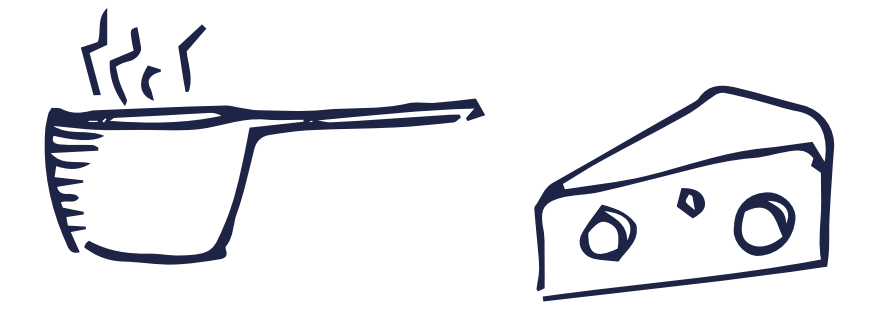
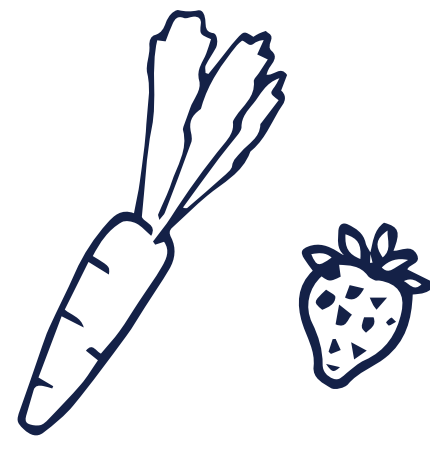




FOOD & NUTRITION



YEAR 7

KEY PRACTICAL SKILLS: Knife skills, weighing, measuring, use of cookers, bread making, different cooking methods e.g. stir frying, baking, boiling

1. COOK IT UP

- Introduction to food in schools
- Storing, preparing and cooking food safely
- Food waste and composting

- Using the oven, grill and hob
- Importance of healthy eating
- Eatwell guide
- Eight healthy eating tips

YEAR 8

KEY PRACTICAL SKILLS: Meat cookery, bread making – flavouring, presentation, shaping

2. WONDERFUL WORLD OF FOOD

- Selecting, preparing and cooking ingredients
- Food production, processing and selling
- Nutrition

YEAR 9

NUTRITION & PRACTICAL FOCUS: Carbohydrates

LEVEL 2
Hospitality & Catering

KEY PRACTICAL SKILLS: Laminating, rubbing in, reduction, sauce making, assembly

KEY PRACTICAL SKILLS: Creaming, bread making – decorating, planning & preparation, presentation

KEY PRACTICAL SKILLS: Modifying recipes, healthy alternatives, portion control

1. FOOD SAFETY IN HOSPITALITY & CATERING

- Food related causes of ill health
- Symptoms and signs of food related ill health
- Preventative control measures of food-induced ill health
- The Environmental Health Officer (EHO)

5. BUSINESS OF FOOD

- Food safety
- Costing and advertising
- Roles within the industry

4. COOKING FOR OTHERS

- Selecting, preparing and cooking a broader range of ingredients
- Factors affecting food choice
- Recipe adaptation

3. FOOD SMART

- Modifying recipes
- Energy balance



NUTRITION & PRACTICAL FOCUS: Protein – animal and plant based

NUTRITION & PRACTICAL FOCUS: Fats, Vitamins & Minerals

NON-EXAM ASSESSMENT (NEA) 60%

2. HEALTH & SAFETY IN HOSPITALITY & CATERING

- HASAWA: Health and Safety at Work Act
- RIDDOR: Reporting of Injuries, Diseases and Dangerous Occurrences Regulations
- COSHH: Control of Substances Hazardous to Health

- MHOR: Manual Handling Operations Regulations
- PPER: Personal Protective Equipment at Work Regulations
- HACCP: Hazard Analysis & Critical Control Point
- Food Safety Act 1990
- Responsibilities of food handlers

3. HOSPITALITY & CATERING PROVISION

- Hospitality and catering providers
- Working in the hospitality and catering industry
- Working conditions in the hospitality and catering industry
- Contributing factors to the success of hospitality and catering provision

4. CATERING IN ACTION (NEA)

- Understanding the importance of nutrition
- How cooking methods can impact on nutritional value
- Factors affecting menu planning
- How to plan production
- Practical assessment
- Reviewing of dishes
- Reviewing own performance

25% INTERNAL PRACTICAL ASSESSMENT

25% EXTERNAL ASSESSMENT

25% INTERNAL PRACTICAL ASSESSMENT, 25% EXTERNAL EXAM

LEVEL 3
Food Science & Nutrition

3. EXPERIMENTING TO SOLVE FOOD PRODUCTION PROBLEMS (INTERNALLY ASSESSED)

- Scientific properties of food
- Scientifically investigate changes to food
- Solve food production problems

2. ENSURING FOOD IS SAFE TO EAT (EXTERNALLY ASSESSED)

- How microorganisms affect food safety
- How food can cause ill health
- How food safety is managed

1. MEETING NUTRITIONAL NEEDS OF SPECIFIC GROUPS (EXTERNALLY ASSESSED)

- Food safety
- Properties of nutrients
- Relationship between nutrients and the human body
- Nutritional requirements
- Production and creation of complex dishes

5. HOW HOSPITALITY & CATERING PROVIDERS OPERATE

- The operation of the front and back of house
- Customer requirements in Hospitality and catering
- Hospitality and catering provision to meet specific requirements

