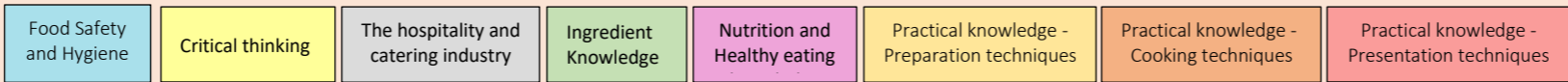
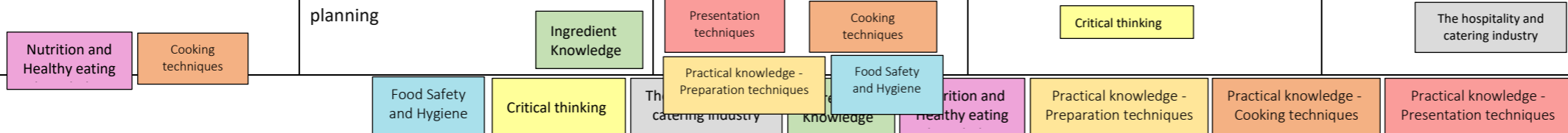


# Hospitality and Catering Curriculum Overview-



	Half term 1	Half term 2	Half term 3
<p><b>Year 7</b></p> <p>Students rotate with Design Technology They have three half terms in food.</p>	<p><b>Health and Safety</b> Understanding food hygiene principles, safe knife and heat usage Essential nutrients- making healthy dietary choices</p> <p><b>Becoming competent in a kitchen –</b> how to chop and use a knife safely, measuring ingredients accurately, using heat to boil</p> <p>Evaluating organoleptic food quality.</p> <p><b>Dishes students make</b> - Fruit salad, Jollof Rice, pasta salad.</p> <div style="display: flex; flex-direction: column; align-items: center; gap: 5px;"> <div style="background-color: #fff9c4; padding: 2px;">Knife skills - chop</div> <div style="background-color: #fff9c4; padding: 2px;">Prep – weighing</div> <div style="background-color: #fff9c4; padding: 2px;">Boil – Dry fry</div> <div style="background-color: #fff9c4; padding: 2px;">Evaluate /reflect</div> <div style="background-color: #fff9c4; padding: 2px;">Nutrients</div> <div style="background-color: #fff9c4; padding: 2px;">Personal Hygiene</div> <div style="background-color: #fff9c4; padding: 2px;">Kitchen safety</div> </div>	<p><b>Principles of nutrition and health</b> The effects of accurate weighing, measuring and combining, Understand and apply the principles of a healthy and varied diet.</p> <p>Preventing cross-contamination,</p> <p>Using awareness of taste, texture and smell to decide how to season dishes and combine ingredients</p> <p><b>Dishes students make</b> – Pizza practical, Veg curry, Scone practical</p> <div style="display: flex; flex-direction: column; align-items: center; gap: 5px;"> <div style="background-color: #fff9c4; padding: 2px;">Food hygiene – bacteria</div> <div style="background-color: #fff9c4; padding: 2px;">Evaluate/reflect</div> <div style="background-color: #fff9c4; padding: 2px;">Dietary needs</div> <div style="background-color: #fff9c4; padding: 2px;">Prep – Kneading, rub-in,</div> <div style="background-color: #fff9c4; padding: 2px;">Balanced diet</div> <div style="background-color: #fff9c4; padding: 2px;">Baking</div> </div>	<p><b>Feeding yourself and others</b> Know how to choose appropriate meals for others to provide a healthy and varied diet</p> <p>Understand the source, seasonality and characteristics of a broad range of ingredients</p> <p><b>Dishes students make</b> - Breakfast muffin.</p> <div style="display: flex; flex-direction: column; align-items: center; gap: 5px;"> <div style="background-color: #fff9c4; padding: 2px;">Food sources</div> <div style="background-color: #fff9c4; padding: 2px;">Food groups</div> <div style="background-color: #fff9c4; padding: 2px;">Baking, melting</div> <div style="background-color: #fff9c4; padding: 2px;">Food analysis</div> <div style="background-color: #fff9c4; padding: 2px;">Menu planning</div> <div style="background-color: #fff9c4; padding: 2px;">Evaluate/reflect</div> </div>
<p><b>Year 8</b></p> <p>Students rotate with Design Technology They have three half terms in food.</p>	<p><b>Making Healthy Choices</b> Working safely in a kitchen working with pace and accuracy. Presentation of dishes Food labelling and allergies Front of house staff in hospitality and catering</p> <p><b>Dishes students make</b> – Mini Frittata, Cheese and Onion triangles, Cod fritters</p> <div style="display: flex; flex-direction: column; align-items: center; gap: 5px;"> <div style="background-color: #fff9c4; padding: 2px;">Food sources – eggs</div> <div style="background-color: #fff9c4; padding: 2px;">Knife skills - dicing</div> <div style="background-color: #fff9c4; padding: 2px;">Kitchen safety</div> <div style="background-color: #fff9c4; padding: 2px;">Pan fry</div> <div style="background-color: #fff9c4; padding: 2px;">Protein</div> <div style="background-color: #fff9c4; padding: 2px;">Personal Hygiene</div> <div style="background-color: #fff9c4; padding: 2px;">Presentation techniques</div> <div style="background-color: #fff9c4; padding: 2px;">Baking</div> </div>	<p><b>Characteristics of Ingredients</b> Meeting customer need in relation to allergies and food choices. Knowing that some people can become ill if they eat certain foods. Back of house staff in hospitality and catering Presentation of food Know the heat required on the hob for the recipe- low, medium, high.