

Moseley Park Food Technology Curriculum Intent

NCFE Level 2 Certificate in Food and Cookery Skills

This qualification is designed for students with an interest in food and cookery. It will provide students with experience of using different cooking skills and methods to enable them to use these within further education or apprenticeships. It will give them a basic understanding of the skills required for a career in food.

Qualification content

Throughout their study, students will develop skills including how to:

- prepare and cook using basic skills
- plan and produce dishes for a purpose
- ensure a safe and hygienic environment.

Students will also take away valuable knowledge of:

- food and its functions in the body and in recipes
- balanced diets and modification of recipes for health purposes.

Intent

As part of their work in food technology lessons, students are taught how to cook and apply the principles of nutrition and healthy eating. We aim to build the confidence of our students in the kitchen and provide an engaging environment for all levels. We aim to help students find enjoyment in food and learn the crucial skills required to feed themselves and others later in life.

During their time at Moseley Park, students will be given the opportunity to use their skills in real world situations. We aim to make Food Technology as cross curricular as possible. In doing so students will be able to gain a great understanding of other topics, for example Maths, Science and Sport. We aim to give our students an awareness of other countries and cultures by exploring and making dishes from all around the globe.

Throughout their time at Moseley Park, students will be taught to:

- 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 and confident in a range of cooking techniques
- understand the source, seasonality and characteristics of a broad range of ingredients
- Work as part of a team and also independently.

Preparing to cook

This area aims to introduce students to the safe and hygienic preparation of the cooking environment and ingredients. Students will understand the importance of how to prepare and store equipment and utensils. Students will learn to understand and follow recipes to demonstrate their cooking skills to produce a variety of dishes.

Understanding food

This area will provide students with an understanding of factors that can affect food choices. Students will be able to apply these factors when selecting and cooking dishes.

Exploring balanced diets

Students will understand the importance of a balanced diet. They will learn about Reference Intake (RI)/Guideline Daily Amounts (GDAs) and how food labels can inform healthy eating. Students will be able to change recipes to make them healthier.

Plan and produce dishes in response to a brief

This area will give students the opportunity to bring together their learning and skills developed throughout the course to produce a menu in response to a brief. Students will plan, make and review their completed dishes.

Curriculum Time

Food technology is delivered by subject specialists with students receiving a double lesson per week.

Curriculum Content

The long-term plan for food technology (topics taught by year) can be downloaded in .pdf format

Qualifications

Depending on ability, students have the opportunity to undertake the following, nationally recognised, qualifications:

VCERT Food and Cookery Skills: Level 1- Level 2

Additionally, students are able to complete a certificate in Food Hygiene and a first aid qualification which support all forms of work in the catering industry.

Career Opportunities

The VCERT Food and Cookery Skills qualifications providing ideal stepping stones to college courses in Catering and Hospitality. Alternatively, they provide recognised qualifications which will support an application for apprenticeships or jobs in the catering sector, particularly when combined with a Food Hygiene Certificate and First Aid qualification.