



TNHA Curriculum Planning Document

Subject: **Hospitality & Catering**

Year: **10 &11**

| Year Group | Year 10 | | | Year 11 | | |
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| Timescale | Autumn | Spring | Summer | Autumn | Spring | Summer |
| Prior Learning (from KS2/3) | <p>Food Technology is not delivered at KS3 currently. The course builds upon prior knowledge learnt through Science at KS1, KS2 and KS3 that includes:</p> <p>KS1: describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.</p> <p>KS2: identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat</p> <p>KS2: recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function, describe the ways in which nutrients and water are transported within animals, including humans.</p> <p>KS3: content of a healthy human diet: carbohydrates, lipids (fats and oils), proteins, vitamins, minerals, dietary fibre and water, and why each is needed, calculations of energy requirements in a healthy daily diet, the consequences of imbalances in the diet, including obesity, starvation and deficiency diseases</p> | | | | | |
| Topic/ Unit title | Jobs and roles in the hospitality and catering industry (Unit 1) | Nutrition and the function of nutrients in the body. (Unit 2) | Food allergies, intolerances. The role of the Environmental Health Officer and legislation around food safety. (Unit 1) | Menu planning: the impact of cooking methods on menu choices. The needs of the customer and how these can best be met. (Unit 2) | How to plan and prepare menus for a variety of situations. Preparation for Unit 2 assessment including mock exam. (Unit 2) | Unit 2 assessment- final exam and revision. |
| SMSC/Cultural Capital/Character/FBV-outline specific areas that are covered in this unit | Students gain an understanding in the jobs and roles of employees in the | Students gain an understanding of the importance of nutrients for a healthy lifestyle | Students gain an understanding in how to keep themselves healthy and can | Students understand how to prepare meals to ensure the nutritional | Students understand how to eat healthily and within their budget. | Revision materials cover all points listed. |



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| | <p>hospitality sector. They can identify key skills and personalities needed in these roles as well as the qualifications needed to pursue a career in these areas. Students can discuss the rights of workers and understand the role of Health and Safety in the workplace.</p> | <p>and can identify the important nutrients and which foods they are found in. Students can discuss the impacts of poor nutrition as well as the complications of illnesses related to food and nutrition.</p> | <p>create meals in their own homes from food that is stored and prepared safely. They understand the processes/legislation of food hygiene and can make good choices when visiting restaurants.</p> | <p>content of food remains high. Students understand how diet and food preparation differs according to health needs.</p> | <p>Students can plan meals for themselves and their families that are nutritional and affordable.</p> | |
| <p>Assessment Opportunities</p> | <p>Students to complete exam style questions during lessons.</p> | <p>Students to complete exam style questions during lessons. Students will also complete and end of term assessment covering all topics studied.</p> | <p>Mock examination (Just after Easter in Year 10) and final assessment of Unit 1 (summer Year 10)</p> | <p>Students to complete exam style questions during lessons. Students will also complete and end of term assessment covering all topics studied.</p> | <p>Preparation for Unit 2/ Unit 1 resit assessment including mock exam. (Unit 2)</p> | <p>Students to complete exam style questions during lessons.</p> |
| <p>Links to other units in KS4.</p> | <p>Links to food safety/ regulations and</p> | <p>Links to food allergies and intolerance (unit</p> | <p>Links to topics covered in unit 1 including food</p> | <p>Links to unit 2 Nutritional value of food and</p> | <p>Links to unit 2- nutritional value of foods and</p> | <p>Revision of all units.</p> |



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| | the role of the EHO. | 1), needed for final assessment and menu planning. | safety legislation and ratings/ standards. | nutritional deficiencies. | dietary deficiencies. Links also to the methods of food preparation and cooking. | |
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Alongside this students will prepare and cook the following meals:

- Baking a cake (measuring and weighing)
- Fruit salad and smoothies
- Bread
- Pastry tarts
- Pasta, filled
- Quiche
- Lemon meringue
- Soups
- Pudding, steamed
- Meatballs and pasta
- Cottage pie
- Fish and chips
- Eggs, omelette, boiled
- Risotto
- Biscuits
- Crumble, fruit
- Lemon drizzle
- Apple loaf cake
- DEMO- jointing chicken
- DEMO- preparing fish

Determined to be the best we can be...

#theTNHAWay



The following skills are delivered through the preparation of the meals above:

- knife skills
- melting ingredients
- whisking
- rubbing
- sieving
- shaping
- blending
- hydrating
- garnishes