

Curriculum Content Summary

SUBJECT: Food Technology/ Catering

	Year 7	Year 8	Year 9	Year 10	Year 11
Term One	<p>Pupils will be taught how to cook and apply the principles of nutrition and healthy eating. This will be taught through a series of theory and practical lessons where they will be taught crucial life skills.</p> <p>Pupils will learn the importance of food hygiene and safety in the food pod. They will learn key skills such as the bridge and claw technique. All pupils will learn how to use the grill, hob and oven safely.</p> <p>Practical dishes include:</p> <ul style="list-style-type: none"> • Fruit Fusion • Pizza Toast • Fruity Flapjacks 	<p>Pupils will be taught how to cook and apply the principles of nutrition and healthy eating. This will be taught through a series of theory and practical lessons where they will be taught crucial life skills. Pupils will learn the importance of using seasonal ingredients in their recipes. They will carry out sensory analysis tests on various items of food.</p> <p>Pupils will focus on developing their pastry making skills and will carry out food comparison tests on the fat, sugar and salt content in foods.</p> <p>Practical dishes include:</p> <ul style="list-style-type: none"> • Cheese and onion triangles • Mini quiches • Bake well tarts 	<p>WJEC Hospitality and Catering</p> <p>Students will focus on developing their knowledge and understanding on health and safety in Catering. Students will develop their knowledge and understanding of the main food commodities and link them to the Eat well Plate.</p> <p>The topics include:</p> <ul style="list-style-type: none"> • Personal hygiene • Food Poisoning • First Aid • HACCP • Risk assessments • Poultry • Fish • Meat <p>Practical dishes include:</p> <ul style="list-style-type: none"> • Turkey curry • Chicken Kiev • Fish cakes • Fish Pie 	<p>WJEC Hospitality and Catering</p> <p>Students will focus on developing their knowledge and understanding on health and safety in Catering. Students will develop their knowledge and understanding of the main food commodities and link them to the Eat well Plate.</p> <p>The topics include:</p> <ul style="list-style-type: none"> • Personal hygiene • Food Poisoning • First Aid • HACCP • Risk assessments • Poultry • Fish • Meat <p>Practical dishes include:</p> <ul style="list-style-type: none"> • Scones • Butterfly cupcakes • Chocolate Brownies • Scotch eggs 	<p>WJEC Hospitality and Catering GCSE Controlled Assessment</p> <p>Task 2 (40%/ 80 marks) “The local hotel in your area is holding and international week. As the trainee chef you have been invited to take part and have been asked to prepare a two-course meal from a country of your choice”.</p> <p>Students will spend this term investigating and planning the task (25 marks)</p> <p>Students will investigate food from other countries and cultures. This will involve:</p> <ul style="list-style-type: none"> • Carrying out recipe trials • Organising tasting sessions • Visiting a local restaurant that offers ethnic dishes • Carrying out a questionnaire

			<ul style="list-style-type: none"> • Beef Cobbler • Sweet and sour pork <p>Assessment: Students will have to complete a written test on food hygiene and safety.</p>	<ul style="list-style-type: none"> • Mini quiches <p>(Students will be aiming to develop their baking skills in preparation for their first controlled assessment)</p> <p>Assessment: Students will have to complete a written test on food hygiene and safety.</p>	<p>*Deadline - Dishes must be chosen by the 16th October.</p>
Term Two	<p>Practical dishes include:</p> <ul style="list-style-type: none"> • Spicy Tomato Soup • Crumble • Coleslaw • Bread Assessment • Muffins • Cheese Scones <p>Pupils will develop their skills and learn how to use the electric stick blender safely.</p> <p>Students will design and make their own bread for their assessment. They will aim to produce a high quality product and evaluate their final outcome.</p>	<p>Students will carry out sensory evaluations on various items of food and will develop key skills such as handling raw meat safely and learn how to make a roux sauce.</p> <p>Practical dishes include:</p> <ul style="list-style-type: none"> • Sausage casserole • Macaroni Cheese • Tuna pasta bake • Thai Green Chicken Curry • Sizzling Stir-fry • Chilli/Bolognese <p>Students will plan and make their own curry recipe. They will design a flow chart that they will use to cook their dish independently. All pupils will aim to produce a high quality product and</p>	<p>Students will continue to develop their knowledge and understanding of the main food commodities and improve their pastry making skills.</p> <p>Practical dishes include:</p> <ul style="list-style-type: none"> • Lamb Hotpot • Toad in a hole • Mini quiches • Bake well Tarts • Choux buns • Jam roly poly • Sausage rolls • Spring rolls • Pastry Assessment • Chocolate Yule log <p>Assessment: There will be four assessment tasks to complete (two written tests and two practical</p>	<p>Students will continue to develop their knowledge and understanding of the main food commodities and improve their pastry making skills.</p> <p>Practical dishes include:</p> <ul style="list-style-type: none"> • Sausage rolls • Chelsea Buns • Savoury scones • Christmas Cake • Mini Cornish pasties • Yule log • Mince pies <p>Assessment: There will be two assessment tasks to complete</p> <ol style="list-style-type: none"> 1. Written test on poultry, fish and meats. 2. Written test on pastry. 	<p>Students will continue to complete their research and will complete their shopping list and detailed time plans.</p> <p>Carrying out the task (40 marks):</p> <p>Students need to demonstrate:</p> <ul style="list-style-type: none"> • High standards of personal hygiene • Good personal hygiene habits • Safe use of equipment • Use a wide variety of commodities • Good food hygiene • Neat organised work • Safe use of oven and hob • Working to time • Independent working • Good technical skills

