



Hospitality & Catering / Healthy Living - Food

YEAR 7		
HT1	HT3	HT5
Skills in the kitchen Introduction to kitchen health and safety. Fruit salad. Preparation of fruit/knife skills. Use of the grill. Pizza Crumpets.	Nutritional balance of dishes Equipment used in the kitchen Healthy eating and the Eatwell Guide Apple Crumble	What goes into a meal? Preparation of vegetables - stir fry
HT2	HT4	HT6
Skills in the kitchen. Weighing and measuring. Using the oven. Melting moments	Nutritional balance of dishes Using the hob. Cowboy beans. Nutrition. Pizza whirls. Evaluation. What makes a good product? How can you improve your skills? What is nutritional balance?	What goes into a meal? What food traditions are celebrated throughout the world? Focaccia bread Seasonality of ingredients. Eve's pudding

YEAR 8		
HT1	HT3	HT5
Foods from different cultures. Review of health and safety. Scone based pizza. Portion control. Spicy pasta.	Hazards and hygiene. Understanding hazards in the kitchen. Creaming method. Small cakes. Cooking methods. Vegetable stir fry.	Cross contamination. Types of food bacteria. Cookies. Whisking method. Sponge drops.



DUKE'S SECONDARY SCHOOL
FACULTY OF

LONG TERM CURRICULUM PLAN

HT2	HT4	HT6
<p>Savoury scones. organoleptic testing of breads around the world. Nutrition and healthy eating. Combining skills. Congress tarts. Seasoning of vegetables and raw meat. Thai green curry.</p>	<p>Hazards and hygiene. Linking ingredients. Mexican chill bake. Cake making, design task - faults What makes a good food product? Chicken nuggets and wedges. How can you improve your skills?</p>	<p>Allergies and intolerances. Hydration. Couscous salad</p>

YEAR 9		
HT1	HT3	HT5
<p>Understanding the industry Enhancing awareness of the hospitality and catering industry. Chicken Jambalaya. Pasta bolognese. Looking at the operations of the kitchen.</p>	<p>Developing practical skills Using more complex preparations and cooking techniques to develop practical skills and dishes. Sweet and sour chicken.</p>	<p>Nutritional balance of dishes Looking at the balance of nutrition in different dishes. Awareness of different customer needs. Barbeque case study. Burgers</p>
HT2	HT4	HT6
<p>Understanding the industry Presentation techniques. Lemon drizzle cakes. Enhancing awareness of the hospitality and catering industry. Packed lunches, food choices, Cheese muffins. Looking at the front of house operations.</p>	<p>Developing practical skills Using more complex preparations and cooking techniques to develop practical skills and dishes. Sustainability. Vegetable risotto</p>	<p>Nutritional balance of dishes Continuing with nutrition and using case studies to problem solve customers' different needs. Roles in the industry. Oat Cookies</p>