



Curriculum Overview:

# **Food Technology**

(PLUS Hospitality & Catering)

## **Year 7-11**

# Year Group: Year 7 Hospitality & Catering

**Timing:** 3 x 6 Week Carousel Rotations over the course of the academic year.

**Topic title:** An introduction to Hospitality and Catering Provision and Hospitality and Catering in action - *Healthy eating, choice, lifestyle and physical activity are fundamental to all we teach in Hospitality and Catering Lessons.*

**Assessment:** x 3 over the 18 weeks

1. STEP Task 1,2 + 3
  1. Healthy Eating Poster
  2. World Food Task
  3. Environmental Task
2. Practical Assessment:
  1. Cooker Test - Wk 5
  2. Muffins
  3. Curry
3. Knowledge Test
  1. Personal hygiene / Health and Safety
  2. Healthy Eating
  3. Environmental Considerations

Week 5 of each rotation

Knowledge Organizer



# KS3 YEAR 7

## Hospitality & Catering – 18 Weeks

- Sensory analysis
- Healthy Eating
- World food

Review

Final Practical Assessment  
Final Theory Test  
Final STEP work



16,17,18

- Environmental Considerations
- Fair trade
  - Food Miles
  - Carbon footprint
  - The 3 R's
  - Food provenance
  - Farming
  - Climate change

- Nutrition – Introduction
- Cooking methods – Potato experiment



13,14,15

2nd Practical Assessment  
2nd Theory Test  
2nd STEP task



- Fruit Salad , Pizza Toast, Soup  
Pasta, Pasties  
Curry, Bread  
Stew, Egg Fried Rice  
Muffins, Cakes, Experiment.



10,11,12

- Preparation and Cooking skills / Techniques ( developing over the 18 weeks )
- Knife skills
  - Boiling, simmering, peeling,
  - Weighing, measuring, baking, slicing, dicing, sifting, frying, glazing, rolling,, rubbing in...

- Eatwell Plate
- World food
- Sensory analysis
- Seasonal Food - commodities



First Practical Assessment – ( Cooker Test )  
First Theory Test  
First STEP work

7,8,9



4,5,6

- Hygiene
- Health and Safety
- Food Storage, Poisoning
- Healthy Eating
- The Hospitality and Catering Industry



Week 1,2,3

# Curriculum Road Map for Food Tech

# Year Group: Year 8 Hospitality & Catering

**Timing:** 3 x 6 Week Carousel Rotations over the course of the academic year.

**Exam Board:** WJEC

**Topic title/Key Question:** Healthy eating, choice, lifestyle and physical activity are fundamental to all we teach in Hospitality and Catering Lessons.

**Breakdown:** Each 6 Week Rotation will consist of 4 practical lessons and 2 theory lessons, the practical lessons will build on the important fundamentals of cooking, safety, hygiene – Key skills and techniques in preparation, cooking and presentation.

- This year's learning is designed to allow pupils to develop a range of practical skills, as well as learning and applying principles of health and safety. This includes personal hygiene, accident prevention, the 4 C's, the storage of ingredients, Healthy Eating, Nutrition, Special Diets and World Food.
- Pupils will arrive in year 8 with a variety of experiences, the purpose of this scheme of work is to ensure all the basic skills and expectations are clear and well established throughout the rotations.
- The students in year 8 will also be introduced to several other topics (as an over view to best enable them to be able to understand the wider Hospitality and Catering world, make links to other subjects and have a better understanding of WHAT and WHY they are making each week). Environmental Considerations, World Food, Sensory Analysis, The Hospitality and Catering Industry, Hospitality and Catering in action.