		<p>evaluate their final outcome taking into consideration the nutritional content and calculating the cost of the dish.</p>	<p>based assessments)</p> <ol style="list-style-type: none"> 1. Students will be required to plan and cook a meat dish demonstrating the keys skills that they have developed over the last term. 2. Students will design their own unique pastry based product. 3. Written test on poultry, fish and meats. 4. Written test on pastry. 		<ul style="list-style-type: none"> • Little food waste • Logical sequence of work • A wide variety of skills • High standard of final presentation <p>(Students will be given the date of their exam once it has been finalised)</p> <p>Evaluating the task (15 marks) Students will need to discuss:</p> <ul style="list-style-type: none"> • The suitability of the meal chosen • Any changes that you would make to the choice of dishes and why • Time management • The appearance flavour texture and aroma of your dishes • Improvements you would make and why • The size and cost per portion • Selling price and profit margins • The nutritional content of the meal <p>*Deadline - 18th December 2014</p>
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<p>Term Three</p>	<p>Practical dishes include:</p> <ul style="list-style-type: none"> • Marble Cake • Sausage Rolls • Cookies <p>(Year 7 groups will change over)</p> <p>Pupils will learn the importance of food hygiene and safety in the food pod. They will learn key skills such as the bridge and claw technique. All pupils will learn how to use the grill, hob and oven safely.</p> <p>Practical dishes include:</p> <ul style="list-style-type: none"> • Fruit Fusion 	<p>Practical dishes include:</p> <ul style="list-style-type: none"> • Swiss Roll • Vegetarian Lasagne • Dutch Apple Cake <p>(Year 8 groups will change over)</p> <p>Pupils will focus on developing their pastry making skills and will carry out food comparison tests on the fat, sugar and salt content in foods.</p> <p>Practical dishes include:</p> <ul style="list-style-type: none"> • Cheese and onion triangles 	<p>Students will continue to develop their knowledge and understanding of the main food commodities (Eggs and Dairy products)</p> <p>Practical dishes include:</p> <ul style="list-style-type: none"> • Soufflé • Omelette • Mayonnaise • Meringue nests • Cheesecake <p>Assessment: Students will complete an end of unit test and practical assessment.</p>	<p>WJEC hospitality and Catering Controlled assessment</p> <p>Task 1 (20%/ 40 marks)</p> <p>“Afternoon teas are very popular and are an excellent way for chefs to demonstrate their skills at producing baked products. Prepare, cook and serve four items, at least one must be savoury that could be offered as part of an afternoon tea menu”.</p> <p>Students will spend this term investigating and planning the task (10 marks)</p> <p>Students will investigate food from other countries and cultures. This will involve:</p> <ul style="list-style-type: none"> • Carrying out recipe trials • Organising tasting sessions • Visiting a local restaurant or hotel for afternoon tea • Visit local shops and markets 	<p>Exam Revision</p> <ul style="list-style-type: none"> • The industry – food and drink • Job roles, employment opportunities and relevant training • Health, safety and hygiene • Food preparation, cooking and presentation • Nutrition and menu planning • Costing and portion control • Specialist equipment • Communication and record keeping • Environmental consideration
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Term Four	<p>Practical dishes include:</p> <ul style="list-style-type: none"> • Pizza Toast • Fruity Flapjacks • Spicy Tomato Soup <p>Pupils will develop their skills and learn how to use the electric stick blender safely.</p>	<p>Students will carry out sensory evaluations on various items of food and demonstrate their pastry making skills.</p> <p>Practical dishes include:</p> <ul style="list-style-type: none"> • Mini Quiches • Bakewell Tarts • Sausage casserole 	<p>Students will continue to develop their knowledge and understanding of the main food commodities (Pasta, rice, cereals, fruit and vegetables)</p> <p>Practical dishes include:</p> <ul style="list-style-type: none"> • Risotto • Making fresh pasta • Noodles • Stir-fry (rice) • Vegetarian Lasagne • Poached fruits 	<p>Students will continue to complete their research and will complete their shopping list and detailed time plans.</p> <p>Carrying out the task (20 marks):</p> <p>Students need to demonstrate:</p> <ul style="list-style-type: none"> • High standards of personal hygiene • Good personal hygiene habits • Safe use of equipment • Use a wide variety of commodities • Good food hygiene • Neat organised work • Safe use of oven and hob • Working to time • Independent working • Good technical skills • Little food waste • Logical sequence of 	<p>Revision</p> <p>Students will be completing past exam papers and exams style questions</p> <p>Students will be given a mock paper to complete.</p>

