



## Level 2 Certificate in Food and Cookery (NCFE VCert)



Welcome to the Level 2 Certificate in Food and Cookery Therapies. Please follow the links in the Therapy section below to access the resources.

The areas of development are:	Therapy
<ul style="list-style-type: none"> <li>understanding how to prepare yourself, and the environment, for cooking</li> </ul>	<ul style="list-style-type: none"> <li>read Examining Food and Nutrition textbook by Jenny Ridgwell, Section 4: Preserving Food and Processing Food</li> <li>see the <a href="#">Food Standards Agency website</a></li> <li>look at example work on the <a href="#">NCFE website (Qualifications - Food and Cookery)</a></li> </ul>
<ul style="list-style-type: none"> <li>understanding how to prepare and store equipment and utensils for cooking</li> </ul>	<ul style="list-style-type: none"> <li>develop this skill at home through practising dishes using various different equipment. This can also be developed in subsequent practicals through trying more challenging dishes</li> <li>look at example work on the <a href="#">NCFE website (Qualifications - Food and Cookery)</a></li> </ul>
<ul style="list-style-type: none"> <li>understanding recipes for cooking</li> </ul>	<ul style="list-style-type: none"> <li>research recipes</li> <li>practise analysing recipes and practising different dishes that include different skills</li> <li>look at example work on the <a href="#">NCFE website (Qualifications - Food and Cookery)</a></li> </ul>
<ul style="list-style-type: none"> <li>using a variety of skills for food preparation and cookery</li> </ul>	<ul style="list-style-type: none"> <li>practise using different skills inside the classroom and at home</li> <li>further information on cooking skills can be found in the Food Preparation and Nutrition textbook</li> <li>look at example work on the <a href="#">NCFE website (Qualifications - Food and Cookery)</a></li> </ul>
<ul style="list-style-type: none"> <li>understanding the sources of food</li> </ul>	<ul style="list-style-type: none"> <li>further information can be found under section 6, topic 6.2 Food production and processing</li> <li>look at example work on the <a href="#">NCFE website (Qualifications - Food and Cookery)</a></li> </ul>
<ul style="list-style-type: none"> <li>understanding factors affecting food choices</li> </ul>	<ul style="list-style-type: none"> <li>examining Food and Nutrition section 2 and 4</li> <li>Hodder Food Preparation and Nutrition textbook, Section 5, Topic 5.1</li> <li>look at example work on the <a href="#">NCFE website (Qualifications - Food and Cookery)</a></li> </ul>
<ul style="list-style-type: none"> <li>making informed choices when using food for cooking</li> </ul>	<ul style="list-style-type: none"> <li>further information can be found under Section 5, topic 5.1 Factors affecting food choice</li> <li>look at example work on the <a href="#">NCFE website (Qualifications - Food and Cookery)</a></li> </ul>
<ul style="list-style-type: none"> <li>understanding the importance of a balanced diet</li> </ul>	<ul style="list-style-type: none"> <li>see the <a href="#">British Nutrition Foundation website</a></li> <li>explore the <a href="#">Food a Fact For Life website</a></li> <li>refer to examining Food and Nutrition (Jenny Ridgwell)</li> <li>complete practice papers. These can be found on the <a href="#">NCFE website</a> or can be given to you by your teacher</li> </ul>

<ul style="list-style-type: none"> <li>describing the nutrients that make up a balanced diet</li> </ul>	<ul style="list-style-type: none"> <li>see the <a href="#">British Nutrition Foundation website</a></li> <li>explore the <a href="#">Food a Fact For Life website</a></li> <li>refer to examining Food and Nutrition (Jenny Ridgwell)</li> <li>complete practice papers. These can be found on the <a href="#">NCFE website</a> or can be given to you by your teacher</li> </ul>
<ul style="list-style-type: none"> <li>recognising and explaining the nutritional requirements of different groups of people</li> </ul>	<ul style="list-style-type: none"> <li>Examining Food and Nutrition by Jenny Ridgwell, Section 2</li> <li>see the <a href="#">British Nutrition Foundation website: Nutrition science - Nutrition through life</a></li> <li>complete practice papers. These can be found on the <a href="#">NCFE website</a> or can be given to you by your teacher.</li> </ul>
<ul style="list-style-type: none"> <li>explaining how nutritional information on food labels can inform healthy eating</li> </ul>	<ul style="list-style-type: none"> <li>Hodder Food Preparation and Nutrition textbook, section 5, topic 5.4 Food labelling and marketing</li> <li>see the <a href="#">NHS Choices website: Live Well - Food Labels</a></li> <li>see the <a href="#">British Nutrition Foundation website: Nutrition Science - Food and labelling facts</a></li> </ul>
<ul style="list-style-type: none"> <li>planning a menu</li> </ul>	<ul style="list-style-type: none"> <li>develop this skill through becoming more independent in practical lessons</li> <li>research recipes that fit the brief and use recipes books from school</li> <li>practise writing time plans</li> <li>look at example work on the <a href="#">NCFE website (Qualifications - Food and Cookery)</a></li> </ul>
<ul style="list-style-type: none"> <li>developing a plan of action for making dishes within a planned menu</li> </ul>	<ul style="list-style-type: none"> <li>practise writing time plans. Respond to feedback on previous time plans that have been written</li> <li>look at example work on the <a href="#">NCFE website (Qualifications - Food and Cookery)</a></li> </ul>

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