



Curriculum Overview: Hospitality and Catering

Exam Board: WJEC

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
7	Health and Safety <ul style="list-style-type: none"> Basic health & safety/food safety P treasure hunt Kitchen expectations – what is expected of you as a chef Knife skills P fruit salad Weighing & measuring P understanding quantities 	Cooker Skills <ul style="list-style-type: none"> Using a cooker safely P using hob to boil pasta salad; P using oven to make pizza; P investigation around enzymic browning P taste test oven, fried grilled food 	Nutrition <ul style="list-style-type: none"> What is the Eatwell Guide and why is it important? What is nutrition and how does it link to food groups P breakfast healthy muffin. Understanding food groups Portion control P – plating exercise. 	Nutrition <ul style="list-style-type: none"> Dietary Requirements – what are they? Sugar v sugar free P taste testing jam/marmalade/curds. Why is water an important part of your diet P growing cress seeds and sunflowers. Macro & micro nutrients – what does your body need to function? P chicken tikka pitta (encompasses everything your body needs) 	Sensory Skills <ul style="list-style-type: none"> What are the 5 senses in food technology? Taste – P Citrus drinking taste test; P Smell sardines/fish; Sight – meal presentation; Touch – blindfold touch test; Sound – P – popcorn, why does it make a noise when it explodes? P Why do some vegetables crunch (raw)? 	Sensory Skills <ul style="list-style-type: none"> Link sensory skills to sauces ? P making a cheese sauce (taste, texture and sight). Why are tenderising and marinating an important part of food processing? P Cajun chicken goujons tenderising and using spices.
8	Food Safety & Hygiene <ul style="list-style-type: none"> Food labels and packaging, how to read and understand labels to make informed choices. P design food packaging with the emphasis being nutrition and food content. Educating students about food handling, storage and preparation. P the correct way to prepare food for the freezer and labelling 	Food Safety & Hygiene <ul style="list-style-type: none"> Temperature control, why is it important to cook meat-based products to a specific temperature? P quiz Preparation to prevent food borne illnesses – what happens when food isn't cooked correctly? P growing bacteria and looking at it under the microscope. 	Environmental Issues <ul style="list-style-type: none"> What is sustainability and how does it impact the environment including recycling? Reducing food waste – what can you turn unwanted food into? P making compost bin/worm house P using stale bread to make bread & butter pudding 	Farm to Fork <ul style="list-style-type: none"> Sustainable sourcing, consider organic, locally produced and ethically sources ingredients. P Taste test organic v non organic Sustainable farming practices, learning about environmentally friendly farming practices P Trip to a working farm (Lower Drayton Farm) 	Food Costing <ul style="list-style-type: none"> Understanding food prices including the factors that influence them such as supply/demand and food miles. Budgeting for meals, creating meal plans for different budgets P low cost meal pizza P Virtual shopping, buying meal items online and creating a family meal (hypothetical) 	Fakeaway's v Takeaways <ul style="list-style-type: none"> Define fakeaways and explain the benefits (health & cost) Fakeaway recipes – create an online resource for parents to obtain healthy fakeaways recipes P design and develop recipes. Exploring culture, international fakeaways exposing students to different cultures through foods. P Chinese chicken noodles
9	Traditional British Dishes <ul style="list-style-type: none"> Meals such as fish n chips, roast dinners, bangers and mash are known worldwide, why? P – survey students and analyse findings. Discover the history and etiquette of the quintessential British tradition of Afternoon Tea. P invite parents/carers in for Afternoon Tea 	The Great British Pudding <ul style="list-style-type: none"> Puddings and desserts, students delve into the world of British desserts like trifle, Eton mess and sticky toffee pudding. P create mini party trifles including jelly, custard and toppings. History of puddings, students revisit past puddings giving them a modern-day twist P mini Victoria Sponges 	UK & Europe <ul style="list-style-type: none"> Travelling outside of Dudley into the big world, students explore unique dishes from different parts of the UK and Europe. P taste testing Black country faggots/veggie faggots, Cornish pasties & Polish potato cakes. A trip around Europe to learn about the different country specialities. P Blindfold tasting of pizza, sauerkraut and goulash 	Africa Cuisine <ul style="list-style-type: none"> African food is diverse and varies significantly from region to region. Students will learn about African family meals. P Jollof rice Investigating the flavours and ingredients of staple African spices. Understanding the cultural impact of food and significance in dishes. P finding cultural recipes and sharing 	India <ul style="list-style-type: none"> What are the essential ingredients used in Indian cooking? P design a label for spice packs P make up mini spice packs to take home Exploring the different culinary traditions of Indian states e.g. Bengali, Punjabi. P prepare an Indian curry. 	Indian Culture <ul style="list-style-type: none"> Cultural significance, helping students understand the cultural significance of food in festivals. P planning a celebration meal. Food presentation, discuss the art of food presentation including the use of colourful spices and garnishes. P creating a vegetarian salad fit for a celebration event Photograph work..
10	GCSE course introduction <ul style="list-style-type: none"> Introduction to the course. Investigating food establishments and understanding food/hygiene ratings P pub food What is a risk assessment? P carrying out a RA Preparing and making interesting dishes with pastry P making puff, shortcrust, choux and filo (pies) 	Skills <ul style="list-style-type: none"> Understanding the importance of nutrition & how cooking methods can impact nutritional value. Basic skills, knife skills – P chopping for vegetable soup Methods of bread making P working with yeast Preparing high risk foods 	Hospitality and Catering Operation <ul style="list-style-type: none"> Understanding the structure of the food industry. Linking jobs to skills. Food safety practices. How important are customers to your business? Supply / demand / reviews. How do you measure success? P Guest speaker The legal requirements of owning a business 	Advanced Food Safety <ul style="list-style-type: none"> Food related causes of ill health. Signs and symptoms of food induced ill health. Preventative control measures of food induced ill health. The Environmental Health Officer, who is this and what do they do? High skills P deboning a chicken 	Planning <ul style="list-style-type: none"> What are the factors affecting menu planning? Being aware of environmental factors when planning menus How to prepare and make dishes. P knife skills boning fish Reviewing own performance/peer evaluation P formative feedback 	Presentation <ul style="list-style-type: none"> Presentation techniques, how to showcase your menu. P digital plate planning Pasta making linked to food safety. Food safety practices when plating up. Reviewing dishes and evaluating taste P food taste test meat v meat substitute
11	Portfolio Building <ul style="list-style-type: none"> Cooking methods – how do you know if its the right one for the right food? P boil, fry, bake (potatoes) Portion control – getting it right What do your customers want from their menu? P Primary research survey 	Portfolio Building <ul style="list-style-type: none"> Factors affecting menu planning – customer needs, costs Working with the seasons – seasonal produce (winter vegetables) P British casserole / stew Honing in on skills – pastry chef, butcher, fishmonger, pasta maker, sous chef P student led 	Practical Exam <ul style="list-style-type: none"> Nutrition – is the meal balanced? Menu planning – what is important and why? Factors affecting menu planning – food availability, seasons, customer base and cost. Planning production – who is in your team and when are they available? 	Practical Exams <ul style="list-style-type: none"> Exam drills Mock exams – past papers/practical's Preparing the dishes in line with your menu (past brief) Presentation – colour, taste Reviewing the dishes – taste, presentation Peer evaluation & review Food photography 	Revision <ul style="list-style-type: none"> Who are the Hospitality and Catering providers. Hospitality and Catering operations - what's your preference? Health and Safety / Risk assessment Food Safety & kitchen safety Exam drill & mock revision 	Final Exam <ul style="list-style-type: none"> Exam preparation and final exam drills