

## Food Technology - Level 2 Certificate in Food and Cookery (601/4533/X)

### Year 11 NCFE Revision Plan

#### Key Dates

#### Written Examination:

Unit 3 – Understand the importance of a balanced diet 1<sup>st</sup> March at 9.30am (2 hours)

- If pupils do not pass the 2 hour exam, they can only achieve certificates for the remaining units and will not be able to achieve the full qualification.
- The exam does not have any marks - it provides pupils with assessment criteria that must be met when answering the questions. Pupils have been provided with this criteria and the key information that needs to be learnt in order to meet it.

#### Revision Plan

| Week beginning Monday                   | Revision<br>To be able to recall all the knowledge of:  | Past Paper Exam Questions               |
|---|---|---|
| 6 <sup>th</sup> Feb                     | 1.1 Explain what is meant by a balanced diet.<br>Balanced diet: to include portion control, water intake and dietary fibre, RI/GDAs etc.  | 1.1 on all question papers              |
| 6 <sup>th</sup> Feb                     | 1.2 Describe the nutrients that make up a balanced diet<br>Nutrients: macro (carbohydrates, fats, proteins), micro (vitamins A, B group, C and D), minerals (iron and calcium), source, function, deficiency  | 1.1 and 1.2 on all question papers      |
| 13 <sup>th</sup> Feb                    | 1.3 Explain nutrient requirements for different groups of people<br>Groups of people: age (babies and toddlers, pre-schoolers, children, teenagers, adults, older) gender, activity level, health conditions (lactose intolerance, nut allergy, coronary heart disease, vegans) | 1.1, 1.2 and 1.3 on all question papers |
| 13 <sup>th</sup> Feb                    | 1.3 Explain nutrient requirements for different groups of people<br>Groups of people: age (babies and toddlers, pre-schoolers, children, teenagers, adults, older) gender, activity level, health conditions (lactose intolerance, nut allergy, coronary                        | 1.1, 1.2 and 1.3 on all question papers |
| 13 <sup>th</sup> Feb                    | 1.4 Explain healthy eating advice<br>Healthy eating advice: current UK government guidelines on e.g. fat, sugar, salt, fibre, and fruit and vegetables.   | 1.1 – 1.4 on all question papers        |
| 20 <sup>th</sup> Feb                    | 1.5 Explain how nutritional information on food labels can inform healthy eating<br>Nutritional information: e.g. fat content, calories content, serving size   | 1.1 – 1.5 on all question papers        |
| 20 <sup>th</sup> Feb                    | 1.6 Assess a food diary and make recommendations<br>- including current healthy eating advice, individual requirements for a balanced diet, RI/GDA  | 1.1 – 1.6 on all question papers        |
| 27 <sup>th</sup> Feb                    | 2.1 Assess a recipe in terms of its contribution to healthy eating<br>Recipe: eg, cooking method, ingredients, portion size, serving suggestion, cost   | 1.1 – 2.3 on all question papers        |
| 27 <sup>th</sup> Feb                    | 2.2 Explain how the recipe could be changed to make the finished dish healthier   | 1.1 – 2.3 on all question papers        |
| 27 <sup>th</sup> Feb                    | 2.3 Describe other factors that could affect the finished dish<br>Other factors: eg taste, texture, moisture, appeal, appearance  | 1.1 – 2.3 on all question papers        |
| <b>Exam Monday 1<sup>st</sup> March</b> |   |   |

*\*Note: There is no revision guide for the qualification but all work has been provided on Google Drive and as a hard copy*

#### Key Resources

**Revision guide** – available on Google Drive and hard copies given out in lessons

**Course Specification:** <https://www.ncfe.org.uk/media/829488/l2-food-and-cookery-qualification-specification-issue-6.pdf>

**Past papers:** <https://www.ncfe.org.uk/qualification-search/ncfe-level-2-certificate-in-food-and-cookery-2019.aspx>