

Curriculum Design 2023-24

						(SUBJECT)						
			Term1			Te	rm2			Terr	m3	
				Rotation 1					Rotation 2			
		Term 1.1		Term 1.2	Te	erm 2.1	Term 2	.2	Term 3.1		T	erm 3.2
	Theme	Unit 1 – Health and	safety.	Unit 3 – Working to a brief	Unit 3 – The	Eat Well Guide	Unit 1 – Health o	and safety.	Unit 3 – Working to a brief		Unit 3 – The	e Eat Well Guide
C	Concept	Hygiene & Food Safety	Diet & Healthy Eating		Planning, Preparation & Cooking Skills	Shopping & Consumer Awareness	Hygiene & Food Safety	Diet & Healthy Eating	/ Evaluation /	Prepo	nning, aration & king Skills	Shopping & Consumer Awareness
7 Kn		Health, safety, and procedure Intro into health, safe hygiene; kitchen eq food storage and the zone; food contamination Cs Assessment – practic Rockcakes Theory; Understanding Head and Hygiene issue Can identify Head and Hygiene issue Understanding a the 4C's (cook, coross contamina) Knife skills and cutechniques Cooker safety Understanding descention in food stoe Practical's; Dippy Divers Knife skills Food hygiene issue Cooker safety	es rety and guipment; ne dange in and the colon cled attion) atting danger orage retails retai	Creating a dish for a client, putting in to practice Health and safety and inducing production planning. Working to a brief, completing research about teenagers' nutritional needs, esearch about client Nando's), making a clish and evaluating cooking skills Assessment – Research and Practical Theory; Researching for a clients Understanding time planning Coating a protein – Fino pitta Creating own Fino pitta Creating own Fino pitta Evaluation of practical skills Practical; Fino Pitta (Nando preaded chicken) Marinating of protein	Introduction Guide, head how to have diet. Assessme unit Iheory Understanding belong is sections How to replace Know the daily callabels (tresystem), fat, salt of the section of the decided of the section of the s	foods which In the 5 main In the 5 main In the 5 main In the 5 main In the 6 make a In the dish In the whole EWG – In the whole EWG – In the whole I	room o Creativ o Person	safety and equipment; de the danger tion and the danger tion and the detical general tion and the formules in	 Theory; Researching for a continuous planning Coating a protein pitta Creating own Fino Evaluation of practical; Fino Pitta (Nando breachicken) Marinating of protein Handling range meat Cutting meat Health and 	Health Joing ing. about needs, dish ng skills ch and clients e — Fino pitta tical aded a wat safety	Introduction Guide, head how to have diet. Assessment unit Theory Understance Well Gue Naming belong sections How to balance Know the daily collabels (to system), fat, salt Practical's; Pitta Pizza sections	y foods which in the 5 main s of EWG make a ed dish ne whole EWG – alories, food traffic light , Foods high in and sugar



7			- vega broug • Rockcakes • Food hygiel • Rubbi • Makir • Shapii • Addin	and personane ng in method ng a dough ng g flavour er – oven safe ng time	meat Cutting me Health and safety Creativity Coating protein Cooking meat	eat d f f f f f f f f f f f f f f f f f f	Selecting ngredients for own preference Presentation Flavouring Oven safety Cooking times Cooling	hygiene o Rubbing o Making o Shaping o Adding	g in method g a dough g flavour - oven safe g time	Cooking m Oven safet Knowing w product is a Cooling Presentation	y hat a cooked	i	Selecting Ingredients for own preference Presentation Flavouring Oven safety Cooking times Cooling
		Wider Curriculum	Group work Making skills Math – weighing measuring ingre Literacy – readir Science – Bacte	dients ng recipes	Group work Making skills Knowing personal choice Healthy diets Cooking a meal Math – weighing and measuring ingredient Literacy – reading recipes Science – heat contro	Healthy die Cooking a Math – wei measuring Literacy – r research	ls ersonal choice ets	Group work Making skills Math – weighing of measuring ingred Literacy – reading Science – Bo	ients grecipes	Group work Making skills Knowing personal ch Healthy diets Cooking a meal Math – weighing and measuring ingredient Literacy – reading red Science – heat contr	s cipes	Healthy die Cooking a Math – wei measuring Literacy – r research	ls ersonal choice ets meal
					Rotation 1					Rotation 2		1	
		Theme	Nutrition- Macronut		Nutrition- Unit 2 Macronutrients Food labelling	Mic	ion - Unit 3 – ronutrients ng for a client	Nutrition- U Macronutr		Nutrition- Unit Macronutrient Food labelling	S	Mic	ion - Unit 3 — ronutrients ng for a client
		Concept	Hygiene & Food Safety	Diet & Healthy Eating	Social	Planning, Preparation & Cooking Skills	Shopping & Consumer Awareness	Hygiene & Food Safety	Diet & Health Eating	y Evaluation ,	/ Pre	anning, paration Cooking Skills	Shopping & Consumer Awareness
