

Year 11 Learning Journey Hospitality and catering 2023-2024

Key Constructs					
Nutrition	Provenance	Food choice	Food safety	Food in industry	Cooking and preparation

Week	Date	Topic					AOs	Assessment
1 (wed)	4.09.23	Welcome back Recap of main areas		Nutrition recap	Demo of salad	Nutrition – making resources for coursework	AO1	
2	11.09.23							
3	18.09.23	Life stages and special diets	Make salad	Demo of a dish suitable for someone lactose intolerant	Nutritional needs for different activity levels	Make lactose intolerant dish	AO3	
4	25.09.23							
5	02.10.23	Different types of menus and menu planning	Menu planning and the environment	Food waste Demo of a dish that uses left-over foods	Customer needs	Planning a menu to meet customer needs	AO2	
6	9.10.23							
7	16.10.23	Production plan	Pause contingency	Make a dish that meets customers' needs	Cooking methods: experiment	Reflection and skills and techniques of preparation, cooking and presentation of dishes	AO4	
Half term								
8	30.10.23						AO1 - 4	UNIT 2
9	6.11.23	MOCKS/ PREP	MOCKS/ PREP Start Unit 2: Hospitality and Catering in Action – The assignment brief. 12 hours. Explain	Analyse the assignment brief	Recap of the importance of nutrition for the two customer groups given in the assignment brief	Demonstration of a nutritional dish for adapted for the two groups given in the assignment		2.1-2.4
10	13.11.23							
11	20.11.23	MOCKS	MOCKS	Life stages, special diets, and special diets recap	Make a nutritional dish and adapt for the one group	Nutritional needs for different activity levels		MOCK
12	27.11.23							
13	4.12.23	Assignment task 1: The importance of nutrition part (a)	Assignment task 1: The importance of nutrition part (a)	Recap cooking methods Assignment task 1: The importance of nutrition part (b)	Assignment task 1: The importance of nutrition part (b)	PAUSE		
14	11.12.23							
CHRISTMAS								
15 (Tue)	2.01.24	Explain skills and techniques of	Skills builder	Explain planning for final menu	Planning for final menu (a)	PAUSE		
16	8.01.24							

		preparation, cooking and presentation of dishes.		and set up page				
17	15.01.24	Planning for final menu (a)	Planning for final menu (a)	Explain production plan and set up page Production plan (b)	Production plan (b)	Production plan (b)		
18	22.01.24							
19	29.01.24	FINAL 2 dishes plus accompaniments 3 ½ hours	OFF TIMETABLE					
20	5.02.24							
Half term								
21	19.02.24	Reviewing own performance Dish selection	Review dish production, health and safety, hygiene, and improvements	Review sensory, presentation, food, and other waste	Review performance		AO4	
22	26.02.24							
23	4.03.24	PAUSE	PAUSE	HAND IN	PAUSE	Sheet signing etc		
24	11.03.24						AO1- 4	NEA2
25	18.03.24	REVISION PLAN	REVISION	REVISION	REVISION	REVISION		
26	27.03.24							
EASTER								
27	17.04.24							
28	24.04.24							
29 (BH)	02.05.24							
30	08.05.24							
31	15.05.24							
32	22.05.24							
Half term								
33	05.06.24							
34	12.06.24							
35	19.06.24					LAST EXAMS		
36	23.06.24							

Date	Assessment	Flight Path Grade
	UNIT 2	
	MOCK	
	UNIT 2	

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

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### YR 11 KEY CONSTRUCTS for FOOD

NUTRITION					
There are recommended guidelines for a healthy diet (Eatwell Guide). Nutritional needs change for different lifestyles, including those with	There are recommended daily energy amounts provided by protein, fat and carbohydrates (starch, sugars, fibre) that should be included in the diet. Basal metabolic rate (BMR) and physical activity level (PAL) determine	The body needs macro and micro nutrients to function efficiently. Malnutrition is the result of a poor diet that	Energy and nutritional needs can be calculated for different people's needs. Meals can be planned to	There are major diet related health risks including obesity, cardiovascular, bone health, dental health, iron deficiency	It is important to keep hydrated to enable the body to function

specific dietary needs	energy requirements in order to maintain a healthy body weight throughout life	doesn't meet dietary reference values	consider dietary needs	anaemia, diabetes	
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### FOOD PROVENANCE/ ENVIRONMENTAL ISSUES

Foods come from a range of sources; grown, reared, or caught	Processing affects the sensory and nutritional properties of ingredients	There are a range of environmental issues linked to food including food security	Food can be modified to improve food production and increase health benefits
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### FOOD CHOICES/ DISH PROPOSAL

Sensory perception guides the choices that people make through taste receptors and olfactory systems	The sensory qualities of a range of foods can be tested through tasting panels	There are a range of factors that influence food choices, including enjoyment, preferences, seasonality, costs, availability, time of day, activity, celebration or occasion	People make choices about certain foods according to religion, culture, ethical belief or medical reason	People make informed choices about food and drink to achieve a varied and balanced diet, including awareness of portion sizes and costs	British Foods and International cuisine are different due to their distinctive features, characteristics, traditional and modern variations of recipes, cooking methods, presentation and eating patterns
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### FOOD SAFETY

There are specific conditions needed for microorganisms to grow and multiply	Food spoilage can be recognised through taste, texture, appearance and aroma as the signs of microorganisms	Microorganism can be used in food production	There are many types of bacteria and food poisoning symptoms	There are a number of food safety principles in buying, storing, preparing, cooking and serving food
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### FOOD IN INDUSTRY

1	2	3	4
The Hospitality and Catering providers operate in different environments	H&C provisions operate in different ways depending on their purpose	H&C provisions must meet H&S requirements	Food establishments are rated based on their performance in a range of areas

### 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.