

PRACTICAL SKILLS

H & S

CONSTRUCTION SKILLS

SUBJECT KNOWLEDGE

SUSTAINABILITY

DESIGN

	Year 10 GCSE Food	Y11 GCSE Food
Autumn half term 1 Sequential knowledge and skills	<p><u>LO1: Food, nutrition & health</u></p> <p>This aim of this unit is to teach pupils about the theory and practical elements of the course. What food is composed of, why we need it and how it affects our long-term health. How food can be prepared and cooked skillfully and safely to produce delicious and nutritious meals for different people and situations.</p> <p>Develop Subject knowledge:</p> <p>Structure of the hospitality industry. Students to develop an in depth understanding of the various sectors within the hospitality industry both commercial and non commercial.</p> <p>Analysis job requirements within the industry. Describe working conditions of different roles across the industry.</p> <p>Explain the factors affecting the success of different providers</p> <p>Develop practical skills:</p> <p>DURING YEAR 10 STUDENTS WILL CONCENTRATE ON UNIT 1 TO PREPARE FOR THE EXTERNAL EXAMINATION. DURING PRACTICALS THEY WILL FOCUS ON THE AC'S FROM UNIT 2 BELOW.</p> <p>Practical's to cover LO3 (3.1) to be able to cook dishes, LO 1: AC1.4 Explain how cooking methods impact on nutritional value,</p>	<p><u>NEA 2: Food preparation</u></p> <p><u>Section A: Research</u></p> <ol style="list-style-type: none"> 1. Task analysis 2. Plan of research 3. Research conducted 4. Selecting dishes 5. Consumer profile/ questionnaire <p><u>Section B: Demonstrating technical skills</u></p> <p>Students will make 3-4 practice dishes to showcase their technical skills. Each dish should be suitable for the task and students must plan dishes carefully taking account restraints with timings, access to equipment etc.</p> <ol style="list-style-type: none"> 1. Demonstrating technical skills: Dish 1- Selected, planned, cooked, presented and evaluated 2. Demonstrating technical skills: Dish 2- Selected, planned, cooked, presented and evaluated <p>Demonstrating skills dishes 1 and 2 should be written up.</p>

	<p>LO2: AC 2.3 Explain how menu dishes meet customer needs, LO2 2.4 plan production of dishes for a menu, LO 3: AC3.1 Use techniques in preparation of commodities, LO3: AC3.3 Use techniques in cooking of commodities, LO3 AC3.4 complete dishes using presentation techniques LO3AC 3.5 Food Safety practices safe use of equipment.</p> <p style="text-align: center;">Vegetable Tart</p> <p>Savoury muffins (<i>vegetable preparation, batter making</i>) Salad (<i>making a dressing, planning a meal</i>) Lasagne (<i>cooking pasta, knife skills, browning mince, making a roux</i>) Cottage pie DIFFERENTIATED by ability (<i>Vegetable preparation, browning mince, mashing potato, boiling, presentation</i>) Chicken Jambalaya (<i>vegetable preparation, chicken preparation, knife skills, cooking rice</i>) Practical assessment- Carbohydrate dense meal</p>	
<p>Assessment Content and methods used to judge learning</p>	<p>The hospitality industry written paper Practical assessment-Design, prepare and make a dish to be sold in a restaurant.</p>	<p style="color: red;"><i>NEA1 submission: 22nd October</i> Nutrition subject knowledge test</p>
<p>Autumn half term 2 Sequential knowledge and skills</p>	<p><u>LO2: Understand how hospitality and catering provisions operate</u></p> <p style="background-color: yellow;">Develop Subject knowledge:</p> <p>Describe the operation of the kitchen and front of house. Explain how hospitality and catering provision meet customer requirements</p>	<p><u>Section B: Demonstrating technical skills</u></p> <p>Students will make 3-4 practice dishes to showcase their technical skills. Each dish should be suitable for the task and students must plan dishes carefully taking account restraints with timings, access to equipment etc.</p> <p>3. Demonstrating technical skills: Dish 1- Selected, planned, cooked, presented and evaluated</p>

