

Year	Autumn	Spring	Summer
7	<ul style="list-style-type: none"> • Health and Safety • Food Hygiene • Bacteria and food poisoning • Knife skills • Use of all parts of the cooker • Methods of heat transfer • 5-a-day • The eat well guide • Nutrients – sources and functions • Healthier choices 	<ul style="list-style-type: none"> • Bread making • Functions of ingredients • Food science – yeast, gluten • Cereal commodities • Nutrition • Healthy pizza 	<ul style="list-style-type: none"> • Coatings • Fair trade • Sustainability • Food miles • Seasonality
8	<ul style="list-style-type: none"> • Food safety – HACCP • Pasta making • Functions of ingredients • Vegetable commodities • Dairy commodities • Sauces • Reduction • Gelatinisation • The eat well guide and nutrition • Multicultural cuisine 	<ul style="list-style-type: none"> • Chinese cuisine • Mexican cuisine • Food provenance • Burgers • Meat commodities • Meat alternatives • Vegan and vegetarian diets • Environmental issues 	<ul style="list-style-type: none"> • Pastry • Function of ingredients • Types of pastry • Egg commodities • Food science – coagulation • Quality control • Fats • Nutritional deficiencies • Dietary needs

	<ul style="list-style-type: none"> • Herbs and spices • Rice • Cereal commodities • Spanish cuisine • Poultry commodities • Indian cuisine 		
9	<ul style="list-style-type: none"> • Health, safety and hygiene • Afternoon tea • Baking methods • Functions of ingredients • Production planning • Multicultural menu • Herbs and spices • Meat commodities • Protein 	<ul style="list-style-type: none"> • Eating for health • Nutrients • Dietary needs • Recipe adapting • Egg commodities • Egg challenge 	<ul style="list-style-type: none"> • Hotel menu • Multicultural dishes • Menu planning • Careers in food • Food science - gluten
10	<p>Unit 1 – The hospitality and catering industry</p> <ul style="list-style-type: none"> • LO1 – Structure of the hospitality and catering industry • Types of establishment • Styles of service • Job roles • Factors affecting the success of the business 	<p>Unit 1 – The hospitality and catering industry</p> <ul style="list-style-type: none"> • LO4 – Know how food can cause ill health • Food related causes of ill health • Allergies and intolerances • Food poisoning causes and prevention • Types of food poisoning 	<p>Unit 2 – Hospitality and catering in action</p> <ul style="list-style-type: none"> • Assessment task • Analysis of brief/task • Plan of research • Specific groups • Dietary needs • Planning dish/Production plans • Nutrients sources and functions

	<ul style="list-style-type: none"> • LO3 – Understanding health and safety requirements • Health and safety legislations • Risk to personal security and safety • Role of the EHO • Food safety legislations • Practical skills 	<ul style="list-style-type: none"> • Symptoms of food induced ill health • LO3 recap • LO2 – Understanding how hospitality and catering provision operates • Kitchen operations • Front of house operation • Documentation • Stock control • Types of customer • Customer service • Practical skills 	<ul style="list-style-type: none"> • Unsatisfactory nutritional intake • Cooking methods • Factors affecting menu choice • Dish selection • Production plans • Environmental issues • Practical skills
11	Unit 2 – Hospitality and catering in action <ul style="list-style-type: none"> • Assessment task • Analysis of brief/task • Plan of research • Specific groups • Dietary needs • Planning dish/Production plans • Nutrients sources and functions • Unsatisfactory nutritional intake • Cooking methods • Factors affecting menu choice • Dish selection • Production plans 	Unit 1 – The hospitality and catering industry <ul style="list-style-type: none"> • LO1 – Structure of the hospitality and catering industry • Types of establishments • Styles of service • Job roles • Factors affecting the success of the business • LO2 – Understanding how hospitality and catering provision operates • Kitchen operations • Front of house operation 	LO3 – Understanding health and safety requirements <ul style="list-style-type: none"> • Health and safety legislations • Risk to personal security and safety • Role of the EHO • Food safety legislations • Practical skills • LO4 – Know how food can cause ill health • Food related causes of ill health • Allergies and intolerances

	<ul style="list-style-type: none"> • Environmental issues • Practical skills 	<ul style="list-style-type: none"> • Documentation • Stock control • Types of customers • Customer service 	<ul style="list-style-type: none"> • Food poisoning causes and prevention • Types of food poisoning • Symptoms of food induced ill health • LO5 – Justifying choice of provision • Revision • Exam technique
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Curriculum overview – Food and Catering- Ashington.