

FOOD: Curriculum Overview Key Stage 4

Level 1 and 2: Hospitality and Catering



Food and Nutrition Year 10	Autumn UNIT 1	Autumn UNIT 2	Spring UNIT 1	Spring UNIT 2	Summer UNIT 1	Summer UNIT 2
Topic/Unit to be studied	How food can cause ill health	Cooking dishes Developing and improving skills learnt in KS3	-Understand the importance of nutrition when planning meals -Understand menu planning	Use of commodities	Understand environment Hospitality and Catering providers operate	Produce dishes to be served on a range of different menus
Subject Content Outline	Food safety: -Causes of ill health -Types of food poisoning -Symptoms of ill health -Food safety hazards Risks to food safety -Control measures -Food safety regulations	Basic skills: -Knife skills -Methods of cake making -Yeast doughs -Pastry making -Sauces Food safety and hygiene	-Functions of nutrients -Nutritional needs of specific groups -Effects of not having a balanced diet -Cooking methods and nutritional values -Factors when menu planning -Environmental issues when cooking -Customer needs -Production of time plans -Good quality checks	Production of dishes using: -Meat -Fish -Poultry -Eggs -Dairy -Vegetarian alternatives  Link to: -Special diets, allergies and specific groups -Use a range of cooking techniques	Types of establishments -Structure of Industry Job roles and working conditions  Propose a provision to meet specific requirements	Presentation techniques and accompaniments for a range of dishes -Vegetarian and Vegan dishes -dairy free -Gluten free -Low fat diets -Healthy school meals

Aims/Assessment Objectives	Pupils to understand and apply the principles of nutrition and health. Pupils cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet. Pupils become competent in a range of cooking methods. They understand the source, seasonality and characteristics of a broad range of ingredients. To work as a group producing products suitable for the given brief.		
Assessment	Practical work Practical group work Knowledge and understanding Research and homework tasks Evaluations and suggested improvements Mini-assessment opportunities with a given brief		-End of unit tests -Hygiene Certificate to complete
Cross curricular opportunities	Maths (Numbers, Ratio, Proportions and rates of change, Statistics) Science (Nutrition and digestion, functions of ingredients) English( Reading, Writing, Grammar & Vocabulary, Spoken English) ICT PSHE (Health and wellbeing) Humanities Listening and understanding, Reading and Writing ,Carrying out calculations, Interpreting results, Presenting results, Using ICT systems, Finding and selecting & exchanging information, Improving own learning and performance, Developing and presenting information ICT, Working with others-plan, do and review.		
Social, Moral, Spiritual, Cultural	Communication, working with others in a group. Making decisions and informed choices. Healthy eating. The study of different cultures, to identify and understand their needs. Using a variety of approaches to generate creative ideas and avoid stereotypical responses. Testing and evaluating ideas. Planning products for others, Food allergies and special dietary requirements.		
Homework	-Research projects linked to specific topics. -Ingredients to practical lessons -Doddle tasks linked to specific topics	-Research projects linked to specific topics. -Ingredients to practical lessons -Doddle tasks linked to specific topics	-Research projects linked to specific topics. -Ingredients to practical lessons -Doddle tasks linked to specific topics