				<p>work</p> <ul style="list-style-type: none">• A wide variety of skills• High standard of final presentation <p>(Students will be given the date of their exam once it has been finalised)</p> <p>Evaluating the task (10 marks)</p> <p>Students will need to discuss:</p> <ul style="list-style-type: none">• The suitability of the meal chosen• Any changes that you would make to the choice of dishes and why• Time management• The appearance flavour texture and aroma of your dishes• Improvements you would make and why• The size and cost per portion• Selling price and profit margins• The nutritional content of the meal <p>*Deadline - 30th April 2015</p>	
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<p>Term Five</p>	<p>Practical dishes include:</p> <ul style="list-style-type: none"> • Crumble • Coleslaw • Bread <p style="text-align: center;">Assessment</p> <p>Students will design and make their own bread for their assessment. They will aim to produce a high quality product and evaluate their final outcome.</p>	<p>Students will develop key skills such as handling raw meat safely and learn how to make a roux sauce.</p> <p>Practical dishes include:</p> <ul style="list-style-type: none"> • Macaroni Cheese • Tuna Pasta Bake • Thai Green Curry <p>Students will plan and make their own curry recipe. They will design a flow chart that they will use to cook their dish independently. All pupils will aim to produce a high quality product and evaluate their final outcome taking into consideration the nutritional content and calculating the cost of the dish.</p>	<p>Students will continue to develop their knowledge and understanding of the main food commodities. They will develop their sauce making skills and complete a research project on convenience products (sensory analysis).</p> <p>Practical dishes include:</p> <ul style="list-style-type: none"> • Roux sauce • Ragu Sauce <p>Students will complete mini research projects focusing on Afternoon Tea, Foods from around the world and healthy eating.</p> <p>This will involve:</p> <ul style="list-style-type: none"> • Carrying out research • Planning (shopping list and time plan) • Cooking the dish • Presenting the dish • Evaluating the final outcome. 	<p>Students will complete mini research projects focusing on Foods from around the world and healthy eating.</p> <p>This will involve:</p> <ul style="list-style-type: none"> • Carrying out research • Planning (shopping list and time plan) • Cooking the dish • Presenting the dish • Evaluating the final outcome. 	<p>Revision</p>
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Term Six	Practical dishes include: <ul style="list-style-type: none"> • Muffins • Cheese Scones • Marble Cake • Sausage Rolls • Cookies 	Practical dishes include: <ul style="list-style-type: none"> • Sizzling Stir-fry • Chilli/ Bolognaise • Swiss Roll • Vegetarian Lasagne • Apple Dutch Cake 	Students will complete mini research projects focusing on Afternoon Tea, Foods from around the world and healthy eating. This will involve: <ul style="list-style-type: none"> • Carrying out research • Planning (shopping list and time plan) • Cooking the dish • Presenting the dish • Evaluating the final outcome. Students will complete an end of year exam: <ul style="list-style-type: none"> • Food commodities • Nutrition • Healthy eating • Cookery methods • Key cookery terms • Food hygiene and safety • Presentation skills 	Students will complete mini research projects focusing on Foods from around the world and healthy eating. This will involve: <ul style="list-style-type: none"> • Carrying out research • Planning (shopping list and time plan) • Cooking the dish • Presenting the dish • Evaluating the final outcome. Students will complete an end of year exam: <ul style="list-style-type: none"> • Food commodities • Nutrition • Healthy eating • Cookery methods • Key cookery terms • Food hygiene and safety • Presentation skills 	Revision Students will complete their written exam
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