



Harmonize Academy

Subject Overview

Food Technology



Food and Cookery Skills

Our curriculum overview for children aged 14–16 studying at Level 1 or Level 2, the course consists of four units 75% of the course is theory and practical lesson based and 25% is the final exam which is a practical based cooking exam. This provides a clear structure of the course content and skills that will develop, and the assessment methods. Here's a breakdown of what such an overview would provide to our learners, the purpose of the Course is to develop the knowledge of essential food preparation and cooking skills. learners will also gain an insight into food nutrition, food safety, hygiene, and meal planning, this will help the student to promote confidence and independence in the kitchen.

How do we deliver Food Technology?

What Will Learners Gain?

NCFE L1 or L2 Food and Cookery Skills

- Practical cookery skills (preparing and cooking a range of dishes).
- Understanding of basic nutrition and healthy eating guidelines.
- Knowledge of kitchen safety, food hygiene, and storage.
- Planning, costing, and evaluating meals for different dietary needs.
- Time management and teamwork skills through kitchen-based tasks.

Course Structure includes units like:

- Health and Safety in the Kitchen
- Safe knife handling
- Cleaning routines
- Preventing cross-contamination
- Basic Food Preparation and Cooking Techniques
- Boiling, baking, roasting, grilling, frying, etc.
- Using a range of equipment
- Understanding Nutrition and Health
- Eatwell Guide
- Nutritional needs for different age groups and lifestyles
- Meal Planning and Evaluation
- Creating balanced dishes for specific dietary needs
- Costing recipes
- Evaluating sensory qualities of food (taste, texture, presentation).

Assessment Methods

- Practical assessments (e.g. preparing a two-course meal)
- Written coursework/portfolios
- Observation by teachers during food preparation

Self and peer evaluations

No formal exam in most NCFE Level 1/2 courses—assessment is based on evidence collected throughout the course.

- Skills Developed
- Knife and equipment handling
- Cooking techniques
- Time management
- Teamwork and communication
- Organisation and personal responsibility
- Understanding of dietary requirements and allergies

Future pathways

- Level 3 courses (e.g., in Hospitality & Catering)
- Apprenticeships in the food industry
- Employment in catering or hospitality
- Improved independence and life skills