

Catering and Food Technology

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Curriculum Overview

KS3

Over the course of 3 years, hygiene and safety is covered to ensure pupils understand the importance of working correctly and safely in the lesson. Students cover a range of different topics to help them gain an understanding of where our food comes from, how it is produced, the function of food within the body and how food differs in different cultures. Practical skills are developed through Year 7, 8 and 9 with higher level skills being used in Year 9 practical in preparation for some of the food preparation and cooking skills required for the Key Stage 4 qualification.

	Autumn	Spring	Summer
Year 7	Hygiene and knife skills: <ul style="list-style-type: none"> • Personal hygiene • Food safety • Different cutting methods Cooker safety: <ul style="list-style-type: none"> • Safety rules • Safe use of the cooker 	The fruit and vegetable project: <ul style="list-style-type: none"> • The Eatwell guide • Modifying recipes to make them healthier • Sugar in our shop bought food • Food miles • Seasonality 	Where our food comes from: <ul style="list-style-type: none"> • How is food grown, reared or caught? • Food assurance schemes • Where does our food come from? Animal or plant based <ul style="list-style-type: none"> • Farm to fork: How has it changed?
Year 8	Nutrients: <ul style="list-style-type: none"> • What makes a balanced diet? • Understand the classification of macro and micro nutrients • The function and sources of each nutrient 	The Eatwell guide: <ul style="list-style-type: none"> • What is the eatwell guide? • Understand the guidelines we should follow from the eatwell guide • Understand how meals fit into the eatwell guide 	Healthy eating v junk food: <ul style="list-style-type: none"> • 8 healthy eating guidelines • Traffic light labelling • Adapting a recipe • What is junk food and the effects it is having on teenagers?

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Year 9	<p>Multicultural foods and dishes produced in different countries:</p> <ul style="list-style-type: none"> • Britain • China • India • Italy • America • Mexico. 	<p>Food retail:</p> <ul style="list-style-type: none"> • How retail stores influence us to buy food • Creating recipes that could be sold in retail stores 	<p>Restaurant project:</p> <ul style="list-style-type: none"> • Investigate the types of restaurants in the local area • Design job adverts for key roles within the restaurant • Design suitable dishes for the style of restaurant
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KS4

There is the opportunity to learn about issues related to nutrition and food safety and how they affect successful hospitality and catering operations. In this qualification, learners will also have the opportunity to develop some food preparation and cooking skills, as well as, the important transferable skills of problem-solving, organisational skills, time management, planning and communication. Through the two units, learners will gain an overview of the hospitality and catering industry and the type of job roles that may be available to assist them in making choices about progression.

	Autumn 1	Spring 1	Summer 1
Year 10	<p>Unit 2 Theory: Unit 2 Coursework (set task from the exam board):</p> <p>AC2.1.1/2 Understanding the importance of nutrition when planning menu</p>	<p>Unit 2 Theory: Unit 2 Coursework - Set task from the exam board:</p> <p>AC2.2.1/2/3/4 Understanding menu planning</p>	<p>Unit 2 Theory: Unit 2 Coursework - Set task from the exam board:</p> <p>2.4.1/2 Evaluating cooking techniques & your own working</p> <p>Unit 1 Theory:</p>

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	Practical skills developing precision across the year	Practical skills developing precision across the year	AC1.1 The Hospitality & Catering Industry
	Autumn 2	Spring 2	Summer 2
Year 10	AC2.1.4/4 Understanding the importance of nutrition when planning menu Practical skills developing precision across the year	AC2.3.1/2/3/4/5 Unit 2 Practical Exam Practical skills developing precision across the year	Unit 1 Theory AC1.1 The Hospitality & Catering Industry cont. AC1.2 Supply & Demand AC1.3 AC1.4 Formative Assessment - End of unit Exam
Year 11	Unit 1 Theory: AC2.1 Operation of the kitchen AC2.2 Operation of Front of House Formative Assessment - End of unit Exam Practical skills developing precision across the year	Unit 1 Theory: AC3.1 H&S Employers & Employees Formative Assessment - End of unit Exam AC3.2/3 Risk & Control Measures Summative Assessment - Gold Mocks	Revision time of all content FINAL GCSE exam Time - Platinum

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		Practical skills developing precision across the year	
	Autumn 2	Spring 2	Summer 2
Year 11	AC2.3 Meeting Customer Requirements Summative Assessment - Silver Mocks	AC4.1/4.4/4.5 Food Related Cause of Ill Health AC4.2 The Role of the EHO AC4.3 Food Safety Legislations Revision of all content/exam questions	

Curriculum Enriching Opportunities

Curriculum Enriching Opportunities					
	Year 7	Year 8	Year 9	Year 10	Year 11
Suggested Viewing	Junior Masterchef	Great British Bake Off	Inside the factory	Masterchef	Professional Masterchef Bake off - The Professionals
Catering Competitions Afterschool	October - Halloween Pizza December - Edible Christmas Decoration February - Valentines cakes/biscuits March - Tunnock Teacake Challenge				

Catering and Food Technology Links To The National Curriculum

National Curriculum Links	
The National Curriculum	Reference to the National Curriculum
Understand and apply the principles of nutrition and health	7, 8, 9, 10 ,11
Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet	7, 8 , 9, 10, 11
Become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]	7, 8, 9, 10, 11
Understand the source, seasonality and characteristics of a broad range of ingredients	7, 8, 9 ,10 , 11

Links to Further Education

Further Education Opportunities				
Baker Barrister Bar staff Banquet Server Chef de Partie Commis Chef Catering Level 3 Caterer Cake maker/decorator Cruise ship steward	Concierge ChamberMaid Catering Supervisor Catering Assistant Consumerism Executive chef Environmental health officer Events management Food safety Food taster	Food scientist Front of house Food Factory Worker Food Inspector Finance Manager General/Hotel Manager Head waiter Housekeeper Human Resources Higher Education - Chef	Kitchen Porter Marketing Maître d'hôte Maintenance Personal chef Pastry chef Porter Product development Receptionist Sous chef	Sports Nutritionist Sports Science Stock Controller Sommelier Silver Service Teacher of food and nutrition/Hospitality & Catering/Nutrition/Food Technology/Catering skills Waiter/Waitress Wedding Planner

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