## Assessment:

1. STEP Task 1,2 + 3
  1. Healthy Eating
  2. Nutrition
  3. Special Diets
2. Practical Assessment:
  1. Cooker Test – wk 5
  2. Chinese Stir Fry
  3. Shortcrust Tarts
3. Knowledge Test
  1. Hygiene / Health and Safety.
  2. Healthy Eating
  3. Nutrition / Wellbeing / Lifestyle Choice

Week 5 of each rotation

## Knowledge Organizer



### Environmental Considerations

- Fair trade
- Food Miles
- Carbon footprint
- The 3 R's
- Food provenance
- Farming
- Climate change

# KS3 YEAR 8

## Hospitality & Catering – 18 Weeks

16,17,18

### Preparation and Cooking skills / Techniques ( developing over the 18 weeks )

- Knife skills
- Pastry, handling raw meat, sauteing grating, filleting
- Weighing, measuring, baking, slicing, dicing, sifting, frying, glazing, rolling,, crimping, meting... ..

Final Practical Assessment  
Final Theory Test  
Final STEP work

13,14,15



2nd Practical Assessment  
2nd Theory Test  
2nd STEP task



- Healthy Eating | Diet through the life stages
- Nutrition
- Wellbeing and Diet
- Lifestyle Choice

10,11,12



- Food Choice
- Special Dietary Requirements
- Allergies and Intolerances
- Presentation techniques

Responsive Teaching  
Reteach, Revisit and Enrich

7,8,9

First Practical Assessment – ( Cooker Test )  
First Theory Test  
First STEP work

- Pasta, Victoria Sponge, Kebabs, Bread, Chinese Stir Fry, Tikka Masala, Pizza, Chocolate Brownies, Bolognese Sauce, Shortcrust pastry tarts, French tarts ( Puff )
- Tunnocks Tea Cake Challenge
- Potato Experiment

4,5,6

- Eatwell Plate
- World food
- Sensory analysis
- Seasonal Food - commodities



- Hygiene
- Health and Safety
- Food Storage, Poisoning, ill health
- Healthy Eating
- The Hospitality and Catering Industry

Week 1,2,3



### Curriculum Road Map for Food



# Year Group: Year 9 Hospitality & Catering

**Timing:** 3 x 6 Week Carousel Rotations over the course of the academic year.

**Exam Board:** WJEC

**Topic title/Key Question:** Healthy eating, choice, lifestyle and physical activity are fundamental to all we teach in Hospitality and Catering Lessons.

**Breakdown:** Each 6 Week Rotation will consist of 4 practical lessons and 2 theory lessons, the practical lessons will build on the important fundamentals of cooking, safety, hygiene – Key skills and techniques in preparation, cooking and presentation.

- This year's learning is designed to allow pupils to develop a range of practical skills, as well as learning and applying principles of health and safety. This includes personal hygiene, accident prevention, the 4 C's, the storage of ingredients, Healthy Eating, Nutrition, Special Diets, Allergies and Intolerances, World Food Culture, Environmental Considerations and The Hospitality and Catering Industry.
- Pupils will arrive in year 9 with a variety of experiences, the purpose of this scheme of work is to ensure all the basic skills and expectations are clear and well established throughout the rotations.

The students in year 9 will also be introduced to several other key topics to best enable them to be able to understand the wider Hospitality and Catering world, make links to other subjects and have a better understanding of WHAT and WHY they are making each week. The Hospitality and Catering Industry, Hospitality and Catering in action.

