

Year 10 NCFE Food

		HT1 Health and safety relating to food, nutrition and the cooking environment	HT2 Health and safety relating to food, nutrition and the cooking environment	HT3 Nutrition and health	HT4 Food preparation, cooking skills and techniques	HT5 Food legislation and food provenance	HT6 Food groups, key nutrients and a balanced diet
Learning outcomes/composite knowledge: Pupils will be able to...		Be able to prepare self and the environment for cooking (LO1) Be able to use equipment and utensils for cooking (LO2) Be able to prepare ingredients for cooking (LO3)	Describe the uses of cooking equipment and utensils Describe how to prepare equipment and utensils for cooking Describe safe cleaning and storage of equipment and utensils	Understand and apply the principles of nutrition and health. Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet. Become competent in a range of cooking techniques.	Demonstrate safe and hygienic working practices to prepare self and environment for cooking. Demonstrate safe use of equipment and utensils Demonstrate safe and hygienic cleaning and storage of equipment and utensils. Understand a range of different cooking techniques and their application and impact on a recipe. Demonstrate how to follow recipes.	Describe the main food groups Describe sources of foods from each main food group Explain how seasons affect food availability. Understand the source, seasonality and characteristics of a broad range of ingredients. Understand the purpose of the Food Standards Agency and current legislation governing food safety.	Describe how social factors affect food choices Describe how environmental factors affect food choices Describe how cost factors affect food choices Describe how sensory factors affect food choice
Knowledge Components	Declarative Knowledge: know what	<ul style="list-style-type: none"> I know what a hazard is. I know what a risk is. I know what hygiene means. I know what safe cleaning of equipment and utensils is. I know what safe storage of equipment and utensils is. 	<ul style="list-style-type: none"> I know what specific equipment and utensils are for. I know what a safe environment looks like for cooking. I know what equipment I should use in a practical lesson. 	<ul style="list-style-type: none"> I know what specific equipment and utensils are for. I know what texture is. I know what seasoning is. I know what ingredients combine well together. I know what a recipe is. I know what savoury means. 	<ul style="list-style-type: none"> I know what hygiene means. I know what safe cleaning of equipment and utensils is. I know a range of knife skills including selecting the knife appropriate to the task. I know what creaming, rubbing in, whisking, kneading, grating, 	<ul style="list-style-type: none"> I know the main food groups according to the Eatwell Guide. I know examples of foods for each group. I know what carbohydrates are. I know what dairy is. I know where proteins are found. I know what monounsaturated fats are. 	<ul style="list-style-type: none"> I know that there are many factors that influence what we choose to eat when food is prepared and cooked. I know what environmental factors are and how they affect food choices and the impact on the environment. I know what locality means.

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		<ul style="list-style-type: none"> I know what correct ingredients are needed for given recipes 	<ul style="list-style-type: none"> I know what biological contamination is. I know the causes of food spoilage. I know what cross-contamination means. I know what a risk assessment is. 	<ul style="list-style-type: none"> I know what fibre is. I know what allergies are. I know what nutrition means. I know what nutrients are. I know the sources and functions of macronutrients. I know the sources and functions of micronutrients. I know what the different food groups are. I know the nutritional requirements for different groups of people. I know the components of a balanced diet. 	<p>marinating, basting and blanching are.</p> <ul style="list-style-type: none"> I know the key stages of a recipe. I know the factors that impact on a recipe. 	<ul style="list-style-type: none"> I know what polyunsaturated fats are. I know the current UK government healthy eating tips. I know the sources and functions of macronutrients. I know the sources and functions of micronutrients. I know the sources and functions of minerals. I know what the Food Standards Agency is. I know what 'reared' means. I know what 'food processing' means. I know the advantages and disadvantages of food processing. 	<ul style="list-style-type: none"> I know what economic means. I know what organic means. I know what carbon footprint means. I know what pesticides are. I know what food waste is. I know the different seasons. I know the benefits of using seasonal foods.
	Procedural Knowledge: know how	<ul style="list-style-type: none"> I know how to identify potential hazards and risks in the cooking environment. I know how to prep a safe and hygienic cooking environment. I know how to use equipment and utensils for cooking. 	<ul style="list-style-type: none"> I know how to prep a safe and hygienic cooking environment. I know how to use equipment and utensils for cooking. I know how to use equipment and utensils safely. 	<ul style="list-style-type: none"> I know how to select and prepare ingredients. I know how to use utensils and electrical equipment. I know how to season dishes and combine ingredients. 	<ul style="list-style-type: none"> I know how to prep a safe and hygienic cooking environment. I know how to use equipment and utensils for cooking. I know how to use equipment and utensils safely. I know how to measure ingredients. 	<ul style="list-style-type: none"> I know how seasons affect food availability. I know how food can be grown, reared and caught. I know how food is produced and transported. I know how the Food Standards Agency governs food safety. 	<ul style="list-style-type: none"> I know how the seasons affect food availability, types of seasonal fruit and vegetables grown in the UK, and the benefits of using seasonal produce during each season. I know how food choices may be changed to maintain a balanced diet.

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		<ul style="list-style-type: none"> • I know how to use equipment and utensils safely. • I know how to prepare ingredients for cooking • I know how to prepare ingredients for cooking. • I know how to safely store ingredients 	<ul style="list-style-type: none"> • I know how to prepare ingredients for cooking. • I know how to safely store ingredients. • I know how to minimise potential hazards when food is prepared and cooked. 	<ul style="list-style-type: none"> • I know how to apply heat in different ways. • I know how to adapt and use my own recipes. • I know how to read the nutritional information on food labels. • I know how food can affect or relate to health conditions. 	<ul style="list-style-type: none"> • I know how to peel ingredients. • I know how to use a range of different cooking techniques and their application and impact on a recipe • I know how to choose the most suitable ingredients for the methods chosen. 		<ul style="list-style-type: none"> • I know how environmental factors affect food choices.
National Curriculum reference		<p>Understand and apply the principles of nutrition and health</p> <p>Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet</p> <p>Become competent in a range of cooking</p> <p>Understand the source, seasonality and characteristics of a broad range of ingredients</p> <p>Understand and apply the principles of nutrition and health</p> <p>Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet</p> <p>Become competent in a range of cooking</p> <p>Understand the source, seasonality and characteristics of a broad range of ingredients</p> <p>Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet</p> <p>Become competent in a range of cooking</p> <p>Understand the source, seasonality and characteristics of a broad range of ingredients</p>					
Exemplar Composite Task(s)		<ul style="list-style-type: none"> • Label equipment and utensil used in cooking. • Write a step-to-step guide for prepping self and cooking. (LO2) 	<ul style="list-style-type: none"> • SEEC model for key vocabulary. • Select appropriate equipment and label diagrams. • Low stakes quiz on key vocabulary. 	<ul style="list-style-type: none"> • SEEC model for key vocabulary. • Design and produce a revision poster on the topic of nutrients. 	<ul style="list-style-type: none"> • SEEC model for key vocabulary. 	<ul style="list-style-type: none"> • SEEC model for key vocabulary. • Individual labelling of the Eatwell Guide outline to show foods from each section to retain for future reference. 	<ul style="list-style-type: none"> • Each group of learners takes one of the factors to research in detail how they affect food choices: The groups then plan a presentation to explain key findings to the rest of the class supported

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	<ul style="list-style-type: none"> • Demonstrate how to prep ingredients e.g. slicing/chopping. • SEEC model for key vocabulary. 	<ul style="list-style-type: none"> • Practical demonstrating food prep. 				<ul style="list-style-type: none"> by a PowerPoint, a short activity for the class to do and present. • SEEC model for key vocabulary.