Apprenticeships
GET IN. GO FAR

FURTHER EDUCATION

FOOD PREPARATION & NUTRITION & HOSPITALITY AND CATERING

CHURCHMEAD SCHOOL

KS4

EXTERNAL EXAMINATION

Core content & specialist knowledge: Revise & practice exam papers in preparation for your exam.

Revise and revisit assessment criteria from Unit 1 and 2.

Planning dishes to cook in practical lessons to include planning for specific groups: students to practice time plans, dovetailing and nutritional needs of specific groups.

NEA UNIT 2 Internal Assessment

PREPERATION & FOCUS ON UNIT 2 FOR NEA Importance of Nutrition and needs of specific groups

UNIT 2 Hospitality and Catering in Action

UNIT 1 The Hospitality and Catering industry

YEAR 11

Mock NEA Essay, plus two courses that fit a brief completed within a two-hour timeframe

UNIT 2 MOCK NEA Plan dishes for specific groups

AC2.2: Factors affecting menu planning, food miles, packaging, food waste, organoleptic qualities, costs

Theory AC1.4: Food related causes of ill-health, food allergies, food intolerance, food safety legislation, food labelling

UNIT 2 Understanding Menu Planning

UNIT 2 Importance of Nutrition

UNIT 1 Health & Safety

UNIT 1 Food Safety

UNIT 2: Evaluating Cooking Skills in more depth

AC2.1: Functions of nutrients in the body, Eatwell Guide, Nutritional needs of specific groups, special diets, cooking methods and impact on nutrition

Theory AC1.3: Safety, laws, HASAWA, RIDDOR, COSHH, MHOR, PPER, Food safety act, HACCP, Food handlers responsibilities

AC2.4 Evaluation Skills (after each practical): Reviewing dishes Reviewing own performance

AC2.3: Practicals: Bread, pastry, sauces, cakes, homemade pasta, presentation, time keeping

YEAR 10

UNIT 2: Evaluating Cooking Skills

UNIT 1 Understand how Hospitality and Catering provision operates

UNIT 1 Understand the Hospitality & Catering environment

UNIT 2: Skills, techniques, prep, cooking and presentation of dishes

YEAR 9

AC2.4 Evaluation Skills (after each practical): Reviewing dishes Reviewing own performance

Theory AC1.2: Operation front and back of house, stock control, dress code, kitchen brigade, customer requirements

Theory AC1.1: Job roles, staffing requirements, employment rights, holiday entitlement, how to have a successful business, economy

Understanding Ingredients: Taste Testing

After choosing options in year 8, focus your studies on Hospitality & Catering in years 9 - 11. Deepen your understanding of the Hospitality & Catering Industry.

Nutrition & Health Understanding ingredients: Balancing ingredients and understanding seasoning Adapting a recipe

SALSA

BREAD ROLLS

BREAD BASED PIZZA

CUPCAKES

Work on improving your practical skills, time keeping and, developing independence.

Understanding Ingredients: Developing the kneading method and understanding Yeast

Understanding Ingredients: Planning a healthy balanced pizza & Food Labelling

Cooking Techniques: Portion control and oven use when baking

Embedding knowledge of:
- Knife skills
- Health & safety
- Hygiene
- Food Safety
- Kitchen rules
- Use of kitchen equipment

Cooking Techniques: Recap Cutting Skills and food safety inc washing foods

Food Safety: Developing understanding of food safety and how to avoid food poisoning

PASTA SAUCE

VEGETABLE SOUP

YEAR 8

COOKING PASTA

Nutrition & Health: Nutritional facts.

Cooking Techniques: Small Electrical Equipment: Stick/hand Blender with hot ingredients

Understanding Ingredients: Understanding and avoiding food waste

Recap on Hygiene & Safety: Washing up Personal Hygiene Food Safety

Food Safety: Food Poisoning, symptoms and high risk foods

KS3

Building your understanding of kitchen equipment inc:
- Colander
- Vegetable knife
- Chopping boards
- Measuring spoons
- Weighing Scales
- Oven & Hobs

FRUIT CRUMBLE

SCONES

SCONE BASED PIZZA

Understanding Ingredients: Learning the rubbing in method and oven use.

Cooking Techniques: Learning the kneading method

Cooking Techniques: Shaping and portion control

Nutrition & Health Understanding ingredients: Choosing ingredients considering balanced diet.

Cooking Techniques: Understanding hob use & the difference between simmering and boiling

FRUIT SALAD

FRUIT SMOOTHIE

YEAR 7

Experience making a wide range of fun and exciting dishes, and learning about the principles of nutrition & health. Alternate practical & theory lessons to understand the source, seasonality and characteristics of a range of ingredients and a range of cooking techniques.

Building knowledge of:
- Knife skills
- Health & safety
- Hygiene
- Food Safety
- Kitchen rules
- Use of kitchen equipment

Cooking Techniques: Develop Cutting Skills (use of bridge & claw methods)

Cooking Techniques: Small Electrical Equipment: Stick/hand Blender

Food Safety: Washing ingredients

Hygiene & Safety: Washing up

Nutrition & Health: Eatwell Guide: healthy balanced diet. Use of knife and practising food safety

Baseline Assessment: What do you already know about health & safety, food safety & personal hygiene? What do you know about knife safety?