

NCFE Level 2 Certificate in Food and Cookery Skills

Key Stage 4

Intent:

Achieving the NCFE Level 2 will provide our students with skills, knowledge and confidence in the kitchen and equip them with the ability to prepare meals for themselves, grasp where their food comes from, budget to make food go further and gain an understanding of nutrition so they can make informed healthy choices about their diet.

Through the practical element of the course students will start to learn about different cooking methods and styles, explore foods that they not be familiar with and have opportunities to cook dishes for critical assessment and feedback from staff and peers alike.

Overall, our goal with this course is to provide our young people with the culinary skills, knowledge and confidence required to prepare them for an independent future and unlock a talent for cooking and a skill set that could provide career opportunities in the future.

Implementation:

Term 1: Preparing To Cook, Hygiene practices, correct storage and use of equipment, understanding and cooking basic recipes.

Term 2: Identifying main food groups and develop an understanding of where food comes from and the seasonal/economic factors that impact food availability, nutrition and healthy eating.

Term 3: Exploring balanced diets, look at different types of diets and nutritional requirements for different communities (veganism etc) Examine food diaries and make recommendations, take selected recipes and make them healthier. Assessing requirements of a set brief (specific cuisine or occasion) Select suitable dishes to fulfil the brief. Develop a plan for the execution of menu. Make dish. Apply criticism and reflection.

“I watch cooking change the cook, just as it transforms the food”

Laura Esquivel