# My food Journey

Unit 2 LO3

**Be able to cook dishes**

**AC3.1** Use techniques in preparation of commodities

**AC3.2** Assure quality of commodities to be used in food preparation

**AC3.3** Use techniques in cooking of commodities

**AC3.4** Complete dishes using presentation techniques

**AC3.5** Use food safety practices

**Be able to cook dishes**

Unit 2 LO3

## YEAR 7

**Food Science**

- Gelatinise – sauces
- Seasonal Foods
- Raising agents
- Conduction
- Using the hob
- Rubbing in method
- Eat Well guide and nutrition
- Enzyme Browning
- The '4' C's Bacteria and Hygiene

**Commodities**

**Heat transfer**

**Culinary Skills**

**Food Safety**

In Year 7 learners will develop basic understanding of nutrition and culinary skills.

## YEAR 8

**Food choice**

- Special Diets and religion
- Gluten
- Organic Farming
- Food safety in the kitchen (recap)
- Practical routine (recap)
- Cooking terms
- Sensory Analysis
- Convection
- Health and Safety within the kitchen and food.
- Macronutrients
- Fats and Sugars
- Food Bacteria
- Food poisoning
- Food Labelling
- Healthy Eating – Recap eat well guide and nutrition
- Micronutrient
- Accident prevention
- Food and Temperature
- Food choice (diet analysis)
- Diet and lifestyle Vegetarians
- Protein
- Seasonal foods/food miles (recap)
- Fairtrade : ethics

**KS3 – Food and Nutrition**

**Nutrition**

**Food Poisoning**

**Food Choice**

In Year 8 learners will develop confidence of cooking a range of dishes and make informed decisions about food choice.

Year 7 - 8 a range of savoury and sweet dish will be produced along side theory

## YEAR 9

**Unit 1**

**KS4 – Hospitality and Catering**

**LO4** Know how food can cause ill health

- AC 4.3 Food Safety legislation
- AC 4.1 Food related causes of ill health
- AC 1.4 Factors affecting the success of hospitality and catering providers

**LO1** Understand the environment in which hospitality and catering providers operate

- AC 1.2 Job requirements within the hospitality and Catering industry
- AC 1.3 Working conditions of different jobs across the hospitality and catering industry
- AC 1.1 The structure of the hospitality and catering industry

Year 9 - 11 a range of savoury and sweet dish will be produced along side theory

## YEAR 10

**Unit 2 LO3 - Be able to cook dishes**

**KS4 – Hospitality and Catering**

**LO4**

- AC 4.5 The symptoms of food induced ill health
- AC 4.4 Common types of food poisoning
- AC 4.2 The role and responsibilities of the environmental health officer (EHO)
- AC 2.3 How hospitality and catering provisic meets customer requirements

**LO2** Understand how hospitality and catering provision operates

- AC 2.1 The operation of the kitchen
- AC 2.2 The operation of front of house

**LO3** Understand how hospitality and catering provision meets health and safety requirements

- AC3.1 Personal safety control measures fo hospitality and catering provision
- AC3.2 Risks to personal safety in hospitality and catering
- AC3.3 Options for hospitality and catering provision

**LO5** Propose provisions to meet specific needs

- AC5.1 Review options for hospitality and catering provision
- AC5.2 Recommend options for hospitality provision

## YEAR 11

**Unit 2 NEA Non Exam Assessment**

**KS4 – Hospitality and Catering**

**LO1** Understand the importance of nutrition when planning menus

- AC1.1 Describe functions of nutrients in the human body
- AC1.2 Compare nutritional needs of specific groups
- AC1.3 Explain characteristics of unsatisfactory nutritional intake
- AC1.4 Explain how cooking methods impact on nutritional value

**LO2** Understand menu planning

- AC2.1 Explain factors t consider when proposing dishes for menus
- AC2.2 Explain how dishes on a menu address environmental issues
- AC2.3 Explain how menu dishes meet customer needs
- AC2.4 Plan production of dishes for a menu

**LO4** Research, plan and cook a meal for a specific provision

**LO5** Unit EXAM June — Revision — REVISE LO5 LO3 LO1

NEA mock

Apprenticeship · University · A Levels · Professional · H & C Routes

LO1 LO2 LO3