The 5 Year curriculum: Hospitality & Catering

UP HOLLAND HIGH SCHOOL
Dedicated to Excellence

Formal Exam Assessment (40%)

Reflect & Review the 5 key learning objectives of the specification, focusing on operations, health and safety, legislation, careers and consumers/clients.

Booster Revision sessions

Mock Examinations to sample existing knowledge and identify gaps

Effectively uses food safety practices in preparation, cooking and completion

Use variety of presentation techniques to complete dish

Year 11

Hospitality & Catering in Action (NEA Unit 2 – 60%)

Explain, justify & present ideas about their chosen cooking methods to others

Use appropriate techniques in when cooking of commodities

Use appropriate techniques in when preparation of commodities

Plan production of meal

Explore factors that influence menus such as season, size, client, equipment

Demonstrate a variety of cooking methods within a meal

Justify decisions for catering proposals

Be able to propose a hospitality and catering provision to meet specific requirements

Consider how menu meets needs of client

Explain characteristics of unsatisfactory nutritional intake

Compare nutritional needs of specific groups

Evidence the importance of nutrition when planning menus

Use of supporting information e.g. structured proposal

Practical: Puff Pastry, Shortening and plasticity, e.g. pastry making

Hospitality & Catering Operations (Unit 1)

Explain how food can cause ill health: Bacteria, Intolerances, Allergies

The role of the Environmental Health Officer (EHO)

Legislation; Food Safety, Labelling

Recommend personal safety control measures for H&C provision

Independent study and start of project developing product of own choice

Review options for H&C provision

Practical: Use of gelatine, cheesecake

Practical: Understanding raising agents, Baking, Bread Rolls & Focaccia

Personal safety control measures

Employer Responsibility

Understand how hospitality and catering provision meets health & safety requirements

Practical: Casserole

Practical: Filleting a Fish: Goujons, Pie, Fish Cakes

Practical: Cooking Prawns: Thai Green

Practical: Burgers: Mincing Meat, Presentation

Practical: Food presentation garnish

Practical: Specific vegetable cuts, Ratatouille

Practical: Use steam in a mixture: Choux Pastry

Practical: Puff Pastry, Pin Wheels & Danish Pastry : Shortening and plasticity, e.g. pastry making

Hospitality & Catering Industry (Unit 1)

Documentation and administration in H&C industry

Customer demographics and lifestyle & expectations

Operational Activities including stock control

Kitchen v Front of house operations

Understand how hospitality and catering provision operates

Commercial and Non-Commercial Catering

Profit & Costing

Factors affecting the success of H&C providers

Contracts, Hours & rates of pay in the industry

Various working conditions

Describe the operation of the kitchen

Analyse job requirements within the hospitality & catering industry

Understand the environment in which hospitality and catering providers operate

Supply & demand (availability of trained staff, seasonality, location)

Practical: Chicken Wings : Jointing a Chicken

Practical: Cupcakes & Brownies

Practical: Pizza dough & sauce

Practical: Meringues & Aeration techniques

Practical: Risotto

Practical: Chocolate Tarts Filling & Pastry

Practical: Lasagne developing roux sauces and bolognaise

Year 10

Carousel 4: Masterclass in Food

To develop a deeper understanding of food poisoning and its effects

Baking Techniques and methods

To develop research skills.

To understand different types of bread

To understand some basic food presentation skills

To develop an understanding about sugar

To develop and understand the name of different cuts using a knife

To develop an understanding of Seasonality

Practical: Cottage Pie,

Practical: Fish goujons

Practical: chocolate mouse cake,

Practical: Brioche

Practical: Focaccia,

Practical: Own Dish

Practical: Spring Rolls,

Practical: Cake making

Practical: Specific vegetable cuts,

Practical: Risotto,

Understand what food provenance & food miles are

Practical; One pot dish

Practical: sweet and Sour – sauce reduction

Practical: Cheesecake-assessment

Practical: Stir Fry, fast dry heat hob based

Practical: Swiss Roll, Shape, Wrap and Bake

Use techniques in preparation of commodities

Manage the time and cost of recipes effectively

Year 9

Carousel 3: Cooking Techniques

Evaluate and analysis of practical cooking methods and techniques used

Selection of appropriate preparation, cooking method and times to achieve desired characteristics

Analyse how eggs are used in a variety ways

Improve and refine general practical skills

Describe common types of food poisoning

Learn how food can cause ill health

What is a specification when looking at a recipe?

Practical: Bolognaise

Exploring a recipe considering portion size

Use correct language and terminology to evaluate own work

Practical: Roux Sauce Mac and Cheese/Pasta Bake

Sauce demonstrating starch gelatinisation. How starch/liquid ratios affect viscosity.

Year 8

Carousel 2: Nutritional Values

Further understanding of vegetables and how to prepare; peeling, boiling, blending

Understand the concept of food hazards caused by contamination of food

Food nutrition : How peoples' nutritional needs change

Learn which foods contain macro nutrients

Learn which foods contain micro nutrients

Food processing? Where does it come from?

Understand basic food nutrition

Method writing for basic recipes

Practical: Soup

Practical: Savoury Scones

Eatwell guide, comparing nutritional values

Practical: Pastry Starter Jam Tarts

Use temperature & visual colour check to establish whether an ingredient or recipe is ready

Practical: Fruit Muffins

Use correct language associated with food preparation

Practical: Pizza

Practical: Flapjacks

Accurate weighing and measuring

Practical: Couscous

Essential Kitchen Hygiene

Understand the Eatwell guide & healthy eating guidelines

Year 7

Carousel 1: Food Prep & Kitchen Safety

Be able to make an ingredients list

Identify the areas and uses of an oven/cooker

Be able to name equipment in the kitchen

Understand knife grips and safe use

Fruit & Vegetable Seasonality

Health & Safety in the kitchen