

Year 10 NCFE Food & Cookery

	Autumn HT1	Autumn HT2	Spring HT3	Spring HT4	Summer HT5	Summer HT6
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. Develop nutritional knowledge of macronutrients.	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. Explore food provenance and how food is produced. 2. Understand seasonality, processing and manufacturing. Apply provenance and safety knowledge to food choices. 3. Interpret a mock NEA brief. 4. Research the needs of the target group. Plan a suitable menu and practical workflow. 5. Produce and present dishes successfully. Analyse and evaluate the completed response.
Vocabulary (max 10)	Creaming Whisking Rubbing-in, Raising Agent Hygiene, Accuracy Function Independent Evaluate Improve Macronutrient Excess Deficiency	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	Food Provenance Arable Organic Free Rang Pesticides, Fertilisers Processing, Manufactured Seasonality NEA Brief, Target Grou Menu, Planning Workflow, Practical Skills Presentatio 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, Nutritionist, Dietician	Food Scientist, Home Economist	Chef, Catering Assistant	Environmental Health Officer, Nutritionist	Dietician, Menu Developer	Chef, Food Product Developer