Curriculum Overview 2023-24

Food and Nutrition/Hospitality and Catering

Week Beg.	Data Entry Deadlines	YEAR 11 (Class of 2024)	Week Beg.	Data Entry Deadlines	YEAR 10 (Class of 2025)		Week Beg.	Data Entry Deadlines	Year 9 (Class of 2026)		Week Beg.	Data Entry Deadlines			Week Beg.	Data Entry Deadlines			Week Beg.	Data Entry Deadlines	
04-Sep		Evaluating - making fishcakes	04-Sep		1. Theory recap - 4 types of hazards in foods -	Focaccia	04-Sep		Functions of ingredients and 2		04-Sep		FUNCTIONS OF INGREDIENTS	The importance of healthy eating - obesity	04-Sep		and safety	Intro to health and safety - ientifying utensils, labelling in booklets	04-Sep		HT
11-Sep		Practical Cooking - making a dish	11-Sep		Theory - The Food Safety Act 1990 and	Lasagne	11-Sep		Practical - rubbing in method - fruit		11-Sep				11-Sep				11-Sep		
18-Sep		Coursework - Planning	18-Sep		Theory- The role of an EHO & demo - iced buns	Cinammon/iced buns	18-Sep		Practical - melting method- brownies		18-Sep			Risotto	18-Sep			Intro to knife skills and washing up - Fruit Salad- knife skills, bridge and claw, enzymic browning - no peeling and evaluate	18-Sep		
25-Sep	Eve	Practical Cooking - making a dish	25-Sep		Theory - AC1.3 Health and Safety - RIDDOR/HASAWA/MHOR/PPE	Spiced lentil and tomoato soup	25-Sep		Theory - faults of cake making and swiss roll/ fruit cake demo		25-Sep				25-Sep				25-Sep		
02-Oct		Virtual Cooking	02-Oct		Theory AC1.1 The structure of the Hospitality	Shortcrust pastry	02-Oct		Practical - whisking/aeration -		02-Oct			Butterscotch buttons - creaming method, shaping, oven baking	02-Oct			stuffed peppers - knife skills- bridge and claw, combining ingredients, use of hob	02-Oct		
09-Oct			09-Oct		Theory - Types of food service	Thai Curry	09-Oct		Cake decorating methods theory		09-Oct				09-Oct				09-Oct		
30-Oct		Contextual Setting	30-Oct		Theory - AC1.2 Types of accomodation	Suet Jam Roly Poly	30-Oct		Assessment Theory of cake making		30-Oct			Functions of ingredients - where flour comes from and how bread is made	30-Oct			Eatwell guide- Chicken wrap & evaluate	30-Oct	1Qt Eve	
06-Nov		Assessment Theory	06-Nov		Hospitality standards and ratings	Chicken nibbles and ketchup	06-Nov		Cupcakes and piping		06-Nov				06-Nov				06-Nov		
13-Nov		Practical exams	13-Nov		Theory - Job roles - the kitchen brigade	Vegetable prerparation lesson	13-Nov		How to ice demo and cake		13-Nov			Halloumi skewers and Flat bread	13-Nov			Role of carbohydrates in the body and pasta and cream cheese	13-Nov		
20-Nov		Practical exams	20-Nov		Theory - Job Roles	Bacon and Mushroom Risotto	20-Nov		Fruit cake - for Christmas cake		20-Nov				20-Nov				20-Nov		
27-Nov		PPEs	27-Nov		Theory - AC1.1 Job roles investigation	Sweet and Sour chicken	27-Nov		Designing		27-Nov	PS1		The functions of raising agents/fermentation & yeast experiment	27-Nov		ESS	Shortbread	27-Nov		
04-Dec			04-Dec			Egga Benedict tec	04-Dec		Cake decorations in icing		04-Dec				04-Dec				04-Dec		
11-Dec		Practical PI	11-Dec		ASSESSMENT THEORY	Mince Pies	11-Dec	PS1	Christmas cake practical final-		11-Dec			Practical assessment Pizza - dough,	11-Dec			Intro to protein - Tortilla wrap pizza	11-Dec		
