KS4 Big Picture 2025 - 2027 – 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 Sept Bank Holiday. **Tuesday 2nd September Staff Inset** **Wednesday 2nd September Yr 7 only**

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YEAR 10

Autumn 01 *2026* *Weeks 1 – 8 (8 weeks)* *Monday 27th October - Friday 31st October - HALF TERM*	*Autumn 02* *2026* *Weeks 9 – 15 (7 weeks)* *Monday 21st December - Friday 1st January - CHRISTMAS HOLIDAY*	*Spring 01* *2027* *Week 16- 21 (6 weeks)* *Monday 15th February - Friday 19th February - HALF TERM*
Content **Unit 2 (EA):** Food legislation and provenance **Unit 5(NEA)** Food preparation, cooking skills and techniques **Revision (EA)** **Practical's and skills** **Cornflake 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 **Bread Plait** – kneading, rolling, shaping, baking	**Content** **Unit 1 (EA)** Health and safety relating to food, nutrition and the cooking environment **Unit 5(NEA)** Food preparation, cooking skills and techniques **Revision (EA)** **Practical's and skills** **Chicken & Mushroom Pie-** glazing, slicing, dicing, seasoning, thickening, baking **Chocolate Ganache cake** – weighing, measuring, sieving, whisking, creaming, folding, baking, greasing, lining, Bains-marie **Chicken Kiev-** beating, seasoning, rolling, shaping, butterfly, baking and frying **Deboning and portioning a chicken** **Lasagne** – weighing, measuring, roux, peeling, slicing, dicing, grating, simmering, baking	**Content** **Unit 4(EA):** Factors affecting food choice **Unit 5(NEA)** Food preparation, cooking skills and techniques **Revision (EA)** **Practical's and skills** **Lemon meringue thumb prints** – rolling, shaping, whisking, separating, folding, baking **Pasta arrabiatta –** kneading, rolling, shaping, pasta machine, boiling, draining, seasoning. **Summer fruit tart with crème pâtissier** – peeling, slicing, dicing, garnishing, boiling, blind baking, weighing, measuring **Greek chicken Gyros** –frying, seasoning, combining,
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:**	**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 Progress check & ATL -** **Deadline:**	**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 1 & ATL –** **Deadline:**
Spring 02 -2027	*Summer 01 - 2026*	*Summer 02 2026*

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(6 weeks) *Monday 5th April - Monday 16th April - EASTER HOLIDAY*	*(5 weeks)* *Monday 25th May - Friday 29th May - HALF TERM-WHIT*	*(8 weeks)*
Content **Unit 3(EA):** Food groups, key nutrients and a balanced diet **Unit 5(NEA)** Food preparation, cooking skills and techniques **Practical's and skills** **Meatballs and spaghetti-** rolling, shaping, portioning, slicing, dicing, combining, boiling, sauteing, frying, baking **Paella** – slicing, dicing, seasoning, simmering. **Mini Cheesecakes** – baking, shaping, layering, weighing, measuring, whisking, garnishing	**Content** **Unit 1, 2, 3, 4, revision (EA)** **Unit 3(EA):** Food groups, key nutrients and a balanced diet **Unit 5(NEA)** Food preparation, cooking skills and techniques **Practical's and skills** **Thai fish cakes** – shaping, combining, shallow frying, seasoning, slicing, dicing **Mini Pavlovas** – separating, whisking, folding, piping, garnishing, baking **Chocolate Fondant –** baking, greasing, whisking, melting, Bains-marie, folding, separating	**Content** **Unit 1, 2, 3, 4, revision (EA)** **Unit 5(NEA)** Food preparation, cooking skills and techniques **Mock NEA** **Practical's and skills** **Little black forest cakes-** melting, greasing, lining, whisking, folding, baking, spreading, piping **Millionaire shortbread-** greasing, rubbing in, baking, melting, boiling, setting **Mini trifles –** gelatinisation, setting, boiling, layering, baking **Mini churros and caramel sauce –** measuring, frying, boiling, piping, draining, dissolving
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:**	**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:**	**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 -** **Deadline –**
YEAR 11	**YEAR 11**	**YEAR 11**
Autumn 01 ***2027***	***Autumn 02*** ***2027***	***Spring 01*** ***2028***

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Content Unit 5, 6 and 7 (NEA) **Mock 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)** 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**	**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** **Deadline**	**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:**
Spring 02 –2028	***Summer 01 - 2028***	***Summer 02 2028***
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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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 -** **Deadline -**	**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:**	