

# The 5 Year curriculum: KS3 & Hospitality & Catering

All recipes are subject to change, due to availability

KS3 – Students will learn their theory mainly through practical work. This is then backed up with homework.

Reflect & Review the 5 key learning objectives of the specification, focusing on operations, health and safety, legislation, careers and consumers/clients.

Booster Revision sessions

Voluntary Experience  
Apprenticeships  
The Work Place  
Further Education  
Colleges  
The Military  
University

## Unit 1 Formal Exam Assessment (40%)

Mock Examinations to sample existing knowledge and identify gaps

Effectively uses food safety practices in preparation, cooking and completion

Use variety of presentation techniques to complete dish

Consider how menu meets needs of client

Explain how food can cause ill health: Bacteria, Intolerances, Allergies

Employer Responsibility

Understand how hospitality and catering provision meets health & safety requirements

Documentation and administration in H&C industry

Customer demographics and lifestyle & expectations

Operational Activities including stock control

To develop an understanding of Seasonality

Understand what food provenance & food miles are

Evaluate and analysis of practical cooking methods and techniques used

Selection of appropriate preparation, cooking method and times to achieve desired characteristics

Further understanding of vegetables and how to prepare; peeling, boiling, blending

Food processing? Where does it come from?

Use temperature & visual colour checks to establish whether an ingredient or recipe is ready

Understand basic food nutrition

Use correct language associated with food preparation

Accurate weighing and measuring

Identify the areas and uses of an oven/cooker

Be able to name equipment in the kitchen

Understand knife grips and safe use

Health & Safety in the kitchen

Routines and expectations

Explain, justify & present ideas about their chosen cooking methods to others

Use appropriate techniques when cooking of commodities

Use appropriate techniques with preparation of commodities

Plan production of meal

Explore factors that influence menus such as season, size, client, equipment

Demonstrate a variety of cooking methods within a meal

Justify decisions for catering proposals

Be able to propose a hospitality and catering provision to meet specific requirements

Practical: Puff Pastry, Shortening and plasticity, e.g. pastry making

Practical: Use of gelatine, cheesecake

Practical: Understanding raising agents, Baking, Bread Rolls & Focaccia

Practical: Puff Pastry, Pinwheels & Danish Pastry: Shortening and plasticity, e.g. pastry making

Practical: Lasagne further developing roux sauces and bolognaise

Supply & demand (availability of trained staff, seasonality, location)

Understand the environment in which hospitality and catering providers operate

## Hospitality & Catering in Action (NEA Unit 2 – 60%)

Year 11

Explain characteristics of unsatisfactory nutritional intake

Compare nutritional needs of specific groups

Evidence the importance of nutrition when planning menus

Use of supporting information e.g. structured proposal

Personal safety control measures

The role of the Environmental Health Officer (EHO)

Legislation; Food Safety, Labelling

Recommend personal safety control measures for H&C provision

Independent study and start of project developing product of own choice

Review options for H&C provision

## Hospitality & Catering in Action (Unit 2)

Practical: Filleting a Fish: Goujons, Pie, Fish Cakes

Practical: Thai Green Curry

Practical: Food presentation garnish

Practical: Specific vegetable cuts, Ratatouille

Practical: Use steam in a mixture: Choux Pastry

Practical: Casserole

Practical: Chicken Deboning

Practical: Trifle

Practical: DimSum Dumplings

Practical: Meringues & Aeration techniques

Practical: Risotto

Practical: Chocolate Tarts Filling & Pastry

Practicals: A range of dishes with basic, medium and complex skills in preparation and cooking will be used

## Hospitality & Catering Industry (Unit 1)

Understand how the H&C Industry provision operates

Commercial and non commercial catering

Profit & Costing

Factors affecting the success of H&C providers

Contracts, hours & rates of pay in the industry

Various working conditions

Describe the operation of the kitchen

Analyse job requirements within the hospitality & catering industry

Kitchen v Front of house operations

Fruit & Vegetable Seasonality

To develop a deeper understanding of food poisoning and its effects

Baking Techniques and methods

To develop research skills

To understand some basic food presentation skills

To develop an understanding about sugar

## Options and a masterclass in food

Practical: Viennese Whirls

Practical: Chicken Ballotine Assessment

Practical: Cheesecake

Practical: Carbonara

Practical: Chinese chicken Curry & Egg Fried Rice

Practical: Lasagna

Practical: Fishcakes

Practical: Chicken parmo

Practical: Honeycomb

Practical: Design a burger

Practical: Potato Gratin or Thai curry Mussels

Practical: Speedy chicken pie

Practical: Egg custard tart

Practical: Quiche

Practical: Maids of honour

Manage the time and cost of recipes effectively

Method writing for basic recipes

Practical: Swiss Roll, Shape, Wrap and Bake

In year 9 a range of savoury and sweet dish will be produced further developing confidence and independence and make informed decisions about food choice and nutritional values

Year 9

Analyse how eggs are used in a variety of ways

Improve and refine general practical skills

Describe common types of food poisoning

Learn how food can cause ill health

Understand the Eatwell guide & healthy eating guidelines

Learn which foods contain macronutrients

Learn which foods contain micronutrients

Practical: Mushroom risotto

Practical: Mac & Cheese

Practical: Eve's pudding

Practical: Veg curry

Practical: Carrot cakes

Practical: Savoury muffins

Practical: Swiss roll

Practical: Fruit scones

Practical: Herby veg crumble

Practical: Brownies

Year 8

In Year 8 learners will develop greater skill in cooking a range of dishes and start to develop confidence and independence

Practical: Truffles

Practical: Savoury rice

Practical: Fruit crumble

Practical: Bombay potatoes

Practical: Falafels

Practical: Scotch pancakes

Practical: Ginger biscuits

Practical: Bean chilli

Practical: Flapjack

Practical: Layered salad

Practical: Lemon muffins

Practical: Basic bread

Practical: Naan Bread

Practical: Chelsea buns

Practical: Baked potato

Practical: Flour how it works, the different types and gluten

Practical: Eatwell guide, comparing nutritional values

Practical: Pastry mince pies

Practical: Sauce demonstrating starch gelatinisation. How starch/liquid ratios affect viscosity.

Practical: Couscous

Practical: Grilled cheese sandwich

Practical: Omelette

Practical: Fruit salad

Practical: Essential Kitchen Hygiene

Practical: Soup

In Year 7 learners will develop basic understanding of nutrition and culinary skills. As well as kitchen hygiene & safety

Year 7

