

Year 11 Learning Journey Hospitality and Catering 2024-2025

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

Week	Date	Topic					AOs	Assessment
1 (Thurs)	4.09.24	Welcome back Recap of main areas		Nutrition recap	Demo of salad	Nutrition – making resources for coursework	AO1	AO1 - 4
2	09.09.24							
3	16.09.24	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	23.09.24							
5	30.09.24	Different types of menus and menu planning	Menu planning and the environment	Food waste What can we do to prevent food waste?	Customer needs	Planning a menu to meet customer needs	AO2	
6	07.10.24							
7	14.10.24	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	
8	21.10.24						AO1	
Half term								
9	4.11.24	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. Design ideas	Demonstration of a nutritional dish adapted for the two groups given in the assignment	AO1-4	UNIT 2
10	11.11.24							2.1-2.4
11	18.11.24	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		
12	25.11.24							MOCK
13	2.12.24	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) Assignment task	PAUSE		
14	9.12.24							
15	16.12.24	Assignment task 1: The importance of	Assignment task 1: The importance of	Recap cooking methods	Assignment task 1: The	PAUSE		

		nutrition part (a)	nutrition part (a)	Assignment task 1: The importance of nutrition part (b)	importance of nutrition part (b)			
CHRISTMAS								
16	06.01.25	Explain skills and techniques of preparation, cooking and presentation of dishes.	Skills builder. Consider accompaniments for this	Explain planning for final menu and set up page	Planning for final menu (a)	PAUSE		
17	13.01.25	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	20.01.25							
19	27.01.25	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)		
20	03.02.25							
21	10.02.25	FINAL 2 dishes plus accompaniments 3 ½ hours	OFF TIMETABLE					
Half term								
22	24.02.25	Reviewing own performance Dish selection	Review dish production, health and safety, hygiene, and improvements	Review sensory, presentation, food, and other waste	Review performance		AO4	
23	03.03.25	PAUSE	HAND IN PAUSE	HAND IN	PAUSE PAUSE	Sheet signing etc		
24	10.03.25						AO1- 4	NEA2
25	17.03.25	REVISION PLAN	REVISION	REVISION	REVISION	REVISION		
26	24.03.25							
27	31.03.25							
EASTER								
28 (BH)	21.04.25							
29	28.05.25	EXAMS START						
30 (BH)	06.05.25							
31	12.05.25							
32	19.05.25							
Half term								
33	02.06.25							
34	09.06.25							
35	16.06.25					LAST EXAMS		
36	23.06.25							

YR 11 KEY CONSTRUCTS for FOOD

NUTRITION					
There are recommended guidelines for a healthy diet (Eatwell Guide). Nutritional needs change for different lifestages, 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. Basal metabolic rate (BMR) and physical activity level (PAL) determine energy requirements in order to maintain a healthy body weight throughout life	The body needs macro and micro nutrients to function efficiently. Malnutrition is the result of a poor diet that doesn't meet dietary reference values	Energy and nutritional needs can be calculated for different people's needs. Meals can be planned to consider dietary needs	There are major diet related health risks including obesity, cardiovascular, bone health, dental health, iron deficiency anaemia, diabetes	It is important to keep hydrated to enable the body to function

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

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

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

FOOD SCIENCE		
The working characteristics, functional and chemical properties of ingredients can be altered to achieve a particular result	Heat is transferred to food through conduction, convection and radiation	There are a range of cooking methods that impact on food

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.