

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	Understand the importance of nutrition in planning menus	<p>Students will learn how to plan different menus using nutritional information. They will learn how nutritional data determine why and how to make changes to a recipe, menu and diet.</p> <p>Study the functions of nutrients in the human body.</p> <p>Macro nutrients: Carbohydrate, Fat, Protein.</p> <p>Describe functions of nutrients in the human body.</p> <p>Micro nutrients: Vitamins, Minerals, Dietary Fibre, Water</p>	<p>Students will develop the basic skills in calculating the energy and main micronutrients and macronutrients in a recipe, meal preparation, meal planning food budgeting and assessing customer's preferences.</p> <p>They will become aware of how different nutrients work with each other in the diet.</p> <p>They will acquire skills in planning menus for specific dietary needs and nutritional deficiencies.</p>	<p>Draw Eatwell plate and identify various parts.</p> <p>Create chart illustrating sources of nutrients.</p> <p>Presentation on various nutrients.</p> <p>Construct a poster with nutrients, function and examples.</p> <p>Plan balanced diet for people with specific dietary needs</p> <p>Prepare a video exploring deficiencies for each nutrient.</p>
Autumn 2	Describe the functions of nutrients in the human body	<p>Vitamins Minerals Dietary Fibre Water.</p> <p>Compare nutritional needs of specific</p>	<p>Students will carry out a research on each nutrient and produce a case study. They will study the nutrient water and discover the effects of dehydration and over drinking on the body. Students will learn about the recommended</p>	<p>Record the daily intake of water for a week and show how to detect dehydration.</p>

groups Different life stages

- Childhood
- Adulthood
- Later adulthood

Compare nutritional needs of specific groups

Special diets

- Medical conditions
- Religious beliefs
- Activity levels

Characteristics of unsatisfactory nutritional intake

Unsatisfactory

- Nutritional deficiencies
- Nutritional excesses

Characteristics

- Visible
- Non-visible

guidelines for a healthy diet. They should develop an understanding how people's nutritional needs change due

- Age
- Lifestyle choices
- Health

Students will discover how to plan meals for specific groups stating the importance of each ingredient used in a meal.

Students will learn about the different stages of life and what nutritional needs are required at different stage. They will learn about the nutritional needs of specific groups of people at different stages. Read and understand the dietary guidelines and eatwell guide that have been produced by the government to help people choose what to eat.

Explain the terms Basal metabolic rate and Physical activity level. Discover the different medical conditions and what type of diet is suitable for them.

They will be able to discuss religious beliefs and what foods they should and should not eat. (e.g. Halal, vegan, kosher, etc.)

They should describe the nutritional needs for different activity levels. They will understand which foods provide energy and what nutrients are important. They will discover the right amount of nutrients that is needed for each day for growth and to stay healthy.

They will become aware of the problems and signs associated with nutritional deficiencies and excesses. This will become important in planning meals for vulnerable groups of people like babies, children, elderly adults, health issues such as coeliac disease or diabetics.

Compare nutritional requirement of specific groups.

Design a poster to differentiate the difference in nutrients for each group.

Write an essay explaining how you can ensure meals are healthy and well balanced and have sufficient energy.

Make a main meal / desert and adapt it for your chosen group

Make a main meal/ desert and adapt it for your chosen medical condition.

Discuss the effects of unsatisfactory nutritional intake.

Construct a chart with the deficiencies and excess of nutrients results including pictures of visible and non-visible signs

Understand the environment in which hospitality and catering providers operate

Environmental issues and menu planning.

- Food and environmental issues.
- Carbon footprint of food production
- Plan meals that have the least impact on the environment.

The structure of the hospitality and catering industry.

Hospitality and catering industry

- Types of provider
- Types of service
- Services provided
- Suppliers
- How hospitality is provided at non-catering venues
- Standards and ratings

Job roles within the hospitality and catering industry

Job roles

- Kitchen
- Front of house
- Management
- Administrative/support
- Ancillary

Define terms such as climate change, greenhouse effect and greenhouse gases, carbon footprint, food provenance, fossil fuels non-renewable energy

Students will learn about environmental issues that are associated with how food is produced, sold, cooked and consumed and why there is a concern about their effects on the health of planet earth. Understanding how these issues will help them minimize the environmental effects of menus they plan. Students will develop an appreciation for the eat well guide and understand the current dietary and nutritional recommendations.

Types of food service provider commercial sector and non-commercial
Residential
Non residential
To understand the many roles and the different sets of skills needed to make it in the industry.

They will learn about how the industry is rated according to different sets example food hygiene, services provided, sustainability and environmental practices.

Students will learn about the structure of the industry and the wide range of jobs and services it provides. They will get a clearer understanding of the job roles and the responsibilities of different employees in the hospitality and catering industry.

Plan a menu for evening meals for a small restaurant highlighting the menu items that contain the food in each section of eat well guide using different colours and pictures.

Draw a kitchen brigade explaining the roles and responsibilities of those people who work in a kitchen

Discuss the roles of front house staff with examples

Research and create a table describing the roles of front house staff, management, administrative and ancillary with examples
Discuss the roles of front house staff with examples

<p>Spring 2</p>	<p>Conditions of different job roles across the hospitality and catering industry</p>	<p>Working conditions</p> <ul style="list-style-type: none"> • Contracts of employment • Working hours • Rates of pay <p>Explain factors affecting the success of hospitality and catering provider</p> <p>Factors</p> <ul style="list-style-type: none"> • Costs • Profit • Economy • Environmental • Technology <p>Emerging and innovative cooking techniques</p> <p>Customer demographics and lifestyle and expectations</p> <p>Customer service and service provision generally</p> <p>The operation of the kitchen</p> <ul style="list-style-type: none"> • Layout • Flow • Equipment and materials • Stock control 	<p>Students will develop greater knowledge of the job roles and the job requirements along with working conditions in the industry.</p> <p>Types of employment contract Advantages and Disadvantages of each type of contract. Types of contract best suit the person's given situation. Define terms such as employee, employer and worker. Students will explore the skills, training and personal attributes needed by people who work in the industry. They will learn about how much people earn, their working hours and contract.</p> <p>They will study factors that also influence the success of the hospitality and catering providers.</p> <p>They will learn why good organisation of a kitchen is essential for making sure that high-quality safe food is produced in good time for customers.</p> <p>Definition of terms such as cover, FIFO, workflow.</p>	<p>Research and present your findings on the current rates of pay including factors such as age, qualification, hours of working.</p> <p>Design a flow chat on a given scenario for a sandwich production company.</p> <p>Research and draw a mind map on what are the documentation required to help smooth running of the kitchen and front of house</p>
<p>Summer 1</p>	<p>Describe the operation of front of house</p>	<ul style="list-style-type: none"> • Operational activities • Documentation and administration • Dress code <p>How hospitality and catering provision meets customer needs</p> <p>Customer needs</p>	<p>They will learn why good organization of the front of house in a restaurant or hotel is essential for making sure that customers are processed efficiently and to a high standard so they feel they have been welcomed, treated and served well.</p>	<p>Research and draw a mind map on what are the documentation required to help smooth running of the kitchen and front of house</p>

		<ul style="list-style-type: none">• Anti-discrimination• Accessibility• Corporate identity• Administration, including use of ICT• Financial• Quality	<p>Students will learn why efficiency and good organization are crucial for smooth operation of a kitchen and front of house, and for customer satisfaction.</p> <p>They will learn about the importance of knowing and providing for customers' needs and requirements and why this is important for the success of hospitality and catering.</p>	Exam questions
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