

STMCA - NCFE Food & Cookery Curriculum Overview

Year 10 NCFE Food & Cookery

	HT1 Autumn	HT2 Autumn	HT3 Spring	HT4 Spring	HT5 Summer	HT6 Summer
BIG Q	How can I develop safe, independent practical skills and understand the function of ingredients in baking?	How do ingredients and heat create successful baked products, and how can I evaluate and improve them?	How can I extend my practical skills to produce a wider range of successful savoury dishes?	How can nutrition, food safety and cooking methods influence choices for different people?	How can I apply nutrition and practical knowledge when planning dishes for a specific group?	How can I plan, produce and evaluate a successful mock NEA response?
Content (max 5)	1. Develop safe and hygienic working routines. 2. Explore baking preparation skills including creaming, whisking and rubbing-in. 3. Investigate raising agents and the function of ingredients. 4. Work with increasing independence and accuracy. 5. Evaluate practical outcomes and identify improvements.	1. Explore coagulation, caramelisation, shortening and dextrinisation. 2. Investigate the effect of heat on ingredients when baking. 3. Apply accurate time and temperature control. 4. Develop nutritional knowledge of macro- and micronutrients. 5. Evaluate and improve baking outcomes to Technical Award standard.	1. Extend preparation skills through a range of savoury dishes. 2. Apply different cooking methods and principles of heat transfer. 3. Investigate working characteristics of ingredients. 4. Develop organisation and dovetailing skills. 5. Evaluate practical work using sensory and technical criteria.	1. Investigate health and safety in domestic and commercial settings. 2. Apply HACCP, hygiene and risk-assessment principles. 3. Explore dietary needs, allergies and intolerances. 4. Explain how nutrient needs change for different groups. 5. Apply ingredient and cooking-method knowledge to suitable dishes.	1. Plan dishes for a specific group or dietary need. 2. Use nutritional knowledge to justify menu choices. 3. Modify recipes for health, lifestyle or ethical requirements. 4. Produce dishes safely and independently. 5. Evaluate theory and practical work to Technical Award standard.	1. Interpret a mock NEA brief. 2. Research the needs of the target group. 3. Plan a suitable menu and practical workflow. 4. Produce and present dishes successfully. 5. Analyse and evaluate the completed response.
Vocabulary (max 10)	Creaming Whisking Rubbing-in Raising Agent, Hygiene, Accuracy Function Independent Evaluate Improve	Coagulation Caramelisation Shortening Dextrinisation Macronutrients Micronutrients Deficiency Heat Time Temperature	Gelatinisation Reduction Emulsifying Setting Heat Transfer Dovetailing, Sensory Analysis, Savoury, Preparation, Cooking Method	HACCP Hygiene Risk Assessment Pathogenic Allergies Intolerances Special Dietary Needs Contamination Temperature Management Commercial	Balanced Diet Lifestyle Ethical Choice Vegetarian Vegan Obesity Heart Disease Activity Level Modified Justify	NEA Brief Target Group Menu, Planning Workflow Practical Skills Presentation Analyse Evaluate
Catholic Link	Human Creativity and Dignity	Dignity of Work	Dignity of Work	Human Creativity and Dignity	Human Creativity and Dignity	Excellence and Perseverance
Careers Link	Baker, Pastry Chef	Food Scientist, Home Economist	Chef, Catering Assistant	Environmental Health Officer, Nutritionist	Dietician, Menu Developer	Chef, Food Product Developer