# Course Information Overview: Year 10 Hospitality & Catering  Half-Term: 1

**Curriculum Leader: Mrs Beavor**

| Course Information | |
|---|---|
| What will students learn? | Students will gain knowledge and understanding of the following areas: 2.1.1 Understanding the importance of nutrition 2.1.2 How cooking methods can impact on nutritional value. Learners should know and understand the function of the following nutrients and have an awareness of the need for a balanced/varied diet: Macro-nutrients: • carbohydrate • fat • protein. Micro-nutrients: Vitamins: • fat soluble vitamin A and vitamin D • water soluble: vitamin B group and vitamin C. Minerals: • calcium • iron • sodium • potassium • magnesium as well as: • dietary fibre (NSP) • water. |
| What home learning will be set? | On week A, learners will be given a homework assignment which will be due in week B. This homework task will either be research based to be included in their Unit 2 notes or will be past exam questions for Unit 1. On week B, students will be given an IKE task which is linked to their Unit 2 learning. Practical lessons take place in week A. |
| What assessments will be undertaken? | Practical skills will be assessed through each practical lesson. Students will be assessed through exam style questions at the end of each topic area. |
| Useful links and resources to further support learning. | Link to exam board course information: https://www.eduqas.co.uk/qualifications/level-12-vocational-award-inhospitality-and-catering/#tab_keydocuments<br>BBC bitesize: https://www.bbc.co.uk/bitesize/guides/zvtx47h/revision/1<br>https://www.bbc.co.uk/bitesize/guides/zkj2cqt/revision/1<br>https://www.bbc.co.uk/food/techniques |
| **If you would like further information or support with respect to this course, please do not hesitate to contact the class teacher or relevant Curriculum Leader using the following email: parentcontact@sandysecondaryschool.com.** | |

# Course Information Overview: Year 10 Hospitality & Catering  Half-Term: 2

**Curriculum Leader: Mrs Beavor**

| Course Information | |
|---|---|
| What will students learn? | Students should be able to apply their knowledge of nutrition to: Different life-stages: • adults; early, middle, late (elderly) • children; babies, toddlers, teenagers. Special dietary needs for individuals who: • require different energy requirements based on lifestyle, occupation, age or activity level • require special diets • have medical conditions; allergens, lactose intolerance, gluten intolerance, diabetes (type 2), cardiovascular disorder, iron deficiency • have dietary requirements, such as religious beliefs • are pescatarians, vegetarians, vegans. |
| What home learning will be set? | On week A, learners will be given a homework assignment which will be due in week B. This homework task will either be research based to be included in their Unit 2 notes or will be past exam questions for Unit 1. On week B, students will be given an IKE task which is linked to their Unit 2 learning. Practical lessons take place in week A. |
| What assessments will be undertaken? | Practical skills will be assessed through each practical lesson. Students will be assessed through exam style questions at the end of each topic area. |
| Useful links and resources to further support learning. | Link to exam board course information: https://www.eduqas.co.uk/qualifications/level-12-vocational-award-inhospitality-and-catering/#tab_keydocuments<br>BBC bitesize: https://www.bbc.co.uk/bitesize/guides/zvtx47h/revision/1<br>https://www.bbc.co.uk/bitesize/guides/zkj2cqt/revision/1<br>https://www.bbc.co.uk/food/techniques |
| **If you would like further information or support with respect to this course, please do not hesitate to contact the class teacher or relevant Curriculum Leader using the following email: parentcontact@sandysecondaryschool.com.** | |

# Course Information Overview: Year 10 Hospitality & Catering  Half-Term: 3

**Curriculum Leader:** **Mrs Beavor**

| **Course Information** | |
|---|---|
| What will students learn? | Students will be learning the factors affecting menu planning: cost, portion control, balanced diets/current nutritional advice, time of day, clients/customers. Learners will also learn how the following factors affect menu planning: equipment available – the type of equipment required to produce a menu, specialist equipment, hand-held and electrical equipment; skills of chef – preparation, cooking and presentation, related to the needs of the dishes/menu/customer; time available – and type of provision e.g. service, location, size, standards – the production of dishes/menu in the time allowed. How to prepare, cook and present more than one dish at the same time; environmental issues – conservation of energy and water – how can the production of dishes be sustainable by using less energy and reducing consumption of water? Learners should know and understand the following terms: • reduce • reuse • recycle • sustainability • time of year – seasonality of commodities. • organoleptic qualities. |
| What home learning will be set? | On week A, learners will be given a homework assignment which will be due in week B. This homework task will either be research based to be included in their Unit 2 notes or will be past exam questions for Unit 1. On week B, students will be given an IKE task which is linked to their Unit 2 learning. Practical lessons take place in week A. We will be deboning a chicken leg, making an open sandwich which must include a poached egg and we will be making soda bread |
| What assessments will be undertaken? | Students will be completing their mock assessment for Unit 2. This unit is the coursework and pracϴcal exam unit. |

| | |
|---|---|
| Useful links and resources to further support learning. | Link to exam board course information: https://www.eduqas.co.uk/qualifications/level-12-vocational-award-inhospitality-and-catering/#tab_keydocuments<br>BBC bitesize: https://www.bbc.co.uk/bitesize/guides/zvtx47h/revision/1<br>https://www.bbc.co.uk/bitesize/guides/zkj2cqt/revision/1<br>https://www.bbc.co.uk/food/techniques |
| **If you would like further information or support with respect to this course, please do not hesitate to contact the class teacher or relevant Curriculum Leader using the following email: parentcontact@sandysecondaryschool.com.** | |

