



Hospitality & Catering / Healthy Living - Food

YEAR 7		
HT1	HT3	HT5
Skills in the kitchen Introduction to kitchen health and safety. <b>Fruit salad.</b> Preparation of fruit/knife skills. Use of the grill. <b>Pizza Crumpets.</b>	Nutritional balance of dishes Equipment used in the kitchen Healthy eating and the Eatwell Guide <b>Apple Crumble</b>	What goes into a meal? Addition of liquid - <b>Sultana scones</b>
HT2	HT4	HT6
Skills in the kitchen. Weighing and measuring. Using the oven. <b>Melting moments</b>	Nutritional balance of dishes Using the hob. <b>Vegetable Stir Fry.</b> Nutrition. <b>Pizza whirls.</b> 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? <b>Focaccia bread</b> Seasonality of ingredients. <b>Eve's pudding</b>
YEAR 8		
HT1	HT3	HT5
Foods from different cultures. Review of health and safety. <b>Cheese Twists.</b> Portion control. <b>healthy Rock Buns</b>	Hazards and hygiene. Understanding hazards in the kitchen. Creaming method. <b>Small cakes.</b> Cooking methods. <b>Chilli Chicken stir fry.</b>	Cross contamination. Types of food bacteria. <b>Cookies.</b> Whisking method. <b>Sponge drops.</b>



**DUKE'S SECONDARY SCHOOL**  
**FACULTY OF**

**LONG TERM CURRICULUM PLAN**

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

YEAR 9		
HT1	HT3	HT5
<p>Understanding the industry Enhancing awareness of the hospitality and catering industry. <b>Chocolate Muffins</b> <b>Bread based pizza.</b> 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. <b>Sweet and sour chicken.</b></p>	<p>Nutritional balance of dishes Looking at the balance of nutrition in different dishes. Awareness of different customer needs. Barbeque case study. <b>Burgers</b></p>
HT2	HT4	HT6
<p>Understanding the industry Presentation techniques. <b>Lemon drizzle cakes.</b> Enhancing awareness of the hospitality and catering industry. Packed lunches, food choices, <b>Pasta bolognese.</b> 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. <b>Vegetable risotto &amp; Chicken Curry</b></p>	<p>Nutritional balance of dishes Continuing with nutrition and using case studies to problem solve customers' different needs. Roles in the industry. <b>Oat Cookies</b></p>