



5-YEAR CURRICULUM PLAN

Year 7

Health & Safety
Weighing & Measuring
Using equipment
Sensory Analysis
Eatwell Guide

Year 8

Health & Safety
Multicultural foods
Sensory Analysis
Food Miles
Fair Trade

Year 9

Personal Hygiene
Eatwell Guide
Protein
Carbohydrates
Fats

Year 10

Hospitality & Catering Provision
Health & Safety
Weighing & Measuring
Using equipment
Ingredients

Year 11

The importance of nutrition
The skills and techniques of preparation, cooking and presentation of dishes
Menu Planning
The skills and techniques of preparation, cooking and presentation of dishes
Evaluating Cooking skills

Personal Hygiene
Timings
Storage
Breakfasts
Sensory Analysis

Staple foods
Bread
Sensory analysis
Farm to fork
Food processing
Nutrients

Vitamins & Minerals
Water
Sugary drinks
Fibre

How hospitality and catering provisions operate
Health and safety in hospitality and catering
Personal Hygiene
Timings
Storage
Shopping

Menu Planning
The skills and techniques of preparation, cooking and presentation of dishes
Evaluating Cooking skills

Research
Questionnaire
Design Ideas
Sensory Analysis

What makes a cake rise?
Sensory Analysis
Evaluation skills

Special Diets
Allergies
Pastry
Product Specifications

Food safety in hospitality and catering
The importance of nutrition
Sensory Analysis
Eatwell Guide
Evaluation

Hospitality & Catering Provision
How hospitality and catering provisions operate
Health and safety in hospitality and catering
Food safety in hospitality and catering

3/5YR Curriculum Plan (Current Yr7-9)

Focus / Term	Half Term One	Half Term Three	Half Term Five
Year 7 Topic Covered and End Points	<ul style="list-style-type: none"> Health & Safety Weighing & Measuring Using equipment Sensory Analysis Eatwell Guide 	<ul style="list-style-type: none"> Personal Hygiene Timings Storage Breakfasts Sensory Analysis 	<ul style="list-style-type: none"> Research Questionnaire Design Ideas Sensory Analysis
NC	<p>1-Understand and apply the principles of nutrition and health</p> <p>2-Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet</p> <p>3-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]</p> <p>4-Understand the source, seasonality and characteristics of a broad range of ingredients</p>		
Powerful Knowledge and Careers	A day in the life of a Food inspector	A day in the life of a Food designer	A day in the life of a Chef
Tier 3 Words	Risk Assessment, Weighing, Measuring, Estimate, Senses, Sensory Testing, Eatwell Guide, Guidance, Nutrient.	Poisoning, Food poisoning, Bacteria, Vomiting, Diarrhoea, Standards, Cross contamination, Timings, Storage, Refrigerator, Freezer, Breakfast, Options, Consume.	Lunch box, Snack, Research, Questionnaire, Closed Questionnaire, Open Questionnaire, Results, Senses, Sensory Testing.
Long Term Retrieval	Equipment names and the basic hygiene and safety rules	Storage temperatures and appropriate use, sensory analysis techniques	Research methods and analysis
Assessment Details	Theory: Health & Safety Practical: Pizza	Theory: Hygiene & breakfasts Practical: Banana muffins	Theory: Lunchbox snacks Practical: Couscous salad
Misconceptions	Students need to identify the appropriate equipment for weighing solids & measuring liquids	Students need to identify the importance of time in food and the link to maths	Students need to understand the difference between a closed question and an open question
Homework	<ul style="list-style-type: none"> SMHK Quiz 	<ul style="list-style-type: none"> SMHK Quiz 	<ul style="list-style-type: none"> SMHK Quiz

Focus / Term	• Term One	• Term Two	• Term Three
Year 8 Topic Covered and End Points	<ul style="list-style-type: none"> Health & Safety Multicultural foods Sensory Analysis Food Miles Fair Trade 	<ul style="list-style-type: none"> Staple foods Bread Sensory analysis Farm to fork Food processing Nutrients 	<ul style="list-style-type: none"> What makes a cake rise? Sensory Analysis Evaluation skills
NC	<p>1-Understand and apply the principles of nutrition and health</p> <p>2-Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet</p> <p>3-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]</p> <p>4-Understand the source, seasonality and characteristics of a broad range of ingredients</p>		
Powerful Knowledge and Careers	A day in the life of a Cocoa bean farmer	A day in the life of a Dairy Farmer	A day in the life of a NPD (New Product Development)
Tier 3 Vocab	Risk Assessment, Multicultural, Originate, Senses, Sensory Testing, Seasonality, Fair Trade, Food Miles, Nutrient.	Micro nutrients, Protein, Carbohydrate, Fats, Vitamins and Minerals, Staple Food, Processed food, Primary Processing, Secondary processing, Food Provenance.	Function, Aeration, Structure, Caramelisation, Mechanical, Chemical, Biological, Senses, Sensory Testing.
Long Term Retrieval	The impact of food miles and sustainability measures in Food growing and production.	The criteria for primary and secondary processed foods.	Raising agents types and methods, evaluation skills
Assessment details	Theory: Food miles/Fair trade Practical: Sweet & Sour Chicken	Theory: Food Processing Practical: Burger & Wedges	Theory: Practical:
Misconceptions	What counts as a food mile? What is seasonality? What is the difference between this and food miles?	The difference between primary and secondary processed foods	The types of raising agents that can be used appropriate to the products made.
Homework	<ul style="list-style-type: none"> SMHK Quiz 	<ul style="list-style-type: none"> SMHK Quiz 	<ul style="list-style-type: none"> SMHK Quiz

