

## Hospitality & Catering - Key Stage 4 Curriculum Overview

|           | Autumn  |   | Spring  |  | Summer   |  |
|-----------|---|---|---|--|--|--|
| Year      | 1   | 2   | 3   | 4  | 5  | 6  |
| <b>10</b> | <b>Food : Causes of ill health</b><br><br><b>Introduction:</b> <ul style="list-style-type: none"> <li>Kitchen health &amp; safety</li> <li>Food storage</li> <li>Bacteria, microbes, chemicals, metals, poisonous plants</li> </ul> <b>Types of food poisoning:</b> <ul style="list-style-type: none"> <li>Campylobacter, Salmonella, E-Coli, Clostridium Perfringens, Listeria, Bacillus Cereus, Staphylococcus Aureus</li> </ul> <b>Food induced ill health:</b> <ul style="list-style-type: none"> <li>Intolerances, allergies.</li> </ul> <b>Legislation</b> <ul style="list-style-type: none"> <li>Food Safety Act</li> <li>Food Safety &amp; Food Labelling Regulations</li> </ul> <b>EHO:</b> <ul style="list-style-type: none"> <li>Roles (Enforcement)</li> <li>Responsibilities.</li> </ul> | <b>Workplace Health &amp; safety</b><br><br><b>Investigating the roles &amp; responsibilities of employers &amp; employees in relation to:</b> <ul style="list-style-type: none"> <li>Health and Safety at work Act</li> <li>Reporting injuries, disease and dangerous occurrences regulations (RIDDOR)</li> <li>Control of Substances Hazardous to Health regulations (COSHH)</li> <li>Manual handling operations regulations</li> <li>Personal Protective Equipment at Work regulations (PPER)</li> </ul> <b>Determining risks to:</b> <ul style="list-style-type: none"> <li>Health &amp; security.</li> <li>To security</li> </ul> <b>Identifying control measures:</b> <ul style="list-style-type: none"> <li>For employees &amp; customers</li> </ul> | <b>The Hospitality &amp; Catering Industry</b> <ul style="list-style-type: none"> <li>Types of provider</li> <li>Types of service &amp; provision</li> <li>Commercial/non-commercial establishments</li> <li>Contract catering</li> <li>Rating and standards</li> <li>Job roles</li> </ul> <b>Requirements:</b> <ul style="list-style-type: none"> <li>Pay &amp; qualifications.</li> <li>Personal attributes</li> </ul> <b>Working conditions:</b> <ul style="list-style-type: none"> <li>Contracts, working hours</li> </ul> <b>Business success:</b> <ul style="list-style-type: none"> <li>Cost, profit, economy</li> <li>Competition</li> <li>Customer service</li> <li>Environmental factors</li> <li>Demographics/ lifestyle and expectations.</li> <li>Trends, media, political</li> <li>factors</li> </ul> | <b>How the hospitality and catering provision operates</b><br><br><b>Kitchen &amp; front of house operation:</b> <ul style="list-style-type: none"> <li>Layout</li> <li>Workflow</li> <li>Operational activities</li> <li>Equipment and materials</li> <li>Stock control</li> <li>Documentation and administration</li> <li>Staff allocations</li> <li>Dress code</li> <li>Safety and security</li> </ul> <b>Customer requirements</b> <ul style="list-style-type: none"> <li>Leisure</li> <li>Business/corporate</li> <li>Local residents</li> <li>Customer needs.</li> <li>Expectations</li> <li>Customer trends</li> <li>Customer rights, equality</li> </ul> | <b>Mock examination revision of examined unit.</b> <ul style="list-style-type: none"> <li>Food causes of ill health</li> <li>Workplace health &amp; safety</li> <li>Hospitality &amp; catering industry &amp; operation.</li> </ul> <b>Controlled assessment Preparation</b><br><br><b>Nutrition. Function, excess and deficiency.</b> <ul style="list-style-type: none"> <li>Fat</li> <li>Protein</li> <li>Carbohydrates</li> <li>NSP (Fibre)</li> <li>Vitamins A,D,E,K,B,C</li> <li>Minerals</li> <li>Water</li> </ul> <b>Nutrient requirement of groups.</b> <ul style="list-style-type: none"> <li>Adult, children, elderly</li> </ul> | <b>Controlled assessment 2 Preparation</b><br><br><b>Recipe planning.</b> <ul style="list-style-type: none"> <li>Time plans – related to own choice practical.</li> </ul> <b>High skill making planning.</b><br><br><b>Design brief analysis.</b> <ul style="list-style-type: none"> <li>Controlled assessment.</li> </ul> |
| <b>10</b> | <b>Food practical skills</b><br><br>Safe knife skills<br>Fruit and vegetable preparation and cooking<br>Cake & biscuit methods ( <i>Rubbing in, creaming</i> )<br>Cake decoration ( <i>Piping &amp; icing</i> )<br>Vegetable and meat reduction sauces<br>White (starch based) sauces.<br>Bread ( <i>Yeast theory. Shaped bread &amp; decoration</i> )  |   | <b>Food practical skills</b><br><br>Pastry based skills ( <i>resting, lining tin, baking blind</i> )<br>Shaping pastry ( <i>Decorative finishes. Encasing with pastry</i> )<br>Filo & rough puff pastry<br>Choux pastry<br>Pasta. Making and shaping pasta. ( <i>Cutting and ravioli</i> )<br>Piped biscuits<br>Gelatine based products ( <i>Panna-cotta</i> )  |  | <b>Food practical skills</b><br><br>Poultry : Jointing a chicken. ( <i>Accompanying dishes</i> )<br>Fish : Filleting a whole fish ( <i>Accompanying dishes</i> )<br>Shaped meat products ( <i>Beef burgers &amp; / or Meatballs</i> )<br>Emulsifying sauces. ( <i>Hollandaise &amp; Custard. Fruit tart</i> )<br>Dovetailing of recipes / multiple dishes.<br>Revision of complex knife skills within dishes.<br>Recipe design – own choice practical.   |  |