	<p style="text-align: center;">Develop practical skills:</p> <p>Chilled lemon flan (<i>Knife skills, making a biscuit base, whipping cream, decorating a dessert</i>)</p> <p>Bread rolls (<i>Baking, kneading & shaping dough</i>)</p> <p>Meringues (<i>whisking, measuring, stirring, baking</i>)</p>	<p>4. Demonstrating technical skills: Dish 2- Selected, planned, cooked, presented and evaluated</p> <p>Demonstrating skills dishes 1 and 2 should be written up.</p> <p>5. Demonstrating technical skills: Dish 3- Selected, planned, cooked, presented and evaluated</p> <p>6. Demonstrating technical skills: Dish 4- Selected, planned, cooked, presented and evaluated</p> <p>Demonstrating skills dishes 3 and 4 written up.</p>
<p>Assessment Content and methods used to judge learning</p>	<p>Written assessment operations with the hospitality industry. Assessment and peer review- Cooking methods</p>	<p style="text-align: center;">Yr11 mock exam Peer & self-assessment of practice dish 1 & 2</p>
<p>Spring half term 3 Sequential knowledge and skills</p>	<p><u>LO3 Understand how hospitality and catering provision meets health and safety requirements</u></p> <p style="text-align: center;">Develop Subject knowledge:</p> <p>Personal safety responsibilities within the workplace, identify risks to personal safety in hospitality and catering.</p> <p>Be able to recommend personal safety control measures</p> <p>Revision of LO3 unit and retrieval of LO1 and LO2.</p> <p style="text-align: center;">Develop practical skills:</p> <p>Crème brulee</p> <p>Chocolate & orange cake (<i>Baking, all-in-one cake making method, making frosting, decorating cake</i>)</p> <p>Choux pastry (<i>Baking, making a choux paste, piping choux paste</i>)</p>	<p style="text-align: center;"><u>Section C: Planning the final menu</u></p> <ul style="list-style-type: none"> • Review 4 practice dishes from section B regarding ingredients, processes, technical skills, nutrition, food provenance, cooking methods and portion size. • Produce a time plan for the final 3 dishes detailing information about: <ul style="list-style-type: none"> -Technical skills -Nutrition -Ingredients -Cooking methods -Portion size -Food provenance -Sensory properties (how it should be) -Detailed, logical, realistic of appropriate techniques -Reference to food safety • Nutritional analysis <p><u>Section D: Making the final dishes</u></p> <p><i>NEA 2: 3-hour practical exam (prepare, cook & present 3 dishes)</i></p>

		(Each stage photographed during practical assessment)
Assessment Content and methods used to judge learning	Understand how hospitality and catering provision meets health and safety requirements end of topic assessment Practical assessment- Choux pastry	Practical cooking assessment
Spring half term 4 Sequential knowledge and skills	<p><u>LO4 Know how food can cause ill health</u></p> <p>Develop Subject knowledge:</p> <p>Develop an in-depth understanding of food related causes of ill health. Be able to describe the role and responsibilities of the Environmental health officer. Describe food safety legislation, the common types of food poisoning and the symptoms of food induced ill health.</p>	<p><u>Section E: Analyse & evaluate</u></p> <ul style="list-style-type: none"> • Nutritional analysis data with conclusions and recommendations • Detailed and appropriate sensory testing • Final dishes are costed with the results of costing analysed and explained • Detailed, relevant and creative improvements suggested for the final dishes
Assessment Content and methods used to judge learning		<i>Deadline for NEA 2: March 2021</i>
Summer half term 5 Sequential knowledge and skills	<p><u>LO5 Be able to propose a hospitality and catering provision to meet specific requirements</u></p> <p>Subject Knowledge: Be able to recommend options for hospitality provision.</p>	Revision
Assessment Content and methods used to judge learning		<i>Written exam: June 2021</i>
Summer half term 6		

Sequential knowledge and skills		
Assessment Content and methods used to judge learning Assessment		