

Exam Board & Course title: NCFE Level 1 Certificate in Food & Cookery Skills	
Qualification: Level 1	QN Code: 603/3909/3
Level of course: Level 1 Certificate	
Assessment Methods: Internally assessed and external quality assured portfolio.	
Course content: To be awarded the NCFE Level 1, you are required to successfully complete four mandatory units. <ul style="list-style-type: none"> ➤ Unit 1 Preparing to cook ➤ Unit 2 Understanding food ➤ Unit 3 Exploring balanced diets ➤ Unit 4 Plan and produce dishes in response to a brief 	
Skills you need: <ul style="list-style-type: none"> ➤ To be able to work safely in a food room. ➤ The ability to control temperature safely using a hob/oven. ➤ Basic knife skills e.g. how to hold and use a knife safely. ➤ An understanding of different food groups and types of foods. 	
Skills you will acquire: Develop skills in: <ul style="list-style-type: none"> ➤ How to prepare and cook using basic skills ➤ How to plan and produce dishes for a purpose ➤ How to ensure a safe and hygienic environment Obtain valuable knowledge of: <ul style="list-style-type: none"> ➤ Food and its functions in the body and in recipes ➤ Balanced diets and modification of recipes for health purposes 	
Progression routes and linked careers: The NCFE Level 1 Certificate in Food and Cookery Skills are designed provide skills knowledge and understanding of using different cooking techniques and method required for further study, apprenticeships or a career in the sector.	
Other information: <ul style="list-style-type: none"> ➤ This course is assessed internally. You will be awarded pass, merit or distinction at the end of the course. 	
Any questions see: Ms Coffey (KCoffey@levenshulmehigh.co.uk)	