	8	Skills Knowledge	Understanding nutrients and the focus on - Mac Pupils to recall in about the EWG. Understand the nutrients focusin Macronutrients (Carbohydrates importance of h	eir functions cronutrients Information Imain Ig on In the Intydration. In the control of the c	Understanding Macronutrients, importance of hydration, how fats of affect our diets and Food Labelling Pupils to recall information about the EWG. Understand the main nutrients focusion On Macronutrients (Protein and Fat)	Creating of combining kinds of completing Micronutries minerals), reclient (Substitute of the dish and periods of the completing of the dish and periods of the completions of the completing of the completions of the comple	g research about ents (vitamins and research about way), making a lanning own owl.	Pupils to recall info about the EWG. Uthe main nutrients on Macronutrients (Carbohydrates) importance of hydrates	ormation Inderstand Infocusing Infocusing Infocusing Infocusion In	Understanding Macronutrients, import of hydration, how for affect our diets and Labelling Pupils to recall information about the EWG. Understanding food to and how to read the	pritance its can I Food mation erstand ocusing Protein abelling	Creating of combining kinds of the completing Micronutries minerals), reclient (Substitute of the completing Micronutries of the completing Micronutries of the completing Micronutries of the completion of the c	g research about ents (vitamins and esearch about way), making a anning own owl.
			chunky toma	to sauce	Understanding foo labelling and how t		ractical	chunky tomat	o sauce	light system		P	ractical



Theory: Recalling Health and rules from Y7 Can identify Health, S and Hygiene issues Recall information ab EWG (Eat Well Guide) Main 5 nutrients Links to Macronutrien Protein, Fat and Carbohydrates Functions of carbohydrates in the body Food with carbohydrates The importance of good nutrition Practical's: Chunky Tomato sauc recalling knife skills an method from year 7 Knife skills Cooker – hob Heat control Personal preferen chunky or smooth Carbohydrates - Sav cheese sticks Short crust pastry Rolling / shaping Favour control Cooker – oven	Assessment; written test nutrition out Theory; Recall information ab EWG (Eat Well Guide) Main 5 nutrients Links to Macronutrient Protein, Fat and Carbohydrates Functions of Fat and Protein in the body Food with protein and fats The importance of good nutrition Understanding food labelling Practical's; Protein – Curry Knife skills Cooker – hob Heat control Personal preference – spices / herbs	Vitamins and Mineral Researching for a client subway Knife skills (High, Medium and complex cutting skills) Creating own rainbow salad bowl How to create and time plan Practical's: Rainbow bowl Knife skills Creating a product with the 5 main nutrients Cooker use – hob / oven Flavour combination Presentation Time planning Health and safety	 Theory; Recalling Health and Safet rules from Y7 Can identify Health, Safety and Hygiene issues Recall information about EWG (Eat Well Guide) Main 5 nutrients Links to Macronutrients – Protein, Fat and Carbohydrates Functions of carbohydrates in the body Food with carbohydrates The importance of good nutrition Practical's; Chunky Tomato sauce – recalling knife skills and method from year 7 Knife skills Cooker – hob Heat control Personal preference – chunky or smooth sauce Carbohydrates - Savoury cheese sticks Short crust pastry Rolling / shaping Favour control Cooker – oven 		 Theory; Understanding vitamins and minerals Functions of micronutrient's in the body (Vitamins and Minerals) Foods containing Vitamins and Mineral Researching for a client - subway Knife skills (High, Medium and complex cutting skills) Creating own rainbow salad bowl How to create and time plan Practical's: Rainbow bowl Knife skills Creating a product with the 5 main nutrients Cooker use – hob / oven Flavour combination Presentation Time planning Health and safety
Wider Curriculum Wider Curriculum Wider Curriculum Wider Curriculum Wath – weighing and measuring ingredients Literacy – reading recipe Science – heat control PE - Nutrition	o Presentation / creativity Group work Making skills Use of electoral equipment Math – weighing and measuring ingredients	Group work Making skills Use of electoral equipment Math – weighing and measuring ingredients Literacy – reading recipes, researching, writing a plan PE - Nutrition	Group work Making skills Use of electoral equipment Math – weighing and measuring ingredients Literacy – reading recipes Science – heat control PE - Nutrition	Group work Making skills Use of electoral equipment Math – weighing and measuring ingredients Literacy – reading recipes Science – heat control PE - Nutrition	Group work Making skills Use of electoral equipment Math – weighing and measuring ingredients Literacy – reading recipes, researching, writing a plan PE - Nutrition
