

## KS4 – Year 11 – Hospitality and Catering

Term	Topic Titles	Brief Overview
<b>1</b>	<b>Unit 2.1.1</b> Understanding the importance of nutrition	The functions of nutrients in the body The Eatwell Guide Dietary guidelines Nutritional needs of specific groups of people Special diets for different food choices and medical conditions Nutritional needs for different activity levels
	<b>Unit 2.1.2</b> How cooking methods can impact nutritional value	How cooking methods affect nutrients in food Practical tips Summary of how cooking methods can impact on nutritional value
	<b>Unit 2.2.1</b> Factors affecting menu planning	Menu styles Factors to consider when proposing dishes for menus Food and environmental issues Climate change The carbon footprint of food production How to plan menus that have the least impact on the environment Food production method for ingredients used Food miles Packaging Reduce, Reuse, Recycle Sustainability of food production Food storage, preparation and cooking methods Food waste Meeting customer needs What are the needs of customers Nutritional Organoleptic How do smell and taste work together? Cost Summary of things to take into account when planning meals to meet customer needs
	<b>Unit 2.2.2</b> How to plan production	Planning the production of dishes for a menu

<b>2</b>	<b>Unit 2.3.1</b> How to prepare and make dishes	<b>Preparation techniques</b> Basic, medium, complex <b>Knife techniques</b> Basic, medium, complex <b>Cooking methods</b> Basic, medium, complex Important temperatures in catering
	<b>Unit 2.3.2</b> Presentation techniques	Presentation techniques Ingredients and method for spun sugar Instructions for melting chocolate Instructions for chocolate leaves Vegetable garnishes Portion control Accompaniments
	<b>Unit 2.3.3</b> Food safety practices	
	<b>Unit 2.4.1</b> Reviewing of dishes	
	<b>Unit 2.4.2</b> Reviewing of own performance	
<b>3</b>	Revision and Exam skills	<i>Revision will cover all aspects of the course</i>