

### What are the aims and intentions of this curriculum?

This course has been designed with the aim of enabling learners to gain a good foundation, understanding and skills that are required by the Hospitality and Catering industry. They will have the opportunity to develop a variety of skills, including food preparation and cooking skills, organisation, time management, planning, communication and problem solving.

Term	Topics	Knowledge and key terms	Skills developed	Assessment
Autumn 1	<p><b>The importance of nutrition in planning menus:</b></p> <p><b>Practical skills</b></p> <p><b>Understand menu planning</b></p>	<p>Cooking methods impact on nutritional value.</p> <ul style="list-style-type: none"> <li>(a) Boiling</li> <li>(b) Steaming</li> <li>(c) Poaching</li> <li>(d) Baking</li> <li>(e) Grilling</li> <li>(f) Stir Fry</li> <li>(g) Roasting</li> </ul> <p>Definition of terms: coagulated, denatured and gelatinized. How cooking methods affect nutrients in food.</p> <p>Definition of terms: menu, a la carte, cyclic menu, du jour menu, table d' hote, entree</p> <p>Explain factors to consider when proposing dishes for menus:</p> <ul style="list-style-type: none"> <li>• Time of year e.g. seasonality of commodities, seasonal events</li> <li>• Availability of food</li> <li>• Skills of staff</li> <li>• Equipment available</li> <li>• Type of provision e.g. service, location, size, standards</li> <li>• Finance e.g. costs, customer needs</li> </ul>	<p>Students will learn how different cooking methods affect the nutritional value of foods, and to use methods top save nutrients and enhance how they are absorbed by the body.</p> <p>The students will learn how catering businesses choose dishes when planning menus.</p> <p>Students will learn about the number of factors that they need to take into consideration.</p>	<p>Record benefits of boiling.</p> <p>Design a meal that is cooked by the boiling method.</p> <p>Describe the advantages and disadvantages of steaming.</p> <p>Practice questions.</p>

<p><b>Autumn 2</b></p>	<p><b>Understand menu planning</b></p>	<p>Dishes on a menu address environmental issues Environmental issues</p> <ul style="list-style-type: none"> <li>• Conservation of energy and water</li> <li>• Reduce, reuse, recycle</li> <li>• Sustainability e.g. food miles, provenance</li> </ul> <p>Definition of terms:</p> <ul style="list-style-type: none"> <li>• Climate change</li> <li>• Greenhouse gases</li> <li>• Greenhouse effects</li> <li>• Carbon footprint</li> <li>• Food provenance</li> <li>• Fossil fuels</li> <li>• Non-renewable energy</li> </ul> <p>How to plan menu that have the least impact on the environment.</p> <p>Carbon footprint of food production.</p> <p>Key terms:</p> <ul style="list-style-type: none"> <li>• Carbon footprint</li> <li>• Food provenance</li> <li>• Fossil fuels</li> <li>• Nonrenewable energy</li> </ul> <p>Sustainability of food production</p> <p>Key terms</p> <ul style="list-style-type: none"> <li>• Sustainable</li> </ul>	<p>Students will learn about the environmental issues that are associated with how food is produced, processed, sold, cooked and consumed and why there is concern about their effects on the health of the planet.</p> <p>They will understand these issues will help to minimize the environmental effects of the menus that they plan.</p>	<p>Research the environmental issues that affect dishes on a menu.</p> <p>Students to research how packaging can have an effect on the environment and how can that be avoided. Make presentation on their findings.</p> <p>Students select a recipe to help showcase food miles and to try plan the meal so that the food can be delivered in few journeys as possible.</p>
<p><b>Spring 1</b></p>	<p><b>Know how food can cause ill health</b></p>	<p>Common types of food poisoning. Common types include:</p> <ul style="list-style-type: none"> <li>• Campylobacter</li> <li>• Salmonella</li> <li>• E-coli</li> <li>• Clostridium perfringens</li> <li>• Listeria</li> </ul>	<p>The students will focus on what cause food to become unsafe and make people ill, and how this can be prevented.</p>	<p>Design a table showing the foods associated with each type of food poisoning.</p> <p>Explain through images the</p>

		<ul style="list-style-type: none"> <li>• Bacillus cereus</li> <li>• Staphylococcus aureus</li> </ul> <p>Key terms:</p> <ul style="list-style-type: none"> <li>• Bacteria</li> <li>• Contaminate</li> <li>• Cross contamination</li> <li>• Food spoilage</li> <li>• Micro organism</li> <li>• Moulds</li> <li>• Pathogenic</li> <li>• Toxins</li> <li>• Yeast</li> </ul>	All food handlers, especially those who work in the Hospitality and Catering industry, must be trained to understand how to keep foods safe when handling, preparing, cooking storing and serving food so it does not make people ill.	formation of each bacteria and diseases caused by it on different food
Spring 2	<b>Know how food can cause ill health</b>	<p>Describe the symptoms of food induced ill health.</p> <ul style="list-style-type: none"> <li>• Food Allergy symptoms</li> <li>• Visible symptoms</li> <li>• Non-visible symptoms</li> <li>• Which foods cause allergies</li> <li>• Length of time until symptoms appear</li> <li>• Duration of symptoms</li> <li>• Food intolerance</li> <li>• Coeliac disease</li> </ul>	<p>They will discover what a food allergy and a food intolerance is and how they affect people's health, and which food foods cause allergies and intolerance</p> <p>They will learn how food can make people ill if it is not stored, handled or cooked properly or if it contains something which makes certain people ill because they are allergic or intolerant to it.</p>	<p>Create a chart with all food induced symptoms (visible and non-visible)</p> <p>Practice questions</p>
Summer 1	<b>Hospitality and catering provision meets health and safety requirements.</b>	<p>Responsibilities from legislation relating to personal safety in the workplace</p> <p>Responsibilities:</p> <ul style="list-style-type: none"> <li>• Of employees</li> <li>• Of employers Legislation</li> <li>• Health and Safety at Work Act 1974 Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 1995 (RIDDOR)</li> </ul>	They will learn how food safety legislation protects consumers from food related ill-health by enforcing high standards.	