

Year 10 Learning Journey Hospitality and Catering 2023-2024

Key Constructs									
Unit1 LO1.1	Unit1 LO1.2	Unit1 LO1.3	Unit1 LO1.4	Unit2 LO2.1	Unit2 LO2.2	Unit2 LO2.3	Unit2 LO2.4		
Week	Date	Topic					AOs	Assessment	
1 (wed)	4.09.23	Introduction to the course. Structure of hospitality and catering	Menu planning	Revision of types of service, introduction to accommodation and standards	Clips of professional kitchens to look at types of service and kitchen flow.	Visit to the refectory kitchen	Unit 1 AO1	The industry	
2	11.09.23								
3	18.09.23	The kitchen and front of house	Menu choice – school meals demo and planning.	Factors to consider when planning.	Planning for school meals make	Mini practical task – design the same dish but with a changed ingredient/ presentation to make it suitable for different customer types	Unit 2 AO2. 2	Menu planning	
4	25.09.23								
5	02.10.23	Portion control	Economy	School meals make	Evaluation Industry test	The environment		The industry test	
6	9.10.23								
7	16.10.23	Demo – plan to make a dish that has the least impact on the environment	SENECA	Technology and trends	Make a dish that has the least impact on the environment . Consider portion control	PAUSE			
Half term									
8	30.10.23	Personal attributes & qualifications Customer expectations & services	Working conditions in the industry	Contributing factors to the success of H&C provision	Types of customer; political and the media	Quiz, Seneca	Unit 1 AO1. 2		
9	6.11.23	Presentation introduction.	Demo of choux pastry products	Practical in pairs – choux pastry product with presentation techniques Knife skills, piping etc.	Using presentation techniques, put together the choux pastry products	Evaluation		How H&C providers operate Assessment	
10	13.11.23								
11	20.11.23	Independent research on presentation. Demo of presentation techniques – sweet dishes	Presentation – techniques – sweet dishes - spun sugar	PAUSE	Analysis of dish - choux pastry Independent research on presenting dishes. Savoury presentation	Planning to make a dish of choice using presentation techniques			
12	27.11.23								
13	4.12.23					PAUSE			

14	11.12.23	Make dish of choice using presentation techniques	How can food cause ill health? Bacteria & allergens. Demo of dish using high risk foods	The E.H.O revision lesson. Consolidation and revision lesson	Making a dish with high-risk foods - assessment		Unit 1 AO1. 3-4	Food related causes of ill health assessment
CHRISTMAS								
15 (Tue)	2.01.24	Meat and Fish. Nutrition recap.	HBV and LBV & protein for vegans & vegetarians.	Fish – types, what to look for when buying.	Fish: Demo– filleting a fish.	Class practical on filleting a fish. Taste test.	Unit 2 LO2.3 &4	How to prepare & make dishes - commodities
16	8.01.24							
17	15.01.24	Carbohydrates	Fat and exam questions Fat homework.	Vitamins and minerals & RDA. Fibre & water.	Poultry – portioning a chicken demo	Vegetarians, protein complementation. Taste test alternatives		
18	22.01.24							
19	29.01.24	Vegetarians, protein complementation. Taste test alternatives	Vegans – egg & milk substitutes. What works best? Cake challenge	Analysis of cake challenge Commodities test	PAUSE	PAUSE		
20	5.02.24							
Half term								
21	19.02.24	Factors affecting menu planning - intro	Special diets – cholesterol & obesity	Eggs Benedict make.	Dairy & commodities	Special diets - introduction	Unit 2 LO2.1 .1&4	Factors affecting menu planning
22	26.02.24							
23	4.03.24	PAUSE	Make skills trial	Evaluate	Choose 2 dishes	PAUSE		
24	11.03.24							
25	18.03.24	Dovetailing	Dovetailing	Make 2 hours off timetable	Make 2 hours off timetable	Evaluate and Jenny Ridgewell		
26	27.03.24							NEA Unit 2 assessment
EASTER								
27	17.04.24	Food Preservation	Food poisoning	Sun dried tomatoes	Demo jam	Planning to make	Unit 1 1.4.3	Health and safety in H&C
28	24.04.24	What bacteria needs. Types						
29 (BH)	02.05.24	Jam making	Review and evaluate food preservation	Test of food preservation	Food miles and sustainability	Organoleptical	Unit 2 2.2.1	Factors affecting menu planning
30	08.05.24							
31	15.05.24	Health and safety in hospitality & catering intro	Safety & security - front & back of house	The law	ANNUAL EXAM PREP	ANNUAL EXAM PREP		
32	22.05.24							
Half term								
33	05.06.24	Afternoon tea. Research	Task analysis Skills trial	Demo Mille Feuille	Make Mille feuille	Afternoon tea. Skills boost		
34	12.06.24							
35	19.06.24	Annual Exams	Annual Exams	Annual Exams	Initial ideas		Annual Exam	
36	23.06.24							

