

Co-op Academy North Manchester - Year 11 Hospitality & Catering Curriculum

Y11	HT1	HT2	HT3	HT4	HT5	HT6
Topic(s)	Understanding the importance of nutrition.	How cooking methods can impact on nutritional value Factors affecting menu planning.	How to prepare and make dishes. Presentation techniques	Food safety practices. Reviewing own performance. Reviewing of dishes.	Revision	Revision
Substantive Knowledge (Know That...)	<p>To know that Food safety practices are paramount.</p> <p>To know that the working brief is to be analysed to aid in developing products fit for purpose.</p> <p>To know that there is and importance to Nutrition, the healthy eating guidelines and portion sizes.</p> <p>To know that there are different nutrient groups.</p> <p>To know that Macro nutrients are:</p> <ul style="list-style-type: none"> ● Carbohydrates ● Fats ● Protein <p>To know. That there is a need for Menu development.</p>	<p>To know that Micronutrients are: Fat soluble vitamins Water soluble vitamins/ minerals.</p> <p>To know that micro and macro nutrients can cause excess and deficiencies and what the implications are.</p> <p>To know that there are a range cooking methods.</p> <p>To know that cooking methods impact on the nutritional value of ingredients.</p>	<p>To know that there are nutrients in- Fibre.</p> <p>To know that there are nutrients in-Water.</p> <p>To know that menu development is important.</p> <p>To know that there is an importance with reviewing of dishes.</p> <p>To know that there is an importance with reviewing own performance.</p> <p>To know that there is micronutrients- Minerals.</p>	<p>To know that there are ways to increase nutritional value, through alternative ingredients.</p> <p>To know that there are effects of excess and deficiencies – Macronutrients.</p> <p>To know that there are effects of excess and deficiencies – Micronutrients.</p> <p>To know that there are many different cooking method types.</p> <p>To know that cooking methods impact on the nutritional value of ingredients.</p> <p>To know that there are needs for different life stages.</p>	Revision	Revision

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	To know that there are reasons for recipe modifications.			<p>To know that menu development is important for developing the correct one for the clients.</p> <p>To know that there are special dietary requirements.</p> <p>To know that there are factors affecting menu planning: costing nutritional value environmental issues Seasonality organoleptic qualities</p>		
Disciplinary Knowledge (Know How...)	<p>To know how to analyse a design brief to create a task analysis.</p> <p>To know how to follow the safety rules, to keep themselves and others safe in the kitchen.</p> <p>To know how to use a range of tools and equipment effectively.</p> <p>To know how to create and develop dishes using a range of cooking methods.</p> <p>To know how to create and develop menu ideas using food province, seasonal and staple ingredients.</p>	<p>To know how to prepare and cook Shepherd's Pie- how to reduce fat and use decorative piped mash.</p> <p>To know how to prepare and cook British soup using seasonal ingredients and bread.</p> <p>To know how to prepare and cook Cauliflower cheese, developing a Roux sauce.</p> <p>To know how to prepare and cook a</p>	<p>To know how to follow the safety rules, to keep themselves and others safe in the kitchen.</p> <p>To know how to use a range of tools and equipment effectively.</p> <p>To know how to follow Basics- Food safety rules.</p> <p>To know how to develop a starter & Main and dessert for a pregnant woman and pre-school child.</p>	<p>To know how to prepare and cook apple Turnover with rough puff pastry.</p> <p>To know how to develop Nutrient dense starter.</p> <p>To know how to prepare and cook Nutrient dense starter.</p> <p>To know how to prepare and cook homemade lemon curd.</p>	Revision	Revision

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	<p>To know how to prepare and cook International Dishes.</p> <p>To know how to prepare and cook Shortcrust Apple pie with lattice lid.</p> <p>To know how to prepare and cook fruit Tarts with Glaze (gelling agents)</p>	<p>Curry dish substituting ingredients for a high protein dish.</p> <p>To know how to prepare and cook Scones - substituting ingredients for a high fibre product.</p> <p>To know how to prepare and cook Apple Turnover using rough puff pastry.</p> <p>To know how to create and develop a nutrient dense starter.</p> <p>To know how to prepare and cook homemade lemon curd.</p> <p>To know how to prepare and cook lemon meringue.</p>	<p>To know how to prepare and cook the developed meals.</p> <p>To know how to develop high fibre Scones.</p> <p>To know how to prepare and cook high fibre Scones.</p>	<p>To know how to prepare and cook Lemon Meringue pie.</p> <p>To know how to prepare and cook Chelsea buns.</p> <p>To know how to prepare and cook custard Tart.</p>		
Key Concepts	<p>To know that there is an importance of nutrition.</p> <p>To know that cooking methods can impact on nutritional value.</p>	<p>To know that there are variations when preparing and making dishes.</p> <p>To know that there are a range of Presentation</p>	<p>To know that there are a range of Factors affecting menu planning.</p> <p>To know that there are variations when preparing and making dish.</p>	<p>To know that there is an importance with reviewing of dishes.</p> <p>To know that there is an importance with reviewing own performance.</p> <p>To know that there is</p>	Revision	Revision

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	To know that there are a range of Factors affecting menu planning.	techniques when styling food. To know that Food safety practices are paramount.		micronutrients- Minerals.		
Assessment	NEA Folder Longer answer exam questions Practical assessment	NEA Folder Longer answer exam questions Practical assessment r	NEA Folder Longer answer exam questions Practical assessment	NEA Folder Longer answer exam questions Practical assessment	NEA Folder Longer answer exam questions Practical assessment	NEA Folder Longer answer exam questions Practical assessment
Homework	<ul style="list-style-type: none"> • Quiz- Health eating • Research- Carbohydrates (independent notes) • Research fat & Protein (independent notes) • Research seasonal ingredients to use in a British Soup and bread • Research- Fat soluble vitamins (independent notes) • Research Water soluble vitamins (independent notes) • Research - high protein curry recipe • Evaluation 	<ul style="list-style-type: none"> • Scone research - high fibre ingredients / filling ideas • Quiz – Nutrition • Research nutrient dense recipes for a starter for a British café • Research excess and deficiencies (independent notes) • Quiz Revision 	<ul style="list-style-type: none"> • Evaluation • plating up research for the following practical lessons • Quiz Special diets life stages 	<ul style="list-style-type: none"> • Practical exam preparation - videos • techniques and processes • Sensory analysis of outcomes • Evaluation • NEA Catch up 	<ul style="list-style-type: none"> • Revision 	<ul style="list-style-type: none"> • Revision
Wider reading	The Super Easy Teen Cookbook: 75 Simple Step-by-Step Recipes by Christina Hitchcock ISBN-10 : 1647398797	The Science of Cooking: Every Question Answered to Perfect your Cooking - by Dr. Stuart Farrimond ISBN-10 : 0241229782	The Cookbook for Teens: The Easy Teen Cookbook with 74 Fun & Delicious Recipes to Try by Mendocino Press (Author) ISBN-10 :	BOSH!: Simple recipes. Unbelievable results. All plants. The highest-selling vegan cookery book ever by Henry Firth ISBN-10 :	Farmhouse Cooking: Comforting, Simple & Delicious Dishes Made with the Freshest Ingredients by Publications	Bad Ass Cookbook: Get Cookin' with Big & Bold Recipes by Publications International Ltd. (Author) ISBN-10 : 1640306323

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