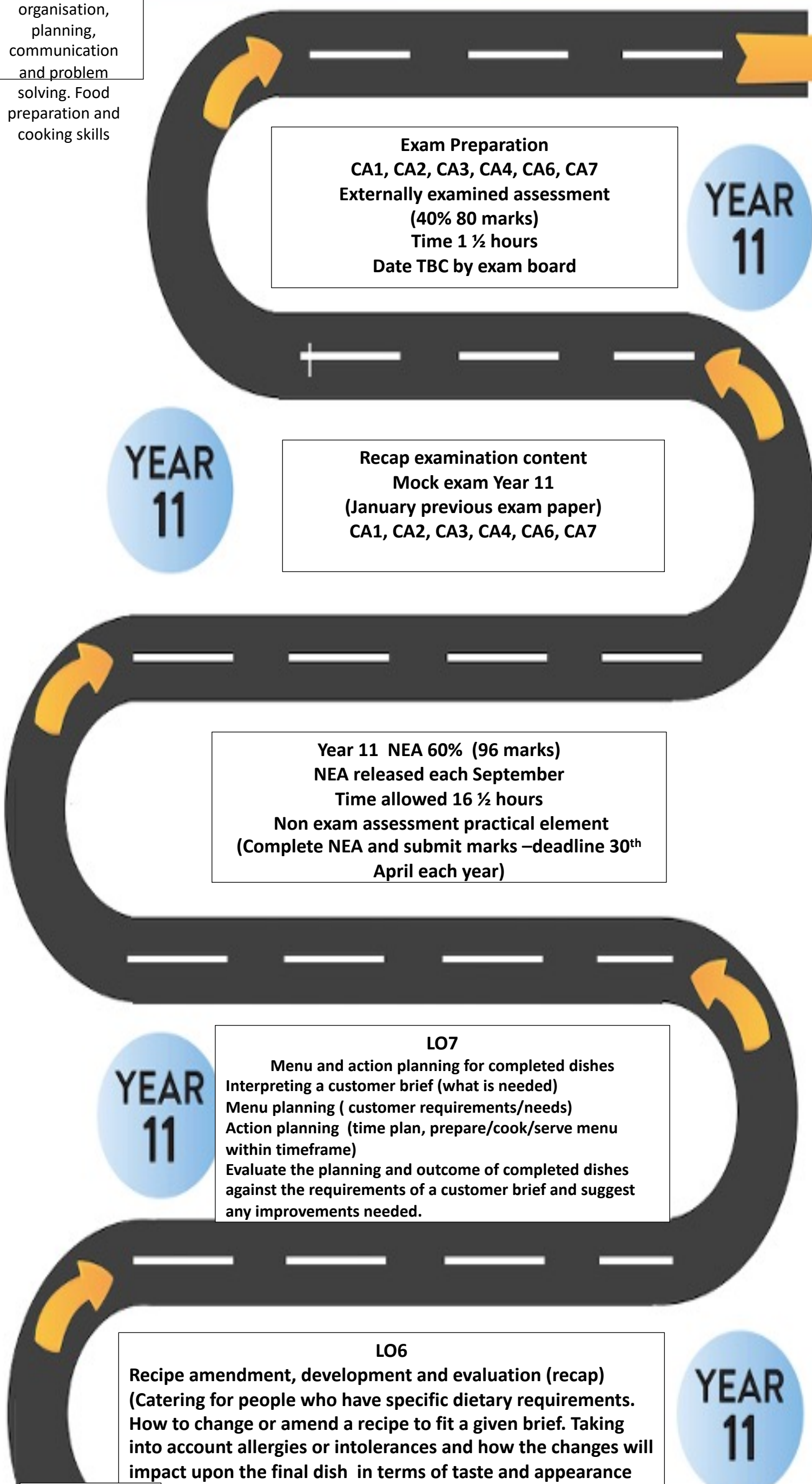




**Skills taught across Food and Cookery**  
Time management, organisation, planning, communication and problem solving. Food preparation and cooking skills

**FURTHER STUDY**  
Professional hospitality and catering routes, dietician  
**CAREER PATHS**  
Apprenticeships, leisure and tourism routes, event planning and management routes,, Armed Forces catering  
**SKILLS**  
Time management, organisation, planning, communication and problem solving. Food preparation and cooking skills  
**INTEREST**  
A continued love of learning about ingredients, cooking and skills.



**Exam Preparation**  
CA1, CA2, CA3, CA4, CA6, CA7  
Externally examined assessment  
(40% 80 marks)  
Time 1 ½ hours  
Date TBC by exam board

**YEAR 11**

Recap examination content  
Mock exam Year 11  
(January previous exam paper)  
CA1, CA2, CA3, CA4, CA6, CA7

**YEAR 11**

Year 11 NEA 60% (96 marks)  
NEA released each September  
Time allowed 16 ½ hours  
Non exam assessment practical element  
(Complete NEA and submit marks –deadline 30<sup>th</sup> April each year)

- 8 Tasks for NEA:**
1. Amend a recipe
  2. Prepare and cook amended recipe
  3. Evaluate amended recipe
  4. Menu and action planning for 2 course meal
  5. Prepare and cook 2 course meal
  6. Evaluate 2 course meal
  7. Prepare and cook a dish for someone with food health related condition
  8. Evaluate the dish for someone with food health related condition

**LO7**  
Menu and action planning for completed dishes  
Interpreting a customer brief (what is needed)  
Menu planning ( customer requirements/needs)  
Action planning (time plan, prepare/cook/serve menu within timeframe)  
Evaluate the planning and outcome of completed dishes against the requirements of a customer brief and suggest any improvements needed.