</p> <p><b>Dishes students make</b> – Quesadillas, Roti/ Gluten free roti with side accompaniment, Ragu sauce</p> <div style="display: flex; flex-direction: column; align-items: center; gap: 5px;"> <div style="background-color: #fff9c4; padding: 2px;">Allergies</div> <div style="background-color: #fff9c4; padding: 2px;">Dietary needs</div> <div style="background-color: #fff9c4; padding: 2px;">Pan fry</div> <div style="background-color: #fff9c4; padding: 2px;">Back of house roles</div> <div style="background-color: #fff9c4; padding: 2px;">Presentations techniques</div> </div>	<p><b>Dietary Requirements &amp; Seasonality</b> Why choosing seasonal produce is preferable environmentally, taste and cost. Baking techniques, creating healthier snacks, choosing appropriate substitutions,</p> <p><b>Dishes students make</b> – Oat cookies, Carrot cake Weighing accurately</p> <div style="display: flex; flex-direction: column; align-items: center; gap: 5px;"> <div style="background-color: #fff9c4; padding: 2px;">Seasonality</div> <div style="background-color: #fff9c4; padding: 2px;">Healthy swaps</div> <div style="background-color: #fff9c4; padding: 2px;">Weighing accurately</div> <div style="background-color: #fff9c4; padding: 2px;">Sustainability</div> <div style="background-color: #fff9c4; padding: 2px;">Baking</div> <div style="background-color: #fff9c4; padding: 2px;">Mixing</div> </div>
<p><b>Year 9</b></p>	<p style="text-align: center;"><b>Autumn Term</b></p>	<p style="text-align: center;"><b>Spring Term</b></p>	<p style="text-align: center;"><b>Summer Term</b></p>
<p>Understanding the Environment in which Hospitality and Catering Providers Operate: <i>Types of establishments - Commercial, non- commercial, contract catering. Service styles . Market sectors</i> Practical Skills for Preparing, Cooking, and Presenting Nutritional Dishes:</p> <ul style="list-style-type: none"> <li>Cooking Techniques: Mastery of a range of cooking techniques, including boiling, steaming, baking, roasting, grilling, and frying.</li> <li>Food Preparation: Skills in preparing ingredients, including knife skills, marinating, seasoning, and portion control.</li> <li>Dish Presentation: Techniques for presenting dishes attractively and appropriately for different types of service.</li> </ul>	<div style="display: flex; flex-direction: column; align-items: center; gap: 5px;"> <div style="background-color: #fff9c4; padding: 2px;">Types of establishments</div> <div style="background-color: #fff9c4; padding: 2px;">Preparation techniques – knife skills</div> <div style="background-color: #fff9c4; padding: 2px;">Presentations techniques</div> <div style="background-color: #fff9c4; padding: 2px;">Food Safety and Hygiene</div> </div>	<p>Understanding How Hospitality and Catering Providers Operate:</p> <ul style="list-style-type: none"> <li>Roles and responsibilities within hospitality and catering establishments, including front-of-house and back-of-house positions.</li> <li>Key departments</li> <li>Principles and practices of effective customer service</li> </ul> <p>Understanding How Hospitality and Catering Provision Meets Health and Safety Requirements: <i>Food Hygiene Legislation: Key legislation relevant to food safety, health and safety at work, Hazard Analysis and Critical Control Points (HACCP)</i> Food Presentation: <i>Principles of food presentation and plating techniques to enhance the dining experience.