



Food & Hospitality and Catering

Year	Unit	Week Beg.	Data Entry Deadlines	Content	Week Beg.	Data Entry Deadlines	Content	Week Beg.	Data Entry Deadlines	Content	Week Beg.	Data Entry Deadlines	Content	Week Beg.	Data Entry Deadlines	Content	Week Beg.	Data Entry Deadlines	Content		
Year 7 (Class of 2026)	The Eat well guide - main food groups	30-Aug			01-Nov		Ratatouille- knife skills - bridge and claw, combining ing, simmering, use of hob	03-Jan		Assessment The Eat well Plate	28-Feb		Proteins - sources/HBV/LBV, alternatives	25-Apr	PS2	Assessment theory	06-Jun	PS2	Lunchbox practical lesson		
		06-Sep			08-Nov	PS1	Carbohydrates theory - simple and complex carbs	10-Jan		Dairy- sources of nutrients and the functions in the body	07-Mar		Mexican Bean Chili- knife skills, use of alternative proteins, chopping, simmering, use of hob	##		Blueberry muffins - all in one method, weighing, measuring liquids, combining, portioning, oven baking	13-Jun				
		13-Sep			15-Nov	Eve	Pizza twists- cutting pastry/portion control, layering, use of puree, grating cheese, oven baking	17-Jan		Smoothies- prep of fruit/vegetables, chopping, dicing, blending	14-Mar		Fats and Oils and links to saturated and unsaturated fats	##		Assessment /Lunchbox Research lesson	20-Jun	Eve	Cereal bars - melting method		
		20-Sep			22-Nov		Christmas Shortbread biscuits - rubbing in method, rolling, cutting, oven baking	24-Jan		Proteins - sources/HBV/LBV, alternatives	21-Mar		Assessment theory	##			04-Jul		Sensory Analysis of food products and star profiles - chip and dip		
		27-Sep			29-Nov			07-Feb	PS1		28-Mar			##			11-Jul				
		04-Oct			06-Dec			14-Feb			04-Apr			##			18-Jul				
		11-Oct			13-Dec									##							
		Year 8 (Class of 2025)	The importance of healthy eating - obesity	30-Aug			01-Nov		Savoury Muffins- all in one method, mixing, portioning, pouring, measuring liquids, oven baking	03-Jan		Cornish Heavy cake- rubbing in method, combining ingredients, lining tin, oven baking	28-Feb		Food choices - vegetarian/vegan/gluten free/coeliacs	25-Apr	PS2	Assessment theory	06-Jun		Planning afternoon tea
				06-Sep			08-Nov		The functions of raising agents/fermentation & yeast experiment	10-Jan		What are grains/starches and how do they gelatinise?	07-Mar		Assessment practical - stir fry - julienne vegetables	02-May		Mass and batch production	13-Jun		
				13-Sep			15-Nov		Practical assessment Pizza - dough, kneading, proving, shaping, chopping, oven baking	17-Jan	PS1	Tuna Pasta Bake- boiling pasta, chopping, roux sauce, enrobing	14-Mar		Assessment theory	09-May	Eve	Sausage rolls	20-Jun	PS3	Afternoon tea dish practical
20-Sep					22-Nov		Theory assessment - obesity, handling raw meat, cross contamination, bridge and claw method, H&S/PPE, flour and processing, yeast and its	24-Jan	Eve	Food choices - vegetarian/vegan/gluten free/coeliacs	21-Mar			16-May			27-Jun		Evaluating afternoon		
27-Sep					29-Nov			31-Jan		Food choices - vegetarian/vegan/gluten free/coeliacs	28-Mar		Fajitas- chopping, frying, seasoning, raw chicken probe	23-May			04-Jul				
04-Oct					06-Dec			14-Feb			04-Apr			##			11-Jul				
11-Oct					13-Dec									##			18-Jul				
Year 9 (Class of 2024)	Cake making methods			30-Aug			01-Nov		Practical - Cupcakes and piping	03-Jan		Local and seasonal produce- Cornish foods	28-Feb		1. Foods from around the world and why tastes have changed 2. Pasta and Ragu team practical	25-Apr		1. Basic Food Hygiene 1 - Food safety and the law 2. Blueberry and Vanilla Cobbler	06-Jun		1. Basic Food hygiene 6 - Food Hygiene 2. Stuffed Tomatoes with curried lamb Assessment
				06-Sep			08-Nov		How to ice demonstration - external visitor/cake decoration research	10-Jan		Cornish pasties- chopping, crimping	07-Mar		1. Food miles and environmental issues/food waste 2. Apple strudel - pair practical	##		1. Basic Food Hygiene 2 - Microbes 2. Spring Rolls team practical	13-Jun		
				13-Sep			15-Nov	PS1	Fruit cake - for Christmas cake - practical assessment/25	17-Jan		Sustainable fishing	14-Mar	PS2	1. Calorific needs of people 2. Polenta Cake	09-May		1. Basic Food Hygiene 3 - Physical and Chemical 2. Dauphinnoise potatoes	20-Jun		Theory Assessment - Basic Food Hygiene Examination
		20-Sep			22-Nov		Designing	24-Jan		Fish and chips	21-Mar	Eve	1. Deficiency diseases and dietary choices 2. Curry	##		1. Basic Food Hygiene 4 - Food storage - egg fried rice, team practical	27-Jun		Ready Steady Cook Planning and making task		
		27-Sep			29-Nov		Cake decorations in icing	31-Jan		Farming methods	28-Mar		Assessment - theory	##		1. Basic Food Hygiene 5 - Food preparation 2. Burger/Koftas/Chicken Kiev	04-Jul	PS3	Free Choice Plan and Make assessment HW Tasks set Unit 1		
		04-Oct			06-Dec		Evaluation and photographs of final product	07-Feb		Cornish cream teas- practical	04-Apr		Assessment - practical - Ouesidillas	##			11-Jul				
		11-Oct			13-Dec		Assessment theory of cake making	14-Feb		Cornish Heavy cake				##			18-Jul				
		Unit 1.1-1.4 NATION	Conditions of jobs across the H&C industry	30-Aug			01-Nov		How to decorate cakes research/nood boards	03-Jan		Cornish foods	28-Feb		1. Foods from around the world and why tastes have changed 2. Pasta and Ragu team practical	25-Apr		1. Basic Food Hygiene 1 - Food safety and the law 2. Blueberry and Vanilla Cobbler	06-Jun		1. Basic Food hygiene 6 - Food Hygiene 2. Stuffed Tomatoes with curried lamb Assessment
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