



BY THE END OF KEY STAGE 3

Cooking and Nutrition

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Pupils should be taught to:

Key Stage 3

Understand and apply the principles of nutrition and health

Cook a repertoire of predominantly savoury dishes so that they can feed themselves and others a healthy and varied diet

Become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]

Understand the source, seasonality and characteristics of a broad range of ingredients.

YEAR 10

TERM 1

Unit 1: Enables learners to gain & develop comprehensive knowledge & understanding of the hospitality & catering industry including provision, health & safety, and food safety.

Unit 2: Enables learners to develop and apply knowledge and understanding of the importance of nutrition and how to plan nutritious menus. They will learn the skills needed to prepare, cook and present dishes. They will also learn how to review their work effectively

The course is structured in such a way that Unit 1 & Unit 2 work alongside each other to embed key skills that will allow students to have the knowledge and application to carry their Unit 2 Assessment which is worth 60% of their total grade.

Practical tasks will be assessed with a focus on production, efficiency, quality & presentation.

TERM 2

TERM 3

In term 3 students will continue to complete practical and theory lessons. Unit1 – theory content is completed in year 10, allowing the content to be re-visited again in year 1 to embed key knowledge, this prepares the students for their PPE1 & PPE2 in year 11. The lesson structure allows students to complete a range of basic, medium and complex skills to be acquired with a real focus on complete dishes with accompaniments that are also presented, this assists the Unit 2 NEA (non-examination assessment) that begins in term 2 of year 11.

EOYE examinations take place in June, these assist in gauging students' technical knowledge & inform future revision planning and gaps in knowledge.

YEAR 11

PPE's take place in November; these assist in gauging students' technical knowledge & inform future revision planning and gaps in knowledge.

Unit 1: enables learners to gain & develop comprehensive knowledge & understanding of the hospitality & catering industry including provision, health & safety, and food safety.

Unit 2: enables learners to develop and apply knowledge and understanding of the importance of nutrition and how to plan nutritious menus. They will learn the skills needed to prepare, cook and present dishes. They will also learn how to review their work effectively

The course is structured in such a way that Unit 1 & Unit 2 work alongside each other to embed key skills that will allow students to have the knowledge and application to carry their unit 2 assessment which is worth 60% of their total grade.

Practical tasks will be assessed with a focus on production, efficiency, quality & presentation.

Controlled Assessment Task: (120 marks)

An assignment brief will be provided by WJEC, which will include a scenario and several tasks. The assignment brief will be set annually by WJEC and issued to centres in an assessment pack via the WJEC secure website.

2.1 The importance of nutrition

2.2 Menu planning

2.3 The skills and techniques of preparation, cooking and presentation of dishes

2.4 Evaluating cooking skills

Targeted revision sessions for:

Unit 1 – Hospitality & Catering Industry

40% of total grade 80 min paper – 80 marks in total

Study Leave

Cultural capital: awareness of different cultures, including social moral & cultural reasons.

Extra-curricular: students have the opportunity to take part in a variety of charity events held in school, promoting the CTK WAY.



Enrichment & Personal Development

Careers Education

YEAR 10	Students are continually encouraged to use those skills developed in lessons to enhance their own personal development. Students take part in a variety of activities in year 10 that promote the CTK WAY.	YEAR 10	Students are encouraged to research careers within the industry, trips to local colleges are made available to look at industry opportunities, strong career guidance given in year 10 to help inform future choices.
YEAR 11	Students focus on charity events such as Santa Dash and Bake off competitions that happens at the end of term 1 & look for other opportunities, these promote a positive mind set and a sense of being a team player.	YEAR 11	Continued career guidance & support with college applications for those students wishing to pursue a career within the hospitality & catering industry. Additional support for those students highlighted with potential, aptitude or a desire to progress within the field.
Literacy & Numeracy	Students are required to read, understand and process information. In all areas of Hospitality & Catering students are expected to read & understand instructions, process information and carry out more advanced literacy & numeracy tasks in all aspects of the course.	Catholic Ethos	Students are encouraged to display all the different aspects of the CTK WAY, working hard, being kind & conscious, following instructions in a respectful way, carrying out tasks to the best of their ability and encouraged to be the best person they can be, assisting others & always displaying kindness.