## **Assessment:**

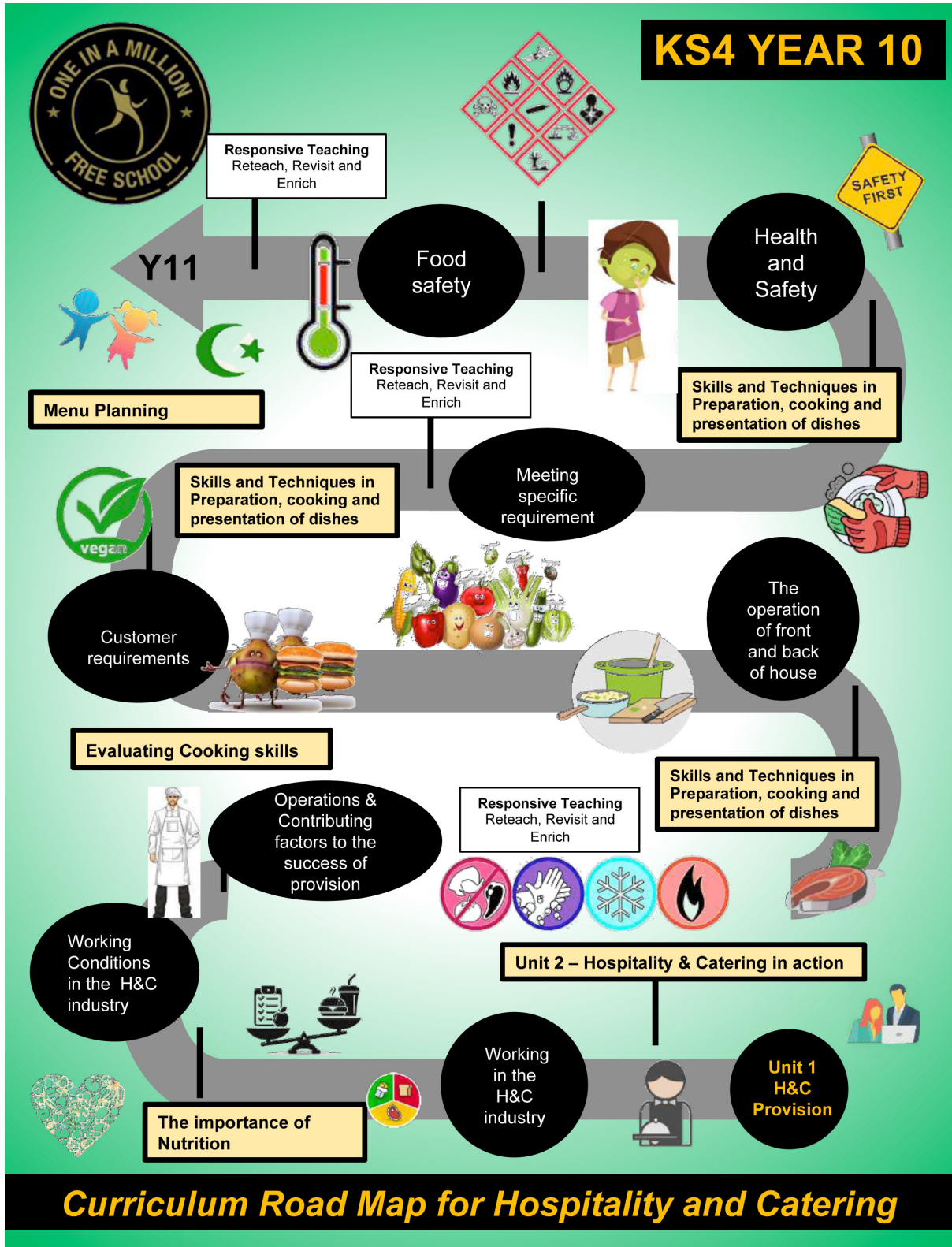
1. STEP Task 1,2 + 3
  1. Healthy Eating
  2. Special Diets / Dietary requirements
  3. Careers / Job Roles
2. Practical Assessment:
  1. Cooker test – Week 5
  2. Pizza
  3. Cinnamon Palmiers with Chantilly Cream
3. Knowledge Test
  1. Test 1 – Healthy Eating
  2. Special Diets.
  3. The Hospitality & Catering Industry

