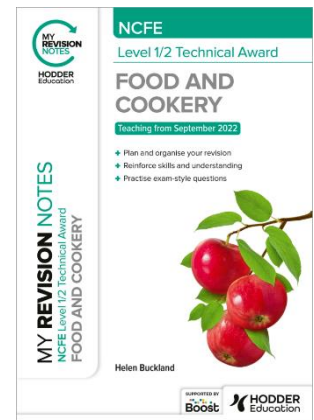
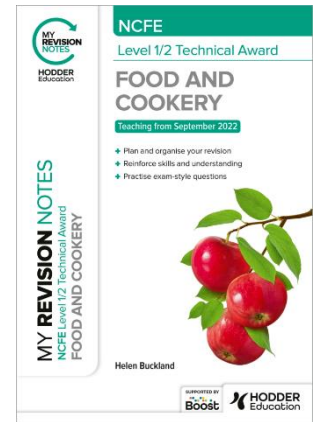
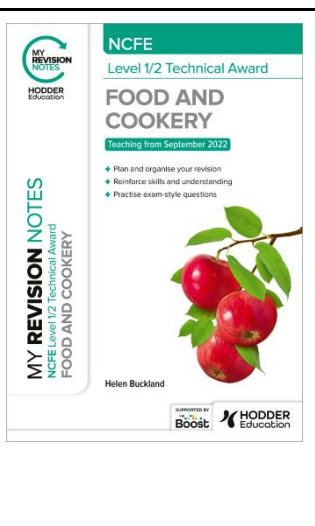
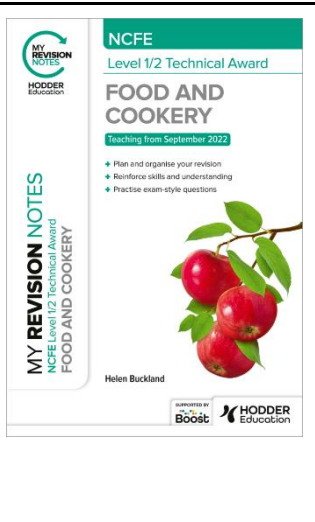
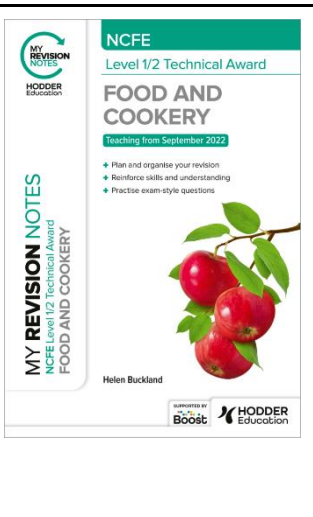
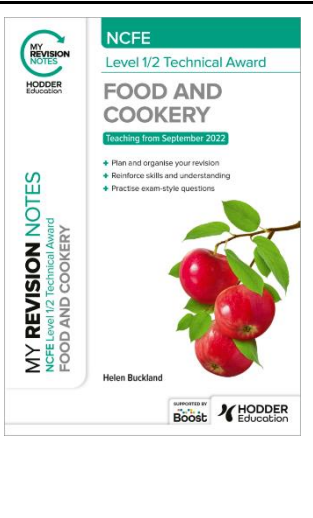


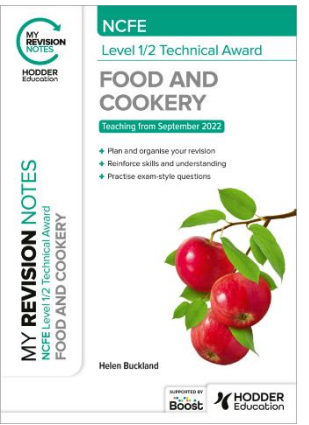
# NCFE Level 1 / 2 Technical Award. Food and Cookery

	Exam	Topic	Suggested revision strategy (with links)	Suggested outcome from revision time this week (what a parent can expect to see)
<b>Week 1</b>	<p>NCFE Level 1 / 2 Technical Award</p> <p>Food and Cookery</p>	<p>Macronutrients from food groups. Key nutrients and balanced diets</p>	<p>Focus on:</p> <ul style="list-style-type: none"> <li>• Proteins</li> <li>• Fats, oils and lipids</li> <li>• Carbohydrates</li> </ul>	<p>All students have been given a NCFE Level 1 / 2 Technical Award book. Which includes:</p> <ul style="list-style-type: none"> <li>• Revision guide</li> <li>• Practise exam-style questions</li>   <li>• Mind maps</li> <li>• Flashcards</li> <li>• Matching activity</li> </ul>
<b>Week 2</b>		<p>Micronutrients from food groups. Key nutrients and balanced diets</p>	<p>Focus on:</p> <ul style="list-style-type: none"> <li>• Vitamins</li> <li>• Minerals</li> </ul>	<p>All students have been given a NCFE Level 1 / 2 Technical Award book. Which includes:</p> <ul style="list-style-type: none"> <li>• Revision guide</li> <li>• Practise exam-style questions</li>   <li>• Mind maps</li> <li>• Flashcards</li> <li>• Matching activity</li> </ul>



