment Objectives This is the knowledge, application and skills assessed by the Mini test 2, Mock NEA & PPE1 Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions, so students perform better Data capture: Y10 PPE 1 & ATL - 04/11 - 8/11 Deadline 02/12	Assessment Objectives This is the knowledge, application and skills assessed by the Mini test 3, PPE 2 and Mock NEA Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions, so students perform better Data capture: Y10 PPE 2 & ATL - 13/01 - 24/01 Deadline 10/02
Spring 02 -2025 Weeks 24 – 28 (5 weeks) EASTER	Summer 01 - 2025 Weeks 29 – 34 (6 weeks) WHIT	Summer 02 2025 Weeks 35 – 40 (6 weeks)

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Content	Content	Content
<p>Unit 1 (EA) Health and safety relating to food, nutrition and the cooking environment</p> <p>Unit 5(NEA) Food preparation, cooking skills and techniques Mock NEA</p> <p>Practical's and skills</p> <p>Chicken kiev- beating, seasoning, rolling, shaping, butterfly, baking and frying</p> <p>Chicken curry and naan bread – weighing, measuring, seasoning, simmering, steaming, baking</p> <p>Chicken shawarma, flatbread and relish – peeling, slicing, dicing, seasoning, kneading, proving, simmering, baking, massaging</p>	<p>Unit 1, 2, 3, 4, revision (EA)</p> <p>Unit 5(NEA) Food preparation, cooking skills and techniques Mock NEA</p> <p>Practical's and skills</p> <p>Malay chicken and Bombay potatoes-marinating, seasoning, rubbing, boiling</p> <p>Deboning and portioning a chicken (cater link lesson)</p> <p>Quiche – weighing, measuring, rubbing in, baking, setting, rolling, caramelising</p>	<p>Unit 1, 2, 3, 4, revision (EA)</p> <p>Unit 5(NEA) Food preparation, cooking skills and techniques Mock NEA</p> <p>Practical's and skills</p> <p>Lemon meringue pie – rolling, shaping, whisking, separating, folding, baking</p> <p>Pasta arrabiata – kneading, rolling, shaping, pasta machine, boiling, draining, seasoning.</p> <p>Summer fruit tart with crème pâtissier – peeling, slicing, dicing, garnishing, boiling, blind baking, weighing, measuring</p>
<p>Assessment Objectives This is the knowledge, application and skills assessed by the Mock NEA, Mini test 4 CFS and intervention Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions, so students perform better Data capture: ATL Deadline: 24/03</p>	<p>Assessment Objectives This is the knowledge, application and skills assessed by the Mock NEA and Mini test 5 Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions, so students perform better Data capture: ATL Deadline: 19/05</p>	<p>Assessment Objectives This is the knowledge, application and skills assessed by the Mock NEA, Mini test 6 and PPE 3 Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions, so students perform better Data capture: Y10 PPE 3 - 09/06 - 20/06 Deadline - 07/07</p>
YEAR 11	YEAR 11	YEAR 11
<p>Autumn 01 2025 Weeks 1 – 8 (8 weeks) Monday 27th October - Friday 31st October - HALF TERM</p>	<p>Autumn 02 2025 Weeks 9 – 15 (7 weeks) Monday 22nd December - Friday 2nd January - CHRISTMAS HOLIDAY</p>	<p>Spring 01 2026 Week 16- 22 (6 weeks) Monday 16th February - Friday 20th February - HALF TERM</p>

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Content Unit 5, 6 and 7 (NEA) Food preparation, cooking skills and techniques Recipe amendment, development and evaluation Menu and action planning for completed dishes Practical's and skills This will be based on the externally set brief from NCFE. Students will choose their own recipes	Content Unit 5, 6 and 7 (NEA) Unit 1, 2, 3, 4, revision (EA) Food preparation, cooking skills and techniques Recipe amendment, development and evaluation Menu and action planning for completed dishes Practical's and skills This will be based on the externally set brief from NCFE. Students will choose their own recipes	Content Unit 5, 6 and 7 (NEA) Unit 1, 2, 3, 4, revision (EA) Food preparation, cooking skills and techniques Recipe amendment, development and evaluation Menu and action planning for completed dishes Practical's and skills This will be based on the externally set brief from NCFE. Students will choose their own recipes
Assessment Objectives This is the knowledge, application and skills assessed by the NEA and mini test Y11 Progress Check (in class) - completed by 30/09-4/10 Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions, so students perform better Data capture: Yr11 progress check & ATL Deadline 14/10	Assessment Objectives This is the knowledge, application and skills assessed by the NEA, PPE 1 and mini test Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions, so students perform better Data capture: Y11 PPE 1 & ATL - 11/11 - 22/11 Deadline 02/12	Assessment Objectives This is the knowledge, application and skills assessed by the NEA and mini test Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions, so students perform better Data capture: ATL Deadline: 10/02
Spring 02 -2026 Weeks 25 – 29 (5 weeks) Monday 6th April - Monday 17th April - EASTER HOLIDAY	Summer 01 - 2026 Weeks 30 – 34 (5 weeks) Monday 25th May - Friday 29th May - HALF TERM-WHIT	Summer 02 2026 Weeks 35 – 42 (8 weeks)
Content Unit 1, 2, 3, 4, revision (EA) Unit 5, 6 and 7 (NEA) Food preparation, cooking skills and techniques Recipe amendment, development and evaluation Menu and action planning for completed dishes Practical's and skills This will be based on the externally set brief from NCFE. Students will choose their own recipes	Content Unit 1, 2, 3, 4, revision (EA)	

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<p>Assessment Objectives This is the knowledge, application and skills assessed by the NEA, PPE 2 and mini test Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions, so students perform better Data capture: Y11 PPE 2 & ATL - 03/03 - 14/03 Deadline - 24/03</p>	<p>Assessment Objectives This is the knowledge, application and skills assessed by the NEA and mini test Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions, so students perform better Data capture: ATL Deadline: 19/05</p>	
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