# Course Information Overview: Year 10 Hospitality & Catering  Half-Term: 4

**Curriculum Leader: Mrs Beavor**

| Course Information | |
|---|---|
| What will students learn? | There will be a strong focus on planning for production of food. Learners should be able to plan dishes for a menu and know and understand the following: commodity list with quantities, contingencies, equipment list, health, safety and hygiene, quality points, sequencing/dove-tailing, timing, mise en place, cooking and cooling. |
| What home learning will be set? | On week A, learners will be given a homework assignment which will be due in week B. This homework task will either be research based to be included in their Unit 2 notes or will be past exam questions for Unit 1. On week B, students will be given an IKE task which is linked to their Unit 2 learning. Practical lessons take place in week A. |
| What assessments will be undertaken? | Practical skills will be assessed through each practical lesson. Students will be assessed through exam style questions at the end of each topic area. |
| Useful links and resources to further support learning. | Link to exam board course information: https://www.eduqas.co.uk/qualifications/level-12-vocational-award-inhospitality-and-catering/#tab_keydocuments<br>BBC bitesize: https://www.bbc.co.uk/bitesize/guides/zvtx47h/revision/1<br>https://www.bbc.co.uk/bitesize/guides/zkj2cqt/revision/1<br>https://www.bbc.co.uk/food/techniques |
| **If you would like further information or support with respect to this course, please do not hesitate to contact the class teacher or relevant Curriculum Leader using the following email: parentcontact@sandysecondaryschool.com.** | |

# Course Information Overview: Year 10Hospitality & Catering Half-Term: 5

**Curriculum Leader: Mrs Beavor**

| Course Information | |
|---|---|
| What will students learn? | Students will carry out systematic review of topics to date in order to fully embed this knowledge into their long-term memory. Students will know and understand how the following cooking methods impact on nutritional value: • boiling • frying • grilling • poaching • roasting • steaming • baking • stir-frying and apply this knowledge to different scenarios. Learners should be able to identify types of skills and skill levels when selecting dishes to produce. Learners should know and understand that some dishes require the use of more complex, skills than other dishes. Learners should be able to demonstrate a range of the following food preparation and cooking techniques for the production of dishes : The preparation and cooking techniques are categorised as follows: Basic* Medium** Complex*** |
| What home learning will be set? | On week A, learners will be given a homework assignment which will be due in week B. This homework task will either be research based to be included in their Unit 2 notes or will be past exam questions for Unit 1. On week B, students will be given an IKE task which is linked to their Unit 2 learning. Practical lessons take place in week A. |
| What assessments will be undertaken? | Practical skills will be assessed through each practical lesson. Students will be assessed through exam style questions at the end of each topic area. We will undertake a mock practical within this term. |
| Useful links and resources to further support learning. | Link to exam board course information: https://www.eduqas.co.uk/qualifications/level-12-vocational-award-inhospitality-and-catering/#tab_keydocuments<br>BBC bitesize: https://www.bbc.co.uk/bitesize/guides/zvtx47h/revision/1<br>https://www.bbc.co.uk/bitesize/guides/zkj2cqt/revision/1<br>https://www.bbc.co.uk/food/techniques |

**If you would like further information or support with respect to this course, please do not hesitate to contact the class teacher or relevant Curriculum Leader using the following email: parentcontact@sandysecondaryschool.com.**

# Course Information Overview: Year 10 Hospitality & Catering Half-Term: 6

**Curriculum Leader: Mrs Beavor**

| Course Information | |
|---|---|
| What will students learn? | Students will gain skills knowledge and understanding of: 2.4.1 Reviewing of dishes 2.4.2 Reviewing own performance. Students should be able to provide a brief review of their planning, preparation and cooking; highlighting areas of success and of potential further development. Areas to consider: • dish production • dish selection • health and safety • hygiene • improvements • organoleptic • presentation • waste. Students should be able to identify personal strengths and weaknesses relating to: • decision making • organisation • planning – including the advantages and disadvantages of chosen options and how they meet specific needs • time management. |
| What home learning will be set? | On week A, learners will be given a homework assignment which will be due in week B. This homework task will either be research based to be included in their Unit 2 notes or will be past exam questions for Unit 1. On week B, students will be given an IKE task which is linked to their Unit 2 learning. Practical lessons take place in week A. |

| | |
|---|---|
| What assessments will be undertaken? | Practical skills will be assessed through each practical lesson. Students will be assessed through exam style questions at the end of each topic area. There will be a final written exam on nutrition, the impact of cooking methods on nutrients and the factors to consider when planning a menu. |
| Useful links and resources to further support learning. | Link to exam board course information: https://www.eduqas.co.uk/qualifications/level-12-vocational-award-inhospitality-and-catering/#tab_keydocuments<br>BBC bitesize: https://www.bbc.co.uk/bitesize/guides/zvtx47h/revision/1<br>https://www.bbc.co.uk/bitesize/guides/zkj2cqt/revision/1<br>https://www.bbc.co.uk/food/techniques |
| **If you would like further information or support with respect to this course, please do not hesitate to contact the class teacher or relevant Curriculum Leader using the following email: parentcontact@sandysecondaryschool.com.** | |