Week 5 of each rotation

## **Knowledge Organizer**



# KS4 YEAR 10

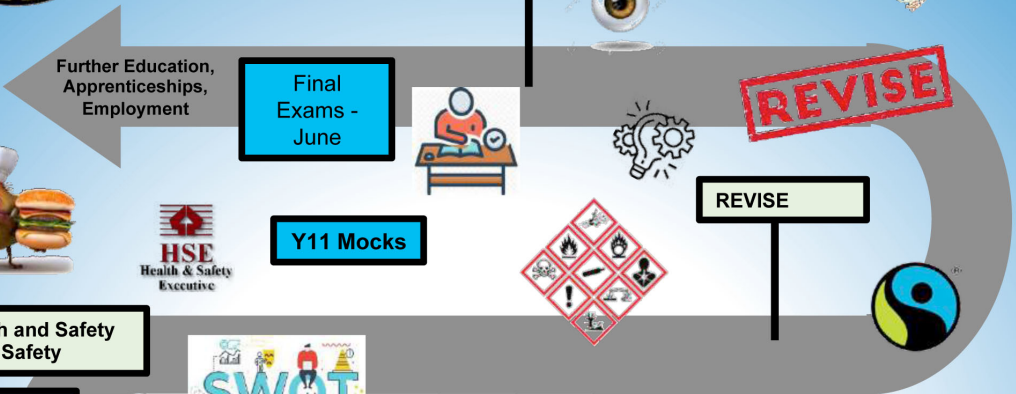


## Curriculum Road Map for Hospitality and Catering



# KS4 YEAR 11

SUCCESS



Health and Safety Food Safety

Y11 Mocks



Front of House / Back of House Customer requirements

Responsive Teaching Reteach, Revisit and Enrich

Meeting specific requirements – i.e Dietary needs, Customer trends, Competition,

H&C Operations – Success and Failure – Reasons why business do or do not do well

Working and working conditions in the H&C industry

Unit 1 Hospitality & Catering Provision

Skills and Techniques in Preparation, cooking and presentation of dishes

Responsive Teaching Reteach, Revisit and Enrich

Unit 2 - 3 Hour practical Exam / January / February Coursework complete - Feb

Evaluating Cooking skills



Menu Planning

Skills and Techniques in Preparation, cooking and presentation of dishes

Unit 2 – Hospitality & Catering in action

The importance of Nutrition

## Curriculum Road Map for Hospitality and Catering



# Year Group: Year 10-11 Hospitality & Catering

**Timing:** 3 x 6 Week Carousel Rotations over the course of the academic year.

**Level 1 / 2 Vocational Award. Exam Board - WJEC**

## **Breakdown:**

**Intent:** The Hospitality and Catering Level 1/2 Award has been designed to support learners in schools and colleges who want to learn about this vocational sector and the potential it can offer them for their careers or further study. It is most suitable as a foundation for further study, providing learners with a core depth of knowledge and a range of specialist and general skills that will support their progression to further learning and employment within the hospitality and catering sector.

## **Year 10**

This is a new and exciting practical course starting at One In A Million Free School in September 2023. In this qualification students will learn all elements of preparation, cooking and presentation of nutritional dishes. This course is designed around the concept of plan, do, review approach so that the students take part in practical activities in different contexts in order to learn the related theories.

In Year 10 we look at the types of establishments that provide hospitality and catering services, Job roles within the establishments and how a kitchen brigade works. The students will study about how food poisoning can be prevented, as well as the laws surrounding food safety including the role of an Environmental Health Officer.

Students will learn how cooking methods can impact nutritional value as well as menu planning. Interlinked with this are practical cooking lessons creating nutritional balanced food focus will be understanding the importance of nutrition.

Throughout year 10 the practical skill element will gradually be built up. This will start with teacher-led demonstrations with students making the dishes alongside the teacher. We make a range of low, medium and high skill dishes building on the skills learnt at KS3. As the year progresses, they learn how to debone a chicken and turn it into 3 dishes as well as filleting a fish. To help students create dishes we encourage them to find their own recipes around the theme given so ask that they supply their own ingredients. This gives them the freedom to push themselves and be creative with their dishes.

## **Year 11**

Year 11 is about bringing everything together that has been learnt in year 10 and putting it into practice.