</i></p> <div style="display: flex; flex-direction: column; align-items: center; gap: 5px;"> <div style="background-color: #fff9c4; padding: 2px;">Roles and responsibilities</div> <div style="background-color: #fff9c4; padding: 2px;">Presentations techniques</div> <div style="background-color: #fff9c4; padding: 2px;">Food Safety and Hygiene</div> <div style="background-color: #fff9c4; padding: 2px;">Preparation techniques – knife skills</div> <div style="background-color: #fff9c4; padding: 2px;">Practical knowledge - Cooking techniques</div> </div>	<p>Understanding Menu Planning and its Importance:</p> <ul style="list-style-type: none"> <li>Types of Menus: Knowledge of different types of menus (e.g., à la carte, table d'hôte, set menus) and their purposes.</li> <li>Seasonal and Local Produce: Understanding the importance of using seasonal and locally sourced ingredients.</li> </ul> <p>Proficiency in menu planning and adaptation to accommodate diverse dietary needs and preferences. This involves knowledge of ingredient substitutions, food safety protocols to prevent cross-contamination, effective communication with customers to gather dietary information, and nutritional considerations to ensure balanced meals. Creativity and innovation in developing unique presentations, technical skills for executing plating techniques with precision.</p> <div style="display: flex; flex-direction: column; align-items: center; gap: 5px;"> <div style="background-color: #fff9c4; padding: 2px;">Food sources</div> <div style="background-color: #fff9c4; padding: 2px;">Presentations techniques</div> <div style="background-color: #fff9c4; padding: 2px;">Cooking techniques</div> <div style="background-color: #fff9c4; padding: 2px;">Food Safety and Hygiene</div> <div style="background-color: #fff9c4; padding: 2px;">Food analysis</div> <div style="background-color: #fff9c4; padding: 2px;">Menu planning</div> <div style="background-color: #fff9c4; padding: 2px;">Evaluate/reflect</div> </div>

Year 10	<p><b>Unit one – core knowledge</b></p> <ul style="list-style-type: none"> <li>Understanding of the hospitality and catering industry:</li> <li>The environment/ layout</li> <li>Job roles</li> <li>Front of house</li> <li>The environmental health officer and how to stay safe in the kitchen, bacteria, allergies.</li> </ul> <p><b>Unit two – skill mastering</b></p> <ul style="list-style-type: none"> <li>Awareness of how cooking methods affect the retention of nutrients in food.</li> <li>Knowing how to plan balanced menus considering both nutritional content and cooking techniques.</li> <li>Chemical and physical changes that occur and the significance of cooking temperatures for food safety and nutrient retention.</li> </ul>	<p>Nutrition and Healthy eating</p> <p>Food Safety and Hygiene</p> <p>Practical knowledge - Cooking techniques</p> <p>The hospitality and catering industry</p> <p>Preparation - knife skills</p> <p>Practical - Preparation techniques</p>	<p><b>Assessment two – practical and written</b></p> <p>Reviewing previously covered material, solidifying their understanding of key concepts. The practical exam tests their ability to execute recipes under time constraints, while the written exam assesses their theoretical knowledge of the hospitality and catering industry.</p> <p><b>Unit two -</b></p> <p>Exploring the nutritional components of food, including macronutrients (protein, carbohydrates, fats) and micronutrients (vitamins, minerals). This knowledge is crucial for understanding the nutritional value of dishes and creating balanced meals.</p> <p>Students shall practice recipes that range in difficulty, allowing them to build and refine their culinary skills. Students are learning about the factors that influence food choices, such as cost, availability, cultural preferences, nutritional needs, and dietary restrictions.</p>	<p>The hospitality and catering industry</p> <p>Nutrition and Healthy eating</p> <p>Practical - Preparation techniques</p> <p>Practical knowledge - Cooking techniques</p> <p>Evaluate/ reflect</p> <p>Presentation techniques</p>	<p><b>Mock Unit 2:</b></p> <p>Understanding the components of dishes, including flavour, texture, and presentation.</p> <p>Knowledge of ingredients, quantities.</p> <p>Expertise in adhering to health and safety standards, assessing ingredient quality, optimizing workflow, estimating timing, organising mise en place, applying cooking techniques, maintaining food safety during cooling, hot holding, and serving, and implementing proper storage practices.</p> <p>Expertise in menu planning, identifying contingencies, creating equipment lists.</p>	<p>Food analysis</p> <p>Menu planning</p> <p>Evaluate/ reflect</p> <p>Ingredient Knowledge</p> <p>Food Safety and Hygiene</p> <p>Practical knowledge - Presentation techniques</p>
