

Year	Term 1	Term 2	Term 3
7	<p>*In Year 7/8 students will spend 6 months in Food and Catering lessons, depending on groupings this will either be in the first or second half of the academic year*</p> <p>During this time students will cover the following:</p> <p>Theory will include:</p> <ul style="list-style-type: none"> • Health and safety in a professional kitchen • What is the Eatwell guide? • The difference between macro and micronutrients • What is taste testing? • Dietary needs of different groups • Why is breakfast such an important meal? <p>Practical lessons will include:</p> <ul style="list-style-type: none"> • Knife skills • Pizza • Fruit crumble • Cous cous • Chicken goujons • Mini frittatas • Wedges and dip • Breakfast muffins • Flatbreads and toppings 		
8	<p>*In Year 7/8 students will spend 6 months in Food and Catering lessons, depending on groupings this will either be in the first or second half of the academic year*</p> <p>During this time students will cover the following:</p> <p>Theory will include:</p> <ul style="list-style-type: none"> • Hazards in a professional kitchen • Review of good nutrition • Dietary needs of different ages • Food allergies • Functions of ingredients • Correct ways to store food <p>Practical lessons will include:</p> <ul style="list-style-type: none"> • Bread making • Layered pasta salad • Kebabs • Savoury rice • Veggie curry • Curry accompaniment • Healthy biscuits • Pastry parcels 		

9	<p>During this term students will work on expanding their theory knowledge. There will be a focus on building knowledge of macronutrients such as carbohydrates and proteins. Students will also improve their knowledge on the need for micronutrients (vitamins and minerals) and learn how they benefit the body. We will also look more closely at dietary needs of different groups.</p> <p>Practical lessons will aim to encourage students to build on their knife skills taught in Year 7 and 8. Firstly students will learn different techniques to prepare ingredients e.g. baton, julienne, oblique. We will also produce dishes such as homemade burgers, fresh pasta, pastry making that reinforces the theory learnt this term.</p>	<p>In this term students will look at key aspects of the hospitality and catering industry. This will include the structure of hospitality and catering, food service systems, standards and ways to rate establishments. We will also look at working within Hospitality and Catering, working conditions and factors that can affect the success of different establishments.</p> <p>Practical lessons during this term will work alongside the theory taught. For example, students will be asked to produce dishes that could be sold at different establishments e.g. a muffin for a café, main meal for a restaurant. We will also look at producing meals for different clients for example a meal for a children's menu at a hotel.</p>	<p>In this term students will focus on how hospitality and catering providers operate. We will look at how the kitchen and front of house run successfully. We will also focus on customer needs and expectations as well as customer rights. Another area of focus will be the meeting the needs of specific requirements. For example, how new trends affect customer's needs, business/corporate requirements. We will also consider how local residents can be impacted by businesses around them.</p> <p>Practical lessons will again reflect the theory work covered. We will look at not only expanding students' knowledge of different ways to prepare ingredients but also exploring a greater variety of cooking methods. This term we will also focus on some presentation skills in order to improve the presentation of final dishes.</p>
10	<p>During this term our theory work will be focused on health and safety in different catering provisions and food safety. We will explore a range of key terms such as COSHH, PPER, risk assessments and control measures. We will also look at key regulations such the food safety act.</p> <p>Practical lessons will link to the theory work covered. For example students will be working with raw meat and other high risk foods to show they can work safely.</p>	<p>In this term students will be focusing on food safety in hospitality and catering. Topics we will cover will include; food related ill health, food allergies and intolerances, food safety legislation and the role of an environmental health officer.</p> <p>Practical work will again link to the theory covered, for example students will be asked to prepare items for a menu for specific dietary need. Students will also be required to show they can work safely and hygienically to carry out practical's such as a stuffed chicken breast with appropriate accompaniments</p>	<p>During this term students will focus on showing the knowledge they have gained as we focus on exam technique. Students will also carry out a mini coursework task to help prepare them for the coursework unit in Year 11. Within this task students will review nutritional value of foods, different diets etc. Students will also be expected to plan and produce a completed dish for a specific catering establishment.</p>
11	<p>The focus for this term is completing unit 2 which is the coursework element.</p>	<p>In this term students will continue to work on their unit 2 coursework, again carrying out practical activities when needed. During this term students will have a mock practical exam to help prepare for their final practical exam.</p>	<p>Students will complete this course in March 2023. Some students may be required to resist the unit 1 exam in which case they will prepare for this. Students who have completed the course will complete revision for other subjects</p>

	<p>Students will initially carry out some preparation and planning work to support the coursework. This will involve both theory and practical lessons.</p> <p>Students will then begin the 8 written assessments under times conditions. At relevant intervals students will do practical activities to help with their final practical exam in March 2023</p>		
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