At the beginning of Year 11 food students are tasked with recapping, refreshing and renewing their theory knowledge. This revision is vital for successful exam preparation. Students are given personalised learning checklists to identify strengths but also weaknesses to focus on. Theory notes from Year 10 are used along with exam board specific revision textbooks. Memory recall strategies, such as dual coding and a variety of VAK learning are used to ensure high quality revision is undertaken.

The written exam will be in January or June. Throughout the revision period there will be relevant practical lessons focusing on presentation techniques and food safety.

In the spring term students will look at how to create menus for different dietary needs focusing on portion sizes, cost and nutritionally balanced menus. They will learn how to dovetail time plans ready for the NEA2. The focus will then be on the NEA2. This is where the students take all the knowledge from year 10 and put it into planning and creating a nutritious menu around a scenario that is given by the exam board. They will show their menu planning skills, their knowledge of the importance of nutrition whilst creating 2 dishes in a set time. This will be completed and submitted by May.

#### Overview / Topic: **Key Concepts:**

Health and safety, personal hygiene, preparing food safely and hygienically, 4 C's and the making and evaluating of a range of different dishes. Commercial and Non - Commercial Businesses Different Food Cultures, The Environment, Nutrition and Healthy Eating.

#### **Qualification objective**

- The Vocational Award in Hospitality and Catering has been designed to support learners in schools who want to learn about this vocational sector and the potential it can offer them for their careers or further study. It is most suitable as a foundation for further study. This further study would provide learners with the opportunity to develop a range of specialist and general skills that would support their progression to employment.

All units in WJEC 1/2 Level Award in Hospitality and Catering have been designed to require learners to develop their learning by working towards work-related purposeful tasks. Learners will select and apply their learning in completion of these tasks.

Each unit has also been designed to provide learners with an understanding of how the learning is relevant to the sector. Completion of the WJEC Level 1/2 Award in Hospitality and Catering would necessarily require learners to complete

assessments where they select relevant learning to be applied to a key task that is relevant to the Hospitality and Catering sector.

### **Unit 1: The Hospitality and Catering Industry**

Learners apply their learning by considering all aspects of the vocational sector. They should acquire knowledge of all aspects of the industry and be able to propose new hospitality and catering provision for specific locations. Learners will be able to use their learning of different types of establishment and job roles to determine the best option. They will then apply their learning in relation to front of house and kitchen operations to determine how the proposed hospitality and catering provision will operate efficiently legally and financially viable whilst meeting the needs of their potential market. This unit provides a broad introduction to the vocational sector in a way that is purposeful and develops a range of transferable skills.

### **Unit 2: Hospitality and Catering in Action**

Learners apply their learning to safely prepare, cook and present nutritional dishes. They will draw on their learning of different types of provision and kitchen and front of house operations in Unit 1, as well as personal safety in their preparations. The content is relevant not only to employees within food production, but also those with a responsibility for food safety in the industry, nutritionists and managers and owners.

This extends the learners appreciation of the whole vocational area beyond the kitchen environment.

### **Assessment:**

- Unit 1 enables learners to gain and develop comprehensive knowledge and understanding of the hospitality and catering industry including provision, health and safety, and food safety.
- Unit 2 enables learners to develop and apply knowledge and understanding of the importance of nutrition and how to plan nutritious menus. They will learn the skills needed to prepare, cook and present dishes. They will also learn how to review their work effectively.
- Unit 1: The hospitality and catering industry
- Written examination: 1 hour 20 minutes
- 40% of qualification
- 80 marks
- Questions requiring short and extended answers, based around applied situations. Learners will be required to use stimulus material to respond to questions.
- Unit 2: Hospitality and catering in action
- Controlled assessment: approximately 12 hours
- 60% of qualification

- 120 marks
- An assignment brief will be provided by WJEC, which will include a scenario and several tasks available via the WJEC Secure Website.

### **Knowledge Organizer**