9 Theme Unit 1 – Health, Safety ar Hygiene	Rotation 1 Unit 2 - Nutrition, life stages and special diets	Unit 3 – cooking skills and consume awareness	Unit 1 – Health, Safety and Hygiene	Rotation 2 Unit 2 - Nutrition, life stages and special diets	Unit 3 – cooking skills and consume awareness



Concept	Hygiene & Food Safety	Diet & Healthy Eating	Social	Pre	lanning, eparation Cooking Skills	Shopping & Consumer Awareness	Hygiene & Food Safety	Diet 8 Health Eating	ıy	Evaluation / Social	Pre & C	anning, paration Cooking Skills	Shopping & Consumer Awareness
	Unit 1 – Health, Saf	ety and	Unit 2 - Nutrition, life		Unit 3 – coo	king skills and	Unit 1 – Health, Sa	ifety and	Unit 2	2 - Nutrition, life sta	ges	Unit 3 – cod	king skills and
	<u>Hygiene</u>		stages and special di	<u>iets</u>	consume a		Hygiene			special diets		consume d	
Skills Knowledg	Pupils understand and safety and ho food poisoning by knowledge to practical situations Theory: Recalling Health Safety rule: Can identify Safety and issues Understand poisoning Health how to prespoisoning Know the vertical situation officer) Practical's: Burgers - and Health, Safety and issues Know the vertical situation officer) Practical's: Burgers - and Health, Safety and issues Know the vertical situation officer) Practical's: Recalling Health and issues Know the vertical situation officer) Practical's: Recalling Health and issues Know the vertical situation officer) Practical's: Recalling Health and issues Know the vertical situation of soon of the control of	w to prevent applying citical Health and strom Y7&8 fy Health, I Hygiene I Hygiene do food coacteria are event food coacteria are event food coacteria are event food exisible and signs of food ge cole of the Evental health existence are event food do acterial are event food do acterial are event food existence and existence are event food do acterial are event food do	Pupils to recall and embed knowledge of the 5 main nutrients. Understand the 5 different life stages are their needs. Know what a special diet is and how to adapt a recipe. Theory: Recalling the 5 main nutrients Can identify the 5 main life stage has a different need understand the each life stage has a different need can identify a number of different diets know how to adapt a recipe for a special different diets know how to adapt a recipe for a special different diets know how to adapt a recipe for a special different diets know how to adapt a recipe for a special different diets know how to adapt a recipe for a special different diets know how to adapt a recipe for a special different diets know how to adapt a recipe for a special different diets know how to adapt a recipe for a special different diets know how to adapt a recipe for a special different diets know how to adapt a recipe for a special different diets know how to adapt a recipe for a special different diets know how to adapt a recipe for a special different diets know how to adapt a recipe for a special different diets know how to adapt a recipe for a special different diets know how to adapt a recipe for a special different diets know how to adapt a recipe for a special different diets know how to adapt a recipe for a special different diets know how to adapt a recipe for a special different diets	e e iet	Theory – Factonice Pupils will undifferent factonice 1. Cost 2. Med 3. Spect 4. Seast Practical's: Over 3 lessor and divided Pastry – saucinnamon r Rubbing in r Making a d Rolling out Shaping Folding (cre puff pastry) Flavour con Adapting re Heat contro Knowing wh Creativity – sausage rol Creativity – cinnamon r	ctors affecting for anderstand the ctors affect food of ingredients dia influence cial diets conality ons (pastry is made dinto 2) usage rolls and colls method lough eating layers in rountrol ecipes of – oven then food is cooked presentation of legisters.	Pupils understand and safety and ha food poisoning by knowledge to protect the result of the result	ow to preven y applying actical situation Health and es from Y7&8 tify Health, d Hygiene issue and food bacteria and event food visible and no as of food age role of the El- mental health	Pupils know nutrie Under life st Know and I Theorem Pract Pizza teens suitals	s to recall and embedded to recall and embedded to the 5 mail ents. The stand the 5 differences and their need what a special dishow to adapt a recall to the stand to a recall the standard to recall the standard the standar	in ent eds. et is cipe. nain 5 each mber apt a cial or a ough ngs en ood is area – (dis et) roux	Theory – For choice Pupils will u different for choice 5. Cos 6. Med 7. Spe 8. Sea Practical's: Over 3 lessed and divide Pastry – saude cinnamon Rubbing in Making a control Rubbing in Shaping Folding (crepuff pastry) Flavour cortal Adapting related control Rubbing in Cortal Rubbing in Making a control Rubbing in Making a control Rubbing in Shaping Folding (crepuff pastry) Flavour cortal Rubbing related in the control Rubbing in Cortal Rubbing in Cortal Rubbing in Rubbing in Cortal Rubbing in Rubbing in Cortal Rubbing in R	ctors affecting foo nderstand the ctors affect food t of ingredients dia influence cial diets sonality ons (pastry is made d into 2) usage rolls and rolls method lough eating layers in rou ntrol ecipes of – oven hen food is cooked presentation of



