

# Cooking & Nutrition and Hospitality and Catering CURRICULUM

**INTENT:** Design & Technology develops students' understanding of the 'physical' world. They learn to design, make and evaluate everyday products, considering their own and others' needs, wants and values. Key concepts include creativity and imagination. Rather than contribute to a disposable society, students become proactive thinkers, able to appreciate the effort, time and resources used to create all products. They explore how they can reduce their impact while still having an impact.



Revision of Unit 1 in Preparation For Written Exam.



Prepare, Cook and Present the Dishes Demonstrating a Range of Skills

Factors Affecting Dish Choice and Planning Production, Hygiene, Safety and Contingencies.



Analysis of Brief and Recommendations of Dishes. Understanding of Macro, Micronutrients and Cooking Methods.

Life stages and dietary needs. Key Nutrient, Vitamin and Mineral Requirements and Deficiencies



1.1 HOSPITALITY AND CATERING INDUSTRY

EXTERNALLY SET ASSESSMENT: EVALUATION

PRACTICAL EXAM

EXTERNALLY SET ASSESSMENT: PLANNING

EXTERNALLY SET ASSESSMENT: ANALYSIS

MACRONUTRIENTS AND MICRONUTRIENTS

Year 11



H&C Providers, Working and Conditions in the Industry



Contributing Factors to the Success of H&C Provision



The Operation of Front and Back of House and Customer Requirements

H&C Provisions to Meet Specific Requirements



Health and Safety in H&C Provision and Food Safety

Food-related Ill Health, Symptoms, Signs and Preventative Measures and The Role of the EHO

Menu Planning, Skills and Techniques of Preparation, Cooking and Presenting Dishes and Evaluation

UNIT 2 H&C IN ACTION  
MOCK PRACTICAL

Year 10

1.1 HOSPITALITY AND CATERING INDUSTRY

1.2 HOW H&C PROVIDERS OPERATE

1.3 HEALTH AND SAFETY IN H&C

1.4 FOOD SAFETY IN H&C



Calzone, Flapjack, Chicken Curry, Cupcakes and Fish Cakes Practical Lessons



Chocolate Mouse, Sausage Roll, Sticky Toffee Pudding Practical Lessons

Loaded Fries, Cinnamon Bread Orange Cake Practical Lessons

Chopping skills Salad, Pasta and Pasta Shaping Practical Lessons

The Importance of Nutrition



Swiss Roll Practical, and Decoration

Free Choice Practical Assessment

Food Hazards, Intolerances and Allergies

Using a Design Brief and Factors to Consider when Planning Dishes

Early Adulthood Dietary Needs and Special Diets

Adolescent Dietary Needs and Micronutrients

Early Childhood Dietary Needs and Macronutrients

Dietary Needs and Development



FOOD INDUCED ILL HEALTH

FESTIVAL FOODS PLANNING ASSESSMENT

FOOD ALLERGIES

MICRO NUTRIENTS

MACRO NUTRIENTS

LIFESTAGES

Year 9

Lasagna Practical, Whisking, Melting and Making a Roux

Risotto Practical, Measuring and Reducing

Production Planning, Dovetailing and Special Points

Health and Safety and Personal Safety

Thai Green Curry Practical, Frying and Simmering

Stir Fry Practical, Knife Skills, Stir Frying and Boiling

Pasta Fiorentina, boiling, deseeding, frying and grilling

Final Reflection and Review

Portions Sizes, Macro and Micronutrients



Protein Sources, Deficiency and Excess

Carbohydrate Sources, Simple and Complex



Energy Balance, Vitamins and Minerals

Using a Design Brief, Planning and Modifying Recipes



Fat Sources, Deficiency and Excess

REVIEW OF LEARNING

Year 8

EATWELL GUIDE REVIEW

MACRONUTRIENT PROTIEIN

MACRONUTRIENT CARBOHYDRATES

MICRONUTRIENTS

ASSESSED TASK

MACRONUTRIENTS FATS



Reflection on Final Product

Spaghetti Bolognese Practical, Slicing, Grating and Frying

Pizza Wheel Practical, Measuring, Kneading, Rolling, Slicing and Baking

Savoury Rice, Frying, Boiling and Simmering

Fajita Free Choice Practical Assessment



Raspberry Buns, Rubbing-in, Whisking, Shaping and Baking

Burger Free Choice Assessed Practical

Tomato Ragu Practical

Savoury Scones Practical



Pizza Toast Practical

Carbohydrates, Food Seasonality and Provenance

Crudit  Practical



PRACTICAL EVALUATION

REVIEW OF COOKING SKILLS

ASSESSED TASK

USING THE HOB



USING THE OVEN

USING THE GRILL

USING THE KITCHEN

EATWELL GUIDE

Year 7

Fats and Apple Crumble Practical

Feedback, Reflection and Response

Design a Burger Summative Task

Vegetarianism and Hob Safety

Protein and Oven Safety

Fibre and Basic Equipment

Kitchen Safety and Knife Skills

Balanced Diets