<p><b>Week 3</b></p>		<p>Micronutrients from food groups. Key nutrients and balanced diets</p>	<p>Focus on:</p> <ul style="list-style-type: none"> <li>• Trace elements</li> <li>• Fibre</li> <li>• Water</li> </ul>	<p>All students have been given a NCFE Level 1 / 2 Technical Award book. Which includes:</p> <ul style="list-style-type: none"> <li>• Revision guide</li> <li>• Practise exam-style questions</li> <li>• Mind maps</li> <li>• Flashcards</li> <li>• Matching activity</li> </ul>	
<p><b>Week 4</b></p>		<p>Diet and Good Health</p>	<p>Focus on:</p> <ul style="list-style-type: none"> <li>• Life stages</li> <li>• Special Dietary Needs</li> <li>• Specific Lifestyle Choices</li> <li>• Nutritional labelling</li> <li>• Symbols on labelling</li> </ul>	<p>All students have been given a NCFE Level 1 / 2 Technical Award book. Which includes:</p> <ul style="list-style-type: none"> <li>• Revision guide</li> <li>• Practise exam-style questions</li> <li>• Mind maps</li> <li>• Flashcards</li> <li>• Matching activity</li> </ul>	

<p><b>Week 5</b></p>		<p>Characteristics for food preparation, cooking skills and techniques</p>	<p>Focus on:</p> <ul style="list-style-type: none"> <li>• Advantages and disadvantages of cooking methods</li> <li>• Aeration</li> <li>• Thickening</li> <li>• Setting</li> <li>• Shortening</li> <li>• Function of ingredients</li> <li>• Preparation skills</li> <li>• Presentation skills</li> </ul>	<p>All students have been given a NCFE Level 1 / 2 Technical Award book. Which includes:</p> <ul style="list-style-type: none"> <li>• Revision guide</li> <li>• Practise exam-style questions</li> <li>• Mind maps</li> <li>• Flashcards</li> <li>• Matching activity</li> </ul>	
<p><b>Week 6</b></p>		<p>Health and Safety related to food</p>	<p>Focus on:</p> <ul style="list-style-type: none"> <li>• Sources of contamination</li> <li>• Signs of spoilage</li> <li>• High risk foods</li> <li>• Bacteria</li> <li>• Food poisoning</li> <li>• Potential hazards and risk</li> <li>• Minimising risk</li> <li>• HACCP</li> </ul>	<p>All students have been given a NCFE Level 1 / 2 Technical Award book. Which includes:</p> <ul style="list-style-type: none"> <li>• Revision guide</li> <li>• Practise exam-style questions</li> <li>• Mind maps</li> <li>• Flashcards</li> <li>• Matching activity</li> </ul>	

<p><b>Week 7</b></p>		<p>Food legislation and provenance</p>	<p>Focus on:</p> <ul style="list-style-type: none"> <li>• Sustainability of food</li> <li>• Grown, reared, caught food</li> <li>• Primary processing</li> <li>• Secondary processing</li> <li>• Advantages and disadvantages of processing food</li> <li>• Packaging</li> <li>• Food standards and laws</li> </ul>	<p>All students have been given a NCFE Level 1 / 2 Technical Award book. Which includes:</p> <ul style="list-style-type: none"> <li>• Revision guide</li> <li>• Practise exam-style questions</li> <li>• Mind maps</li> <li>• Flashcards</li> <li>• Matching activity</li> </ul>	
<p><b>Week 8</b></p>		<p>Factors affecting food choice and recipe amendment</p>	<p>Focus on:</p> <ul style="list-style-type: none"> <li>• Factors that affect food choice</li> <li>• Food security</li> <li>• Food choices related to ethical, moral and environmental beliefs</li> <li>• Religion</li> <li>• Food choices related to food intolerances and allergies</li> <li>• Reducing waste</li> </ul>	<p>All students have been given a NCFE Level 1 / 2 Technical Award book. Which includes:</p> <ul style="list-style-type: none"> <li>• Revision guide</li> <li>• Practise exam-style questions</li> <li>• Mind maps</li> <li>• Flashcards</li> <li>• Matching activity</li> </ul>	