			Macaroni and cheese – (a suitable for a special diet) Sauce making – ro Heat control – hob Flavour control Adapting a recipe Knowing when foo cooked			Knowing when food is cooked Use of time Use of practical area – tidiness	
	Wider Curriculum	Group work Making skills Use of electoral equipment Math – weighing and measuring ingredients Literacy – reading recipes Science – bacteria / food	Use of time Use of practical are tidiness Group work Making skills Use of electoral equipment Math – weighing and measuring ingredients Literacy – reading	Group work Making skills Use of electoral equipment Math – weighing and measuring ingredients Literacy – reading recipes Science – bacteria / food	Group work Making skills Use of electoral equipment Math – weighing and measuring ingredients Literacy – reading recipes	Group work Making skills Use of electoral equipment Math – weighing and measuring ingredients Literacy – reading recipes	Group work Making skills Use of electoral equipment Math – weighing and measuring ingredients Literacy – reading recipes
		poisoning Term 1.1	recipes Term 1.2	poisoning Term 2.1	Term 2.2	Term 3.1	Term 3.2
	Theme	Food Related causes of ill health	Food Safety Practices	The importance of Nutrition	Hospitality and Catering provision	The Skills and techniques of preparation, cooking and presentation of dishes	NEA mock assessment
	Concept	Food Related III Health	Food Safety in practice Basic, Medium, and complex cooking skills	The importance of Nutrition,	Roles and responsibilities of those working in H&C	The Skills and techniques of preparation, cooking and presentation of dishes	Creating a dish for a client
		Intro to the course and outlin of the year	This unit follows on form Un 1 Food induced ill health - this looks more into a		Assessment – Written exam 1.1 1.3 1.4	Assessment TBC The Skills and techniques of	NEA mock assessment Pupils will complete a mock
		Assessment – written exam 1 and 1.4	practical environment Pupils will be able to appl what they have learnt in u		Hospitality and catering provision	preparation, cooking and presentation of dishes	assessment for NEA 2 Pupils will look at the importar of nutrition linked to a life stag
10		Catering Pupils will look at the cause of the visible and non-visible	1 along with this unit to complete some practical Assessment – fruit Tart	importance of nutrition and the two main groups of nutrients: Macronutrients and Micronutrients. Pupils will look closely at the food	Pupils ill look at the different types of provision and services offered in the hospitality and catering	Pupils will gain knowledge and understanding in how to prepare and make dishes, the various presentation techniques used in	from a brief. From this they wil explore the different cooking methods and their impact on nutritional values, Pupils will al be asked to look at menu
	Skills Knowledge	symptoms associated with food-induced ill health. Pupil will consider some of the mo common intolerances and allergies and the best ways of	they know how to work in safe, hygienic way but demonstrating the followi	ensure a healthy lifestyle. Pupils will also explore the	industry and the range of diverse and exciting job opportunities available. Pupils will explore the roles and responsibilities of those	hospitality and catering, and the food safety practices s that need to be followed when creating a dish.	planning, the skills needed for chefs working in various provisions and the range of factors affecting menu plann Pupil will need to complete a
		preventing illnesses which are food related. Pupils will also take a close look at the roles an Environmental Health Offi in the hospitality and caterin industry	foodsThe correct person hygiene points are followedChecking and	and their impact on nutritional value. Pupils will continue using cooking skills linked with a	working in hospitality and catering and the way in which they industry is constantly evolving and adapting to different demands.	Practical's: Practical - Lasagna (over 3 lessons) Practical - meat / veggie Pie (over 2 lessons) Practical TBC	production plan for their dish, and make the dish. Pupils will then be asked to review their performance and work.