Focus / Term	• Half Term One	• Half Term Two	• Half Term Three
Year 9 Topic Covered and End Points	<ul style="list-style-type: none"> Personal Hygiene Eatwell Guide Protein Carbohydrates Fats 	<ul style="list-style-type: none"> Vitamins & Minerals Water Sugary drinks Fibre 	<ul style="list-style-type: none"> Special Diets Allergies Pastry Product Specifications
NC	<p>1-Understand and apply the principles of nutrition and health</p> <p>2-Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet</p> <p>3-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]</p> <p>4-Understand the source, seasonality and characteristics of a broad range of ingredients</p>		
Powerful Knowledge and Careers	A day in the life of a Nutritional advisor	A day in the life of a Executive Chef	A day in the life of a Food inspector
Tier 3 Vocab	Risk Assessment, Protein, Amino Acid, Carbohydrates, Complex or Simple, Fats, Eatwell Guide, Guidance, Nutrient.	Dehydration, Hydration, Obesity, Calorie intake, Constipation, Digestion, Eatwell Guide, Guidance, Nutrient.	Lactose intolerant, Anaemia, Vegan, Vegetarian, Food Intolerance, Food Allergy, Anaphylactic shock.
Long Term Retrieval	Health & Safety, Hygiene, Nutrients	Healthy eating guidelines, nutritional needs	Nutritional needs, special diets
Assessment Details	Theory: Food miles/Fair trade Practical: Sweet & Sour Chicken	Theory: Food miles/Fair trade Practical: Sweet & Sour Chicken	Theory: Food miles/Fair trade Practical: Sweet & Sour Chicken
Misconceptions	Students may need to categorise macro and micro nutrients	Students may need to clarify the difference between vitamins and minerals	Students may need to identify the difference between an allergy and an intolerance
Homework	• SMHK Quiz	• SMHK Quiz	• SMHK Quiz



Focus / Term	Half Term One	Half Term Two	Half Term Three	Half Term Four	Half Term Five	Half Term Six
Year 10 Topic Covered and End Points	1.1 Hospitality & Catering Provision 1.1.1 Hospitality and catering providers 1.1.2 Working in the hospitality and catering industry 1.1.3 Working conditions in the hospitality and catering industry 1.1.4 Contributing factors to the success of hospitality and catering provision	1.2 How hospitality and catering provisions operate 1.2.1 The operation of the front and back of house 1.2.2 Customer requirements in hospitality and catering 1.2.3 Hospitality and catering provision to meet specific requirements	1.3 Health and safety in hospitality and catering 1.3.1 Health and safety in hospitality and catering provision 1.3.2 Food Safety	1.4 Food safety in hospitality and catering 1.4.1 Food related causes of ill health 1.4.2 Symptoms and signs of food-induced ill health 1.4.3 Preventative control measures of food-induced ill health 1.4.4 The Environmental Health Officer (EHO)	2.1 The importance of nutrition 2.1.1 Understand the importance of nutrition. 2.1.2 How cooking methods impact on nutritional value	
GGCE Specification	L1/2 Hospitality & Catering WJEC					
Powerful Knowledge and Careers	Life beyond the lobby insight into hotels Hotel Manager	A day in the life of an Executive Chef	Food bites H&S video Café Owner	A day in the life of a Food inspector	n/a	
Tier 3 Words	Commercial (residential), Non-commercial (residential), Commercial (non-residential), Non-commercial (non-residential), Table Service, Plate, Silver, Banquet, Family style, Gueridon, Counter service, Cafeteria, Fast food, Buffet, Employment Contract, Casual, Full time (permanent), Part-time (permanent), Seasonal, Zero hours contract	Workflow, reception, catering, preparation, equipment, machinery, conventional, Bain Marie, materials, utensils, stock control, invoices, documentation, inclusion, equality, expectations, influence, seasonality, demographics, accessibility, access	Substances, hazardous, regulations, manual, operations, protective, diseases, occurrences, security, risk assessments, accident, critical control,	Bacteria, chemicals, allergies, intolerances, food poisoning, salmonella bacillus cereus, campylobacter, listeria, gluten, sesame, lactose, aspartame, labelling, legislation, anaphylactic shock, diarrhoea, constipation, cross, contamination, physical contamination.	Macro nutrients, micro nutrients, carbohydrates, fats, protein, minerals, requirements, conditions, intolerances, deficiencies	
Long Term Retrieval	Providers, types of establishments, contracts, key economic factors	Job roles, services available, customer requirements/needs	RIDDOR, COSHH, Food safety regulations.	Health & Safety procedures, Signs of food poisoning, role of EHO	Nutritional groups, nutritional needs of specific groups, cooking methods	

