St. Joseph's Catholic High School

Curriculum plan for Food and Nutrition	September 2020

Introduction

- Pupils will develop their knowledge and understanding of ingredients and healthy eating;
- Pupils will develop food preparation and cooking techniques;
- Pupils will develop their knowledge of consumer food and drink choice;
- Pupils will be able to apply their knowledge to make informed choices;
- Pupils will develop the creative, technical and practical expertise needed to perform everyday tasks confidently;
- Pupils will build an apply a repertoire of knowledge, understanding and skills in order to design and make high quality products for a wide range of users;
- Pupils will evaluate and test their ideas and products and the work of others.

During Key stage 4 Students study a Level 1 / 2 vocational qualification in Hospitality and Catering.

Topics covered in each year group

Year 7

1. Food preparation and cooking
2. Food science
3. Food safety
4. Food choice and provenance
5. Nutrition and Health

Year 8

1. Food preparation and cooking
2. Food science
3. Food safety
4. Food choice and provenance
5. Nutrition and Health

Year 9

Students will prepare for Unit 1 & 2, being Introduced to the industry and revising & extending KS3 topics for Hospitality and catering. Topics covered include

- Food hygiene & health & safety.
- Cooking methods,
- Knife skills
- Bread and pastry.
- Nutrition, including excess and deficiency.
- Investigating macro and micronutrients plus essential non-nutrients.
- Christmas party planning, cooking and prep.
- Dietary needs throughout life from infancy to elderly, including special diets for example ethical, religious and those with allergens.
- Young chef
- Pop up shop and live business planning, from marketing to menu design to opening a one-day business Pop up shop.
- Food provenance and the environment

Year 10

Unit 1 The Hospitality and Catering Industry

- Understand the environment in which hospitality and catering providers operate
- Understand how hospitality and catering provisions operate
- Understand how hospitality and catering provision meets health and safety requirements
- Know how food can cause ill health
- Be able to propose a hospitality and catering provision to meet specific requirements
- End of year theory exam

Year 11

Unit 2: Hospitality and Catering in Action

- Understand the importance of nutrition when planning menus
- Understand menu planning
- Be able to cook and prepare dishes to meet customer and catering
- Controlled assessment and practical exam.

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