



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

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

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