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| <b>11</b> | <b>Controlled assessment Preparation</b><br><br><b>Cooking methods &amp; the effect on nutrition and sensory properties.</b> <ul style="list-style-type: none"> <li>Boiling. Steaming. Poaching. Roasting. Baking. Frying. Simmering.</li> </ul> <b>Investigating factors when proposing dishes for menus</b> <ul style="list-style-type: none"> <li>Cost. Seasonality. Type of provision.</li> <li>Environmental issues.</li> <li>Customer needs.</li> </ul> <b>Ongoing revision for mock exam</b><br>Food causes of ill health<br>Workplace health & safety | <b>Controlled assessment Preparation</b><br><br><b>Revision of nutrition and nutritional requirements of client groups.</b><br><br><b>Investigating and analysing the design brief.</b> <ul style="list-style-type: none"> <li>Client group. Dietary needs.</li> </ul> <b>Recipe selection and justification. Practising food practical skills.</b> <ul style="list-style-type: none"> <li>Preparation, cooking &amp; presentation techniques.</li> <li>Dovetailing of tasks</li> <li>Time plans.</li> </ul> <b>Ongoing revision for mock exam</b><br>Hospitality & catering industry & Provision. | <b>Live 'Controlled assessment' task</b><br><br><b>Design brief analysis</b> <ul style="list-style-type: none"> <li>Client group. Provisions.</li> </ul> <b>Nutritional requirements</b> <ul style="list-style-type: none"> <li>Function. Deficiency. Excess</li> <li>Comparison of diets.</li> </ul> <b>Recipe justification</b> <ul style="list-style-type: none"> <li>Recipe meets requirements of design brief.</li> <li>Appropriate cooking methods.</li> <li>Time-plans</li> </ul> <b>Practical examination</b> <ul style="list-style-type: none"> <li>Extended practical exam.</li> <li>Two dishes</li> <li>Dovetailing of tasks.</li> <li>Presentation of dishes</li> </ul> | <b>Review options for H &amp; C Provision</b> <ul style="list-style-type: none"> <li>Summarise different options. Advantages and disadvantages.</li> <li>Use of supporting information which justify how this meets specified needs.</li> </ul> <b>Ongoing revision for mock exam</b><br>Food causes of ill health<br>Workplace health & safety<br><br><b>Ongoing revision for mock exam</b><br>Hospitality & catering industry & Provision. | <b>Examination revision of examined unit.</b><br><br><b>GENERAL REVISION &amp; EXAM TECHNIQUE</b> |   |
| <b>11</b> | <b>Food practical skills</b><br><br>Dessert. Meringue. Mousse. Decoration. Garnishing and finishing techniques. Plate presentation. Potato accompaniments ( <i>workshop</i> )<br>Recipe design – own choice practical based on developing ideas for practise controlled assessment task.  |  | <b>Food practical skills</b><br><br>Recipe design – own choice practical based on developing ideas for practise controlled assessment task.<br><br>Live practical 'Controlled Assessment' task.   |  |   |   |