Food department learning journey

THOMAS ESTLEY COMMUNITY COLLEGE
Achieving potential to create a better future

Key Stage 4
Hospitality and Catering

AC 2.2 How dishes on a menu address environmental issues

AC 2.1 Factors to consider when proposing dishes for menus

Make detailed class notes

Practice CAT – Controlled Assessment Task

AC 2.3 How menu dishes meet customer needs

AC 1.4 How cooking methods impact on nutritional value

AC 1.2 Nutritional needs of specific groups

AC 1.3 Characteristics of unsatisfactory nutritional intake

Understand menu planning – LO2

Understand the importance of nutrition when planning menus – LO1

AC 1.1 Functions of nutrients in the human body

Year 11

Live CAT – Controlled Assessment Task

AC 2.4 Plan production of dishes

mise en place

LO3
- **AC 3.1** Use techniques in the preparation of commodities
- **AC 3.2** Assure quality of commodities to be used in food preparation
- **AC 3.3** Use techniques in the cooking of commodities
- **AC 3.4** Use presentation skills
- **AC 3.5** Practice food safety

Written report - work from detailed class notes

Practical EXAM – March

Year 11 curriculum covers Unit 2: Hospitality and Catering in action

REVISE

Unit 1 EXAM – June

Research Unit 2 LO1

Propose a hospitality provision to meet specific requirements

AC 5.2 Recommend options for hospitality provision

AC 4.5 The symptoms of food-induced ill health

AC 4.4 Common types of food poisoning

LO5 – Know how food can cause ill health

EHO visit

AC 5.1 Review options for H&C provision

AC 4.3 Food safety legislation

AC 4.2 The role and responsibilities of the Environmental Health Officer (EHO)

AC 4.1 Food related causes of ill health

Practical skills cover Unit 2: LO3 - Be able to cook dishes

Year 10 curriculum covers Unit 1: The Hospitality and Catering Industry

Year 10

LO1 Understand the environment in which hospitality and catering providers operate
- **AC 1.2** Job requirements within the H&C industry
- **AC 1.4** Factors affecting the success of H&C providers

LO2 Understand how hospitality and catering provision operates
- **AC 2.2** The operation of front of house
- **AC 3.2** Risks to personal safety in H&C

LO3 Understand how hospitality and catering provision meets health and safety requirements
- **AC 3.1** Personal safety responsibilities in the workplace
- **AC 3.3** Personal safety control measures for H&C provision

End of rotation test

REVISE

SELF ASSESSMENT

Practical challenge – Folding, Wrapping

Samosas or Spring rolls – Festival foods

Hunter's chicken – Methods of cooking

Pasta Fiorentina – Special Diets

- **AC 1.1** The structure of the H&C industry
- **AC 1.3** Working conditions of different job roles across the H&C industry
- **AC 2.1** The operation of the kitchen
- **AC 2.3** How H&C provision meets customer requirements

Year 9 theory curriculum is based on lifestyle and choice

Key Stage 3
Cooking and Nutrition

Year 9

Chilli and wedges	Calzone	Swiss roll	Chicken curry	Chow mein or Sweet & Sour	Thai fish cakes	Burgers	Tomato & basil tart
Food choices	Taste testing	Describing foods	Food labelling	Hydration	Storing food	Buying food	Advanced Food Safety

12 week rotation

End of rotation test

REVISE

Dutch apple cake – Heat Transfer

Cheese and onion pasties

FOODSCIENCE

Year 8

Jam tarts	Bread rolls	Pasta bake	Bolognese	Pizza wheels	Fajitas	Chickpea and spinach curry
Food Safety and Hygiene	Carbohydrates	Proteins	Fats	Vitamins	Minerals	Fibre and Water

9 week rotation

End of rotation test

REVISE

What went well: / Even better if: / Next steps:

Potato wedges & dip – Frying

Spanish omelette – Breakfast

Scones – Fats and Sugars

Sausage rolls – Activity and Calories

Breakfast muffins – Fruit and Vegetables

Goujons – Fish and Omega 3

Cheesy pinwheels – Water and Salt

Pasta salad – The Eatwell Guide

Fruit salad – Food Safety and Hygiene

Year 8 theory curriculum is based on the 7 main nutrients

Bridge hold & Claw grip

Year 7

9 week rotation

Year 7 theory curriculum is based on Government guidelines; 'The Eatwell Guide' and 'The 8 tips for Healthy Eating'

Seasonality

6-8 a day

The 4 C's of food safety: CLEAN, SEPARATE, COOK, CHILL