

### Year 10 – Hospitality and Catering

<b>Curriculum intent</b>	<p>Food and Cookery is a rigorous qualification that ensures students develop their core knowledge and practical skills to be able to progress into a career in the Hospitality and Catering industry. We will look at the food industry and the importance of food for both healthy living and future career pathways. We will understand food provenance, the main food groups, key nutrients and the requirements of a healthy diet. We will explore food choices and how recipes can be adapted to suit the needs of specific people. We will explore menu creation and action planning and well as use evaluative skills to critique our own understanding. A full range of practical skills will be demonstrated that will show the aptitude for progression into the hospitality sector. Students will demonstrate these skills through NEA coursework and will show their knowledge through a written exam paper.</p>					
<b>Term</b>	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Knowledge</b>	Food groups, key nutrients and a balanced diet	Factors affecting food choice. Food preparation, cooking skills and techniques	NEA- 60% final exam grade	NEA- 60% final exam grade	Recipe amendment, development and evaluation. Menu and action planning for completed dishes.	Introduction to the hospitality and catering sector.
<b>Skills</b>	<ul style="list-style-type: none"> <li>• Food groups</li> <li>• The components of a balanced diet</li> <li>• Proportions of food groups</li> <li>• UK healthy eating guidelines</li> <li>• Nutrients – macro and micro</li> <li>• The importance of water</li> <li>• Nutrient imbalances</li> <li>• Nutritional requirements for different groups</li> <li>• Food related health conditions</li> </ul>	<ul style="list-style-type: none"> <li>• Social factors</li> <li>• Environmental factors</li> <li>• Seasonality</li> <li>• The key stages and purpose of a recipe</li> <li>• The characteristics and functions of ingredients.</li> <li>• Preparation skills</li> <li>• Cooking techniques</li> <li>• Cooking methods</li> <li>• Presentation skills</li> </ul>	<ul style="list-style-type: none"> <li>• Preparation skills</li> <li>• Cooking Skills</li> <li>• Presentation of dishes</li> <li>• Customer requirements</li> <li>• Food safety practices</li> <li>• Time planning and HACCP</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluating cooking skills</li> <li>• Organoleptic</li> <li>• Sensory analysis</li> <li>• Health and safety</li> <li>• Nutritional analysis</li> <li>• Planning and time management</li> </ul>	<ul style="list-style-type: none"> <li>• Recipe amendment</li> <li>• Developing recipes</li> <li>• Evaluating completed dishes</li> <li>• Interpreting a customer brief</li> <li>• Menu planning</li> <li>• Action planning</li> <li>• Evaluation of the planning and production stage.</li> </ul>	<ul style="list-style-type: none"> <li>• Working conditions</li> <li>• Factors to the success of the provision</li> <li>• Operation and work flow</li> <li>• Documentation and kitchen procedures</li> <li>• Dress codes</li> <li>• Accident forms</li> </ul>

	<ul style="list-style-type: none"> <li>Nutritional labelling</li> </ul>					
<b>Assessments</b>	Assessed production plans and Practicals	Written examination Term 1- Planning an menu for a brief. Practical assessment Term 1 Mock NEA cook.	NEA controlled assessment	NEA controlled assessment	Written examination HT5	Year 10 Mock examination.
<b>Curiosity</b>	Watch Great British Menu/ Watch Food Unwrapped/ Bake off/ The big fish fight/ Supersize me.	Visit a vegetarian or vegan restaurant and review the use of ingredients.	Watch Countryfile/ This week on the farm/ This Yorkshire farm	Visit the catering department at Tameside college. Book into their restaurant and have a meal made by the students.	Visit a street food site such as Hatch, Grub, Produce Hall Stockport, Altrincham Market	Visit Manchester's food and drink festival Visit BBC Good Food Show- NEC