Assessment Details	LO1 Assessment Examination Questions throughout unit	LO2 Assessment Examination Questions throughout unit	LO3 Assessment Examination Questions throughout unit	LO3 Assessment Examination Questions throughout unit	NEA Controlled assessment Task
Misconceptions	The difference between commercial and non-commercial settings.	The difference between front of house and back of house staffing requirements	The statutory health & safety requirements.	The different types of food poisoning that different foods can cause	NEA Controlled assessment Task
Homework	Revision for examinations	Revision for examinations	Revision for examinations	Revision for examinations	Revision for examinations



Focus / Term	Half Term One	Half Term Two	Half Term Three	Half Term Four	Half Term Five	Half Term Six
Year 10 ACCESS Topic Covered and End Points	<ul style="list-style-type: none"> Health & Safety Weighing & Measuring Using equipment Ingredients 		<ul style="list-style-type: none"> Personal Hygiene Timings Storage Shopping 		<ul style="list-style-type: none"> Sensory Analysis Eatwell Guide Evaluation 	2.1 The importance of nutrition 2.1.1 Understand the importance of nutrition. 2.1.2 How cooking methods impact on nutritional value
GGCE Specification	L1/2 Hospitality & Catering WJEC					
Powerful Knowledge and Careers	Life beyond the lobby insight into hotels Hotel Manager		A day in the life of an Executive Chef Food bites H&S video Café Owner		A day in the life of a Food inspector	n/a
Tier 3 Words	Risk Assessment, Weighing, Measuring, Estimate, Senses, Sensory Testing, Eatwell Guide, Guidance, Nutrient.		Poisoning, Food poisoning, Bacteria, Vomiting, Diarrhoea, Standards, Cross contamination, Timings, Storage, Refrigerator, Freezer.		Senses, Sensory Testing, Protein, Carbohydrates, Complex or Simple, Fats, Eatwell Guide,	Macro nutrients, micro nutrients, carbohydrates, fats, protein, minerals, requirements, conditions, intolerances, deficiencies, boiling, poaching, steaming
Long Term Retrieval	Life beyond the lobby insight into hotels Hotel Manager		A day in the life of an Executive Chef	Food bites H&S video Café Owner	A day in the life of a Food inspector	Nutritional groups, nutritional needs of specific groups, cooking methods
Assessment Details	Theory: Health & Safety Practical Assessment		Theory: Hygiene Practical Assessment	Theory: Evaluation Practical Assessment	Theory: Evaluation Practical Assessment	NEA Controlled assessment Task
Misconceptions	Grammatical differences e.g flower & flour		Hygiene differences to comply with Food safety in classroom/different to home practice	Identifying the different senses and how to find descriptive words for food to explain and analyse foods		NEA Controlled assessment Task
Homework	SMHK Quiz		SMHK Quiz	SMHK Quiz	SMHK Quiz	Revision for examinations

Focus / Term	Half Term One	Half Term Two	Half Term Three	Half Term Four	Half Term Five	Half Term Six
Year 11 (Inc ACCESS) Topic Covered and End Points	2.1 The importance of nutrition 2.1.1 Understand the importance of nutrition. 2.1.2 How cooking methods impact on nutritional value 2.3 The skills and techniques of preparation, cooking and presentation of dishes 2.3.1 How to prepare and make dishes be able to cook dishes 2.3.2 Presentation techniques 2.3.3 Food safety practices		2.2 Menu Planning 2.2.1 Factors affecting menu planning 2.2.2 How to plan production 2.3 The skills and techniques of preparation, cooking and presentation of dishes 2.3.1 How to prepare and make dishes be able to cook dishes 2.3.2 Presentation techniques 2.3.3 Food safety practices 2.4 Evaluating Cooking skills 2.4.1 Reviewing dishes 2.4.2 Reviewing own performance		1.1 Hospitality & Catering Provision 1.2 How hospitality and catering provisions operate 1.3 Health and safety in hospitality and catering 1.4 Food safety in hospitality and catering	GCSE Exams
GGCE Specification	L1/2 Hospitality & Catering WJEC					
Powerful Knowledge and Careers	n/a	n/a	n/a	n/a	Revisit from Year 10 Terms 1-5	n/a
Tier 3 Words	Macro nutrients, micro nutrients, carbohydrates, fats, protein, minerals, requirements, conditions, intolerances, deficiencies, boiling, poaching, steaming		Portion control, balanced, nutritional, clients, equipment, preparation, presentation, standards, environmental, reduce, recycle, sustainability, seasonality, commodities, organoleptic, sequencing, evaluation, improvements, waste, organisation, decision making, time management.		All Tier 3 word from Year 10 Term 1 -5	n/a
Long Term Retrieval	Nutritional groups, nutritional needs of specific groups, cooking methods		Planning, health & safety, contingency plans, food safety, evaluation techniques		All knowledge from Year 10 Term 1 -5	n/a
Assessment Details	NEA Controlled assessment Task					n/a
Homework	Revision for examinations	Revision for examinations	Revision for examinations	Revision for examinations	Revision for examinations	n/a