**YEAR 11**

**Content Area 6**  
Taught all year in conjunction with practical lessons:  
Recipe amendment, development and evaluation. Catering for people who have specific dietary requirements. How to change or amend a recipe to fit a given brief. Taking into account allergies or intolerances and how the changes will impact upon the final dish in terms of taste and appearance

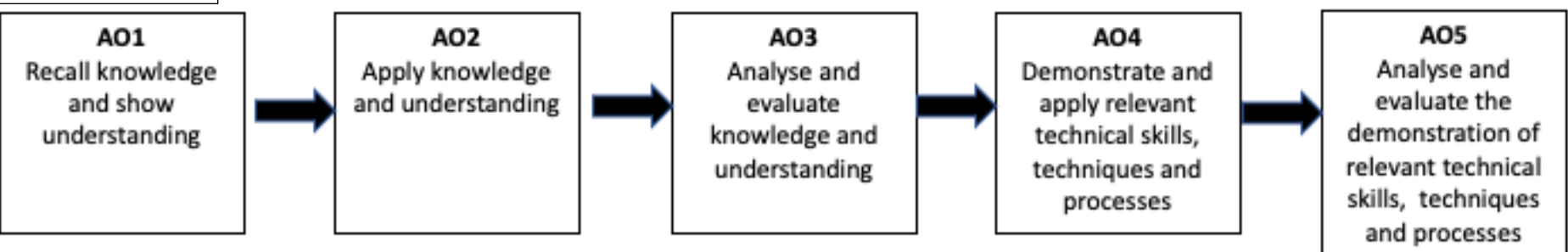
**LO6**  
Recipe amendment, development and evaluation (recap)  
(Catering for people who have specific dietary requirements. How to change or amend a recipe to fit a given brief. Taking into account allergies or intolerances and how the changes will impact upon the final dish in terms of taste and appearance

**YEAR 11**

**Content Area 5**  
Food preparation, cooking skills and techniques.  
  
Taught all year through practical lessons:  
Key stages & purpose of a recipe  
Characteristics and functions of ingredients  
Preparation skills  
Cooking techniques  
Cooking methods  
Presentation skills

NEA to be released 1<sup>st</sup> September each year

Curriculum Overview





**Assessments:**

**Year 10**

After completing each AC (mini assessment)

End of Year 10 mock exam ( previous exam paper)

**Food Preparation, cooking skills and techniques:**

- Key stages and purpose of a recipe.
- The characteristics and functions of ingredients.
- Preparation skills
- Cooking techniques
- Cooking methods
- Presentation skills.

**Move on to Year 11**

**End of Year 10**  
Written mock exam ( use exam board specification paper)  
Mini practical assessment ( adapt a recipe, cook the dish and evaluate)

**YEAR 10**

**Skills taught across Food and cookery**  
Time management, organisation, planning, communication and problem solving.  
Food preparation and cooking skills  
Include dishes that meet specific food health related conditions

**YEAR 10**

**Content Area 4**  
Factors Affecting Food Choice. How social factors affect food choices ( culture, locality, accessibility, personal and economic factors), how these choices may affect a balanced diet. The effects of food production on the environment ( food miles/carbon footprint/pesticides) and food seasonality in the UK and its benefits

**Content Area 5**  
Food preparation, cooking skills and techniques.  
  
Taught all year through practical lessons:  
Key stages & purpose of a recipe  
Characteristics and functions of ingredients  
Preparation skills  
Cooking techniques  
Cooking methods  
Presentation skills

**Content Area 2**  
Food provenance and Food Legislation:  
How and why Food Standards Agency was created, laws that food handlers/producers and sellers have to follow. Where our food comes from, how it is grown, reared or caught and how it is transported safely. How food is processed and manufactured and the disadvantages and advantages of these.

**Content Area 6**  
Taught all year in conjunction with practical lessons:  
Recipe amendment, development and evaluation. Catering for people who have specific dietary requirements. How to change or amend a recipe to fit a given brief. Taking into account allergies or intolerances and how the changes will impact upon the final dish in terms of taste and appearance

**Content Area 3**  
Food Groups, key nutrients and a balanced diet.  
What a balanced diet looks like, information on the different food groups in the Eatwell Guide. The component for a balanced diet, the sources and functions of the different nutrients. Nutritional imbalance , the affects of too much/too little of key nutrients. The role of fibre in our diets. The nutritional requirements of different groups of people. Food related health conditions and nutritional information on food labels.

**YEAR 10**

**Content Area 1**  
Health and Safety relating to food, nutrition and the cooking environment.  
Safe and hygienic working practices in the cooking environment, identifying hazards, risks and control measures, HACCP and safety standards, safe and hygienic working practices for utensils and equipment.

**Curriculum Overview**

*Welcome*  
**Curriculum Overview**

