

## KS4 Curriculum Plan

TOPIC	LP1	LP2	LP3	LP4	LP5
	Understanding nutrition in hospitality and catering	Understanding nutrition in hospitality and catering	Factors affecting menu planning and presentation techniques	Hospitality and catering provision to meet specific requirements	Health and safety in hospitality and catering provision
<b>Year 10</b> Knowledge	Understanding the principles of Hazard Analysis and Critical Control Points (HACCP). Students will understand the food related causes of ill health including allergies and intolerances. Students will also develop the skills and techniques in preparation, cooking and presentation of dishes. Understanding the importance of nutrition; macronutrients, vitamins, minerals and special dietary needs.	Understanding food related causes of ill health, including the visible and non-visible symptoms of food induced ill health and preventative measures. How cooking methods can impact on nutritional value. Understanding how to prepare and make dishes whilst following food safety practices.	Understanding factors that affect menu planning. How to plan production and prepare and make dishes. Students will complete a mock cooking activity in relation to a learner brief to be able to plan, prepare and produce dishes independently. Developing knowledge of presentation techniques.	Understanding customer requirements, needs, expectations and demographics and how these are met by hospitality and catering providers. How to prepare and make medium and complex dishes using preparation and cooking techniques and following food safety practices.	Understanding how hospitality and catering providers adhere to health and safety. Students will develop key knowledge in accident forms and risk assessments and the responsibility of employers for health and safety training of all staff. How to prepare and make medium and complex dishes using preparation and cooking techniques and following food safety practices.
Skills	Students will learn how to recall key content and apply this to describe, explain, compare and justify tasks. A wide range of practical skills will be learnt including; beating, blending, grating, hydrating, juicing, marinating, mashing, melting, proving, shredding, sieving, tenderising, zesting, creaming, dehydrating, folding, kneading, mixing, pureeing, rolling, rubbing-in, making pastry, skinning, toasting, weighing and measuring, crimping, laminating, bain-marie, moulding, shaping, piping, whisking, chopping, peeling, trimming, knife skills; baton, chiffonade, dicing, slicing, deseeding, julienne, spatchock, brunoise, mincing, de-boning, jointing a whole chicken, filleting, segmenting. Cooking methods; basting, boiling, chilling, cooling, dehydrating, freezing, grilling, skimming, toasting, blanching, braising, deglazing, frying, griddling, pickling, reduction, roasting, sauteing, setting, steaming, stir frying, sous vide, blind baking, caramelsing, deep fat frying, emulsifying, poaching, tempering.				
Key Vocab	Allergy, intolerance, gluten, coeliac disease, lactose, aspartame, MSG, epipen, macronutrients, micronutrients, dietary needs, lifestyle, occupation, diabetes, cardiovascular disorder, deficiency, anemia, pescatarian, vegan.	Symptom, anaphylactic shock, duration, flatulence, prevention, cross-contamination, control measure, physical contamination, fat-soluble, water-soluble, complex skill, quality control, commodities, preparation, seasoning, garnish, presentation.	Factors, seasonality, commodities, portion control, reduce, reuse, recycle, production plan, sequencing, dove-tailing, garnish, decoration, accompaniments, presentation, piping, precision tong, proportioning, tableware, contrast, textures.	Requirements, lifestyle, nutrition, dietary needs, expectation, service, value, seasonality, demographics, location, accessibility, establishment, provision, quality control.	Provision, risk, hazard, hygiene, prevention, legislation, regulations, food safety act, consumer, sector.

TOPIC	LP1	LP2	LP3	LP4	LP5
	Unit 2 - Hospitality and catering in action (internal assessment)	Unit 2 - Hospitality and catering in action (internal assessment)	Unit 2 - Hospitality and catering in action (internal assessment)	Unit 2 - Hospitality and catering in action (internal assessment)	Unit 1 - The Hospitality and Catering industry (external assessment)
<b>Year 11</b> Knowledge	LO1: Understanding the importance of nutrition when planning menus. Students will describe the functions of nutrients in the human body and compare nutritional needs of specific groups. Explain the characteristics of unsatisfactory nutritional intake and explain how cooking methods impact on nutritional value.	LO2: Understanding menu planning. Students will explain factors to consider when proposing dishes for menus and explain how dishes on a menu address environmental issues. Explain how menu dishes meet customer needs. Planning production of dishes for a menu.	LO3: Using techniques in preparation of commodities. Students will assure the quality of commodities to be used in food preparation and use techniques in cooking of commodities. Complete dishes using presentation techniques and use food safety practices.	LO1-3: Reviewing a plan and make activity. Students will review their plan and make activity and make any amendments as needed. Once non exam marks have been submitted, students will begin securing key knowledge for their external exam. Understanding the environment in which hospitality and catering providers operate.	LO1-5: Reviewing the learning objectives in preparation for the external exam. Understanding the environment in which hospitality and catering providers operate. Understand how hospitality and catering provision operates. Understand how hospitality and catering provision meets health and safety requirements. Know how food can cause ill health. Be able to propose a hospitality and catering provision to meet specific requirements.
Skills	Students will learn how to interpret a hospitality and catering learner brief and use research skills to independently plan a menu of dishes to suit the needs of a target market. Practical techniques could include; weighing and measuring, chopping, shaping, peeling, whisking, melting, rubbing-in, sieving, segmenting, slicing, hydrating and blending. Students are encouraged to choose dishes that demonstrate complex practical skills. Student will use evaluation skills throughout.				
Key Vocab	Nutrient, function, retinol, immune system, amino acids, heart disease, thermoregulation, essential fatty acids, hormones, glucose, clot, metabolism, haemoglobin, nervous system, antioxidant, toxins, obesity, anorexia, diabetes, osteoporosis, anaemia.	Learner brief, factors, seasonality, commodities, provision, service, location, client base, conservation, reduce, reuse, recycle, sustainability, food miles, food provenance, organoleptic, production plan, sequencing, mise en place, hot holding.	Rubbing-in, segmenting, hydrating, julienne, sensory elements, aroma, blanching, poaching, braising, hot holding, portion control, garnish, seasoning, presentation.	Evaluate, refine, compare, outline, comprehensive, precision, constructive, criteria, organoleptic, presentation, food waste, organisation, time management, production plan.	Provider, service, commercial, non-commercial, suppliers, supply and demand, seasonality, location, attributes, remuneration, economy, innovative, demographics, work flow, equality, RIDDOR, COSHH, PPER, risk, microbes, allergies, intolerances, FHO.