			understanding dat and labelling	medium / complex skill.		Practical TBC Practical TBC	NEA Practical – 2 hours



	Term 1.1	Term 1.2	Term 2.1 1.4 Food safety in Hospitality	Term 2.2 1.1 Hospitality and catering	Term 3.1 1.2 How hospitality and caterir	Term 3.2 Exam techniques and
Wider Curriculum	Group work Making skills Use of electoral equipment Math – weighing and measuring ingredients Literacy – reading recipes Science – bacteria, food bone illnesses, pathogens	oven safety, setting a mixture, piping, dehydration, presentations, creativity Group work Making skills Use of electoral equipment Math – weighing and measuring ingredients Literacy – reading recipes	Group work Making skills Use of electoral equipment Math – weighing and measuring ingredients Literacy – reading recipes	Group work Making skills Use of electoral equipment Math – weighing and measuring ingredients Literacy – reading recipes	Group work Making skills Use of electoral equipment Math – weighing and measuring ingredients Literacy – reading recipes	Group work Making skills Use of electoral equipment Math – weighing and measuring ingredients Literacy – reading recipes
		ingredients Keeping the workstation clear or clean Handling equipme safely. Pupils are also induced to basic, medium and complect cooking and kr skills and will create sever dishes with a medium / complex skill. Practical's: Sushi – knife skills Portioning a chicken – knife skills, hygiene, and safety practices Stir fry – knife skills, creative hygiene and safety practices and hob control Stuffed chicken – knife skill creativity, hygiene and safety practices and over control Fruit Tart – pastry skills,				Practical TBC
		controls and storag of foods Correctly managin food waste Checkpoints for	to select a recipe for a life stage. Practical's: Cooking a dish for a teenager Cooking a dish for the	Pupils will continue using cook skills linked with a medium / complex skill. Pupils will be linking dishes to a food service. Practical's: Breakfast – B&B Burgers / tacos – fast food Challenge – Afternoon tea for staff		Pupils will recall basic, mediur and complect cooking and knife skills and will create seve dishes with a medium / comp skill. Practical's: Practical TBC Practical TBC Practical TBC Practical TBC Practical TBC



Concept	Hospitality and catering in action				
	Preparation for NEA, recap of main topics	1.4 Food safety in Hospitality and Catering	1.1 Hospitality and catering provision	1.2 How hospitality and caterir provisions operate	Exam techniques and revision for written exam
	Pupils to start NEA exam wc 25/09/23	-			
	Practical exam – wc 6/11/23	Pupils will look at the cause a the visible and non-visible symptoms associated with fo	Pupils ill look at the different	Pupils will look at the operation the front and back of house, the responsibilities of those working	
	An assignment brief will be provided by WJEC which will include a scenario and several tasks for pupils to	induced ill health. Pupils will consider some of the most	services offered in the hospitality and catering	different areas of a hospitality and catering provision, and the	
01.311	complete.	common intolerances and	industry and the range of	various equipment used to ca	
Skills Knowledge		allergies and the best ways o preventing illnesses which are	opportunities available.	out duties successfully, depending on the size and	
		food related. Pupils will also to a close look at the roles of ar		needs of a provision. Pupils will also consider the requirements	
		Environmental Health Officer the hospitality and catering	working in hospitality and catering and the way in	customers visiting a provision of how to best meet the needs o	
		industry	which they industry is constantly evolving and	those individuals.	
			adapting to different		
			demands.		
Wider Curriculum					