



## Key content

### **TERM 1: Autumn**

#### **Unit 1 LO4: Know how food can cause ill health.**

Students will complete their level 2 food hygiene certificate.

- Food-related causes of ill health
- Common types of food poisoning
- Symptoms of food induced ill health
- Food safety hazards in different situations
- Risk of food safety
- Control measures
- Food safety regulations

#### **Unit 2 LO3: Be able to cook dishes.**

**Practical's:** Salad, soup, sponge cake, bread, pie, mash and liquor, fillet fish, BBQ chicken, cheesecake, bruschetta.

Develop skills by planning and preparing a range of dishes e.g. a starter, main course, then a dessert.

### **TERM 2: Spring**

#### **Unit 2 LO1: Understand the importance of nutrition when planning meals. LO2 Understand menu planning.**

Students will develop a clear understanding of special dietary requirements and considerations to meal/ menu planning.

- Describe the functions of nutrients
- Compare the nutritional needs of specific groups
- Explain what happens if you don't have a balanced diet
- Know how the different cooking methods impact on the nutritional value of foods
- Know the factors to consider when planning menus
- Be aware of environmental issues when cooking
- Explain how the dishes meet customer needs
- Produce time plans for practical outcomes
- Be aware of how to check ingredients are of good quality

#### **LO3: Use of commodities**

**Practical's:** Meat, fish, poultry, eggs, dairy, vegetarian alternatives.

Working with commodities linked with specific groups including special dietary needs and allergies.

### **TERM 3: Summer**

#### **Unit 1 LO1: Understand the environment in which hospitality and catering providers operate. LO5: Be able to propose a hospitality and catering provision to meet specific requirements.**

Students will gain an understanding of the different types of establishments and types of foods that they produce for customers.

- Describe the structure of the hospitality and catering industry
- Be aware of and be able to describe the job roles and working conditions
- Explain the factors affecting the success of providers
- Design and pitch a hospitality and catering provision

**Practical's:** Vegetarian, vegan, dairy free, gluten free, low fat diets, healthy school meals

Focus on presentation techniques and accompaniments for dishes.

## Key assessment points

- Each LO will be assessed half termly (1 half term practical 1 half term theory)

## Christian ethos

"Behold," God says, "I have given you every plant and every tree. You shall have them for food."  
Students will learn about food provenance and gain understanding of eating from the land and what God has given us.

"Every moving thing that lives shall be food for you. And as I gave you the green plants, I give you everything" (*Gen. 9:3*).

Students will discuss food choice and morals meat eating vs. veganism.

## British values

Mutual respect – Understanding everyone has their own food choice, based on religion, upbringing, culture and personal choice.

Students will understand that others have their own way of cooking and prepping and will look to work independently and as a team to develop confidence in the kitchen.

To have an interest in British farming and understand how food is made and produced in Britain and its impact on the economic welfare of the UK as well as its impact on global markets.