

NCFE Level 1/2 Technical Award in Food and Cookery

The course is made up as follows:

Learners will study the following units:

- Health and safety relating to food, nutrition, and the cooking environment.
- Food legislation and food provenance.
- Food groups, key nutrients and a balanced diet.
- Factors affecting food choice.
- Food preparation, cooking skills and techniques.
- Recipe amendment, development and evaluation.
- Menu and action planning for completed dishes.

Assessment

The Level 1/2 Technical Award in Food and Cookery qualification is assessed on 2 component parts: an examined assessment (EA 40%) and a non-exam assessment (NEA 60%)

Assessments	Assessment time	Assessment conditions	Marking
Non-exam assessment (NEA)	16 hours 30 minutes	Supervised Internal, with external moderation	Supervised Internal, with external moderation
Examined assessment (EA)	1 hour 30 minutes	Invigilated	External



Course description

The Level 1/2 Technical Award in Food and Cookery is designed for learners who want an introduction to food and cookery that includes a vocational and project-based element. The qualification will appeal to learners who wish to pursue a career in the food industry or progress onto further study.

This qualification will enable learners to develop their personal interest and skills in cookery that will help them to prepare food that is healthy and nutritious. The course will help the learner to make appropriate food choices and provide a balanced diet for themselves and others. The skills learned during the course can readily be transferred to further study or employment within the food sector. This level 1/2 qualification is appropriate for learners who are looking to develop a core of knowledge and understanding of food and cookery principles, and apply their knowledge through a series of practical tasks and by using a wide range of cooking skills.