37	03.07.24	Make Data drop	Make	Reflection	RAP ANNUAL EXAM		Feedback
38	10.07.24				Expectations & structure of Yr 11		
39	17.07.24	Activities Week/ Work Experience					

Name:		Autumn	Spring	Summer
Subject Target		<b>Flightpath</b>		
Annual Exam Grade:		<b>BFL</b>		

AO1	Demonstrate knowledge and understanding of the hospitality and catering industry and how it operates, and hospitality and catering in action
AO2	Apply knowledge and understanding of the hospitality and catering industry and how it operates in menu planning
AO3	Plan, prepare, cook and present dishes, combining appropriate techniques
AO4	Analyse and evaluate different aspects of nutrition, dishes and own performance

Hospitality and Catering	
60% NEA	40% Written Exam

Date	Assessment	Flight Path Grade
Autumn 1	The industry	
Autumn 1	How to prepare and make dishes – commodities	
Autumn 2	How food can cause ill health	
Autumn 2	How to prepare and make dishes – commodities	
Spring 1	Factors affecting menu planning	
Spring 2	Health and safety in H&C	
Summer 1	Factors affecting menu planning NEA skills builder	
Summer 1	Annual exam	

## YR 10 KEY CONSTRUCTS for FOOD

### NUTRITION

Nutritional needs change for different lifestyles, including those with specific dietary needs	There are recommended daily energy amounts provided by protein, fat and carbohydrates (starch, sugars, fibre) that should be included in the diet.	Dietary reference values	Energy and nutritional needs can be calculated for different people's needs. Meals can be planned to consider dietary needs
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### FOOD PROVENANCE/ ENVIRONMENTAL ISSUES

Foods come from a range of sources; grown, reared, or caught

### FOOD CHOICES/ DISH PROPOSAL

There are a range of factors that influence food choices, including enjoyment, preferences, seasonality, costs, availability, time of day, activity, celebration, or occasion	The sensory qualities of a range of foods can be tested through tasting panels	People make choices about certain foods according to religion, culture, ethical belief or medical reason
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### FOOD SAFETY

Microorganism can be used in food production

### FOOD SCIENCE

The working characteristics, functional and chemical properties of ingredients can be altered to achieve a particular result

### FOOD IN INDUSTRY

### COOKING AND FOOD PREPARATION

There are a range of skills and processes that must be mastered

- consider the influence of lifestyle and consumer choice when developing meals and recipes
- consider nutritional needs and food choices when selecting recipes, including when making decisions about the ingredients, processes, cooking methods and portion sizes
- develop the ability to review and make improvements to recipes by amending them to include the most appropriate ingredients, processes, cooking methods and portion sizes
- manage the time and cost of recipes effectively
- use their testing and sensory evaluation skills, adjusting where needed, to improve the recipe during the preparation and cooking process
- explain, justify and present their ideas about their chosen cooking methods to others
- make decisions about which techniques are appropriate based on their understanding of nutrition, food, different culinary traditions and cooking and food preparation content in order to achieve their intended outcome. They should be able to carry out these techniques safely and combine them into appealing meals whilst evaluating the results.

### KEY WORDS

Dextrinisation	Fortification
Caramelisation	Additives
Coagulation	Intensive
Denaturation	Portioning
Gelatinisation	Filleting
Gluten	Recommended intake
Aeration	Cardiovascular disease
Monosaccharides	Rickets
Disaccharides	Anaemia
Polysaccharides	Kwashiorkor
Saturated	Preservation

