

Year 11

Subject:	Level 1/2 Technical Award Food and Cookery
Exam Board:	NCFE
Papers:	Examined assessment 1 hour 30 minutes

Recommend book to support with revision

NCFE Level 1/2 Technical Award in Food and Cookery by Helen Buckland

Revision Topics	Revised
1 Health and Safety relating to food, nutrition and the cooking environment	
1.1 Safety and hygienic working practices relating to the individual and the cooking environment: Safe and unsafe working practices for a food handler. Contamination, cross-contamination, personal hygiene and food poisoning	
1.4 Minimising risk in the cooking environment	

Revision Topics	Revised
2 Food legislation and food provenance	
2.2 Food provenance: How food is grown, how animals are reared for food, how food is caught	
2.5 Food manufacturing	

Revision Topics	Revised
3 Food groups, key nutrients and a balanced diet	
3.1 Food groups: The five main groups	
3.3 Nutrients: Carbohydrates, Fats, proteins, vitamins and minerals	
3.4 Nutrient imbalances	
3.5 Fibre	
3.6 Nutritional requirements for different groups of people: babies, toddlers, children, adolescents, adults and older people	

Revision Topics	Revised
5 Food preparation, cooking skills and techniques	
5.3 Preparation skills: Weighing and measuring, ratio of ingredients, impact on finished dish, peeling, knife skills, chopping, filleting fish, slicing, dicing and trimming meats	
5.6 Presentation skills: Choice of utensils, design, colour, texture, flavour, garnish, decoration, choice of plate	

Revision Topics	Revised
6 Recipe amendment, development and evaluation (Pages in Food and Cookery textbook)	
6.1 Recipe amendment: Factors affecting food choice, amending and developing recipes	

Revision Topics	Revised
7 Menu and action planning for completed dishes	
7.1 Interpreting a customer brief	
7.2 Menu planning: What to consider when menu planning, justification of your chosen dishes	
7.4 Evaluate the planning and outcome of completed dishes against the requirements of a customer brief: Points that need to be included in your evaluation	