	Year 11	<p><b>Pre Unit 2 learning</b></p> <p>Skill in analysing assignment briefs to recommend dishes meeting nutritional needs. Proficiency in assessing how dishes meet these needs, considering both macro and micronutrients. Competence in explaining how cooking methods affect nutritional value.</p>	<p><b>Unit 2- Catering in Action</b></p> <p>Understanding the diverse factors influencing menu planning, including seasonal availability of ingredients, cultural events, staff skills, available equipment, time constraints, service type, financial considerations, and customer demographics. Understanding the environmental implications of dish preparation, ingredients, and packaging, including energy efficiency, sustainable sourcing, and waste reduction. Understanding nutritional requirements for various demographics, sensory factors influencing dish preferences, and economic considerations in menu planning</p>	<p><b>Unit 2: Task 2b- Production Plan &amp; Task 3- Practical Assessment</b></p> <p>Application of food safety practices and hygiene procedures, Effective use of equipment and facilities, Planning and execution of tasks, Consideration of health, safety, and hygiene requirements, Proficiency in preparation and knife techniques, independent decision-making, Evaluation and reflection Efficient selection and execution of techniques, Safe equipment usage, Problem-solving abilities,</p>	<p><b>Unit 2: Task 4 Evaluation of dishes and own performance</b></p> <p>Reviewing planning, preparation, and cooking stages, Analysing dish selection, Evaluating organoleptic qualities, Adhering to health, safety, and hygiene standards, Minimizing food waste, Analysing own performance, Identifying strengths and weaknesses, Making reasoned judgments, Evaluating decision-making processes, Organizing culinary tasks effectively, Presenting detailed conclusions for continuous improvement</p>	<p><b>Unit 1 Revision</b></p> <p>Competence in fulfilling various roles within the industry, understanding personal attributes and qualifications sought by employers., Knowledge of employment contracts, working conditions, and factors contributing to industry success., Understanding of operational requirements, equipment, documentation, and dress codes., awareness of preventative measures for food-induced ill health and the role of the Environmental Health Officer (EHO) in ensuring food safety standards.</p>



Preparation techniques			Preparation Techniques: Knife Techniques			Cooking Techniques:		
Basic	Medium	Complex	Basic	Medium	Complex	Basic	Medium	Complex
Blending	Creaming	Crimping	Chopping	Chopping: baton	Chopping: brunoise	Basting	Baking	Baking blind
Beating	Dehydrating	Laminating (pastry)	Peeling	Chopping: chiffonade	Chopping: julienne	Boiling	Blanching	Caramelising
Grating	Folding	Measuring accurately	Trimming	Chopping: dicing	Chopping: mincing	Chilling	Braising	Deep fat frying
Hydrating	Kneading	Melting using bain-Marie		Chopping: slicing	Deboning	Cooling	Deglazing	Emulsifying
Juicing	Mixing			Deseeding	Filleting	Dehydrating	Frying	Poaching
Marinating	Puréeing	Piping		Spatchcock	Segmenting	Freezing	Griddling	Tempering
Mashing	Rub-in	Shaping				Grilling	Pickling	
Melting	Rolling	Unmoulding				Skimming	Reduction	
Proving	Skinning	Whisking(aeration)				Toasting	Roasting	
Shredding	Toasting(nuts/seeds)						Sautéing	
Sieving	Weighing accurately						Setting	
Tenderising							Steaming	
Zesting							Stir-frying	
							Water-bath (sous-vide)	