

Curriculum Summary

Subject: Food (and Level 1/2 Vocational Award in Hospitality and Catering)

Year 7	Year 8	Year 9	Year 10	Year 11
<p>Food and Nutrition: Students use a variety of food preparation techniques whilst working safely in the kitchen.</p> <p>They learn knife skills, sauce reduction, coating, fish preparation, rubbing in, pastry making and preparation of vegetables.</p>	<p>Food Storage and Handling: Students explore the nutritional needs of children and teenagers. They investigate nutrient groups to create a range of healthy, savoury dishes with consideration of effective food storage and handling.</p> <p>Students learn bread making, roux sauce, handling raw meat, enrobing, and food science.</p>	<p>Importance of Nutrition: Students plan balanced meals and menus based on current healthy eating guidelines and the Eatwell Guide.</p>	<p>Establishments and Food Service Systems: Students explore types of establishments in the hospitality industry and the associated job roles.</p>	<p>Environmental Factors: Students learn about the carbon footprint of ingredients, food miles, packaging, sustainability, food preparation and cooking methods, food waste.</p>
		<p>Macro and Micro Nutrients: Students explore and investigate the five nutrients including recommended requirements for adults and children and consumer groups at risk of deficiencies.</p>	<p>Operation of Hospitality and Catering Industry: Students investigate the operational side of hospitality and catering provisions and customer requirements (kitchen and front of house).</p>	<p>Nutritional Needs of Groups: Students compare nutritional needs of specific groups. They explain factors to consider when proposing dishes for menus.</p>
		<p>Dietary Needs: Students compare nutritional needs of specific groups. They investigate how recipes can be modified to cater for dietary needs, including allergies and intolerances and medical conditions.</p>	<p>Health and Safety: Students investigate safety and responsibility in the workplace. They assess risk and personal safety.</p>	<p>Importance of Nutrition: Students explore functions of nutrients in the human body. They explain characteristics of unsatisfactory nutritional intake.</p>
		<p>Commodities: Students analyse production and processing of various commodities including meat, fish, poultry, grains and dairy. They explore organoleptic properties through food tasting of commodities.</p>	<p>Food Safety: Students analyse food related causes and symptoms of ill health and explore the role and responsibilities of the Environmental Health Officer.</p>	<p>Preparation Techniques: Students use preparation and food safety practices to cook a range of commodities demonstrating different techniques.</p>
		<p>Make do and Mend: Students understand the impact of rationing on war time cookery and apply to current issues on sustainability.</p>		<p>Hospitality in Action: Students plan the production of dishes for a menu and explore time planning for dishes.</p>