08-Jan	PS1 Eve	Assess the production of 1hr presentation	08-Jan		Theory - AC1.1 Customer	Baked fish in a creamy lemon	08-Jan		Local and seasonal produce-		08-Jan				08-Jan				08-Jan		X-mas
15-Jan		Review your own performance	15-Jan		Theory AC1.1 - Customer	Turkey meatballs	15-Jan		Cornish fairings		15-Jan			Apple Samosas	15-Jan			Intro to dairy - planning - making	15-Jan	PS1	
22-Jan			22-Jan		Theory AC1.1 Employment rihgts and	Savoury buttermilk scone round	22-Jan		Sustainable fishing and demo of		22-Jan				22-Jan				22-Jan		
29-Jan		Unit 1 Coursework	29-Jan		Theory -AC1.1 VAT and Calculating overheads	Stroganoff	29-Jan		Farmed Mackerel		29-Jan			What are starches and how do they	29-Jan	PS1		Protein - spaghetti bolognese - browning	29-Jan		
05-Feb		Job Roles	05-Feb		AC1.1 Profit and Costings of menus	Apple Turnovers	05-Feb		Farming methods and demo of		05-Feb				05-Feb				05-Feb		
19-Feb		Allergens	19-Feb		Theory - AC1.1 Technology	Teriyaki Chicken	19-Feb		Hunters chicken		19-Feb	PS2		Tuna Pasta Bake- boiling pasta,	19-Feb			Intro to fats - seeded cereal	19-Feb		HT
26-Feb		Prof Cooking Techniques	26-Feb		Theory AC1.1 Environmental issues 1	Rocky Road	26-Feb		Obesity and Food Choices		26-Feb				26-Feb				26-Feb		
04-Mar		Coursework	04-Mar		Theory AC1.1 Environmental issues 2	Deep frying	04-Mar	PS2	Mini Pasties - charg		04-Mar	Eve		Sausage Casserole - broning sausages,	04-Mar			Assessment - the eatwell plate, carbs,	04-Mar		
11-Mar		Coursework	11-Mar		AC1.2 Dietary requireme	Pasta and meatba	11-Mar		Assessment Theory		11-Mar				11-Mar				11-Mar		
18-Mar		Coursework	18-Mar		AC1.2 Dietary requireme	Own choice pract	18-Mar	Eve	Practical Assessment -		18-Mar			Assessment theory	18-Mar			Savoury Muffins	18-Mar		
25-Mar		Seasonality	25-Mar	PS2	AC1.3 Suppliers and loca		25-Mar		CONTINGENCY		25-Mar				25-Mar				25-Mar		
15-Apr		Revision	15-Apr		Theory - Unit 2- The functions of nutrients in	Katsu Curry	15-Apr		1. Unit 2 Macro Nutrients Theory		15-Apr		ASSESSMENT	Assessment practical - stir fry - juilenne	15-Apr	PS2	Functions of Nutrients	Vitamins theory and peeling -- potato	15-Apr		Easter
22-Apr		Revision	22-Apr		Theory Unit 2 - Fats, proteins, carbohydrates,	Spiced Apple Trifle	22-Apr		Blueberry cobbler		22-Apr				22-Apr				22-Apr		
29-Apr		Revision	29-Apr		Theory Unit 2 - Vitamins and Minerals	Stroganoff	29-Apr		1. Unit 2 - Micronutrients		29-Apr			Food miles/local and seasonal foods	29-Apr			Minerals - potassium - banana pancakes	29-Apr		
06-May		Revision	06-May		Theory Unit 2- Nutritional needs of specific groups	Chocolate fudge c	06-May		Spring rolls practical		06-May				06-May	Eve			06-May		
13-May		Revision	13-May			Theory Unit 2 - PPE Mock theory	13-May		Unit 2 - Vitamins and Minerals theory		13-May			Chicken Curry - prep of pultry, browning,	13-May			Apple charlotte	13-May		
20-May		Revision	20-May			Theory Unit 2 - PPE Mock theory	20-May		Burger and wedges		20-May				20-May				20-May	EoY Wk.	
GCSE Exams			03-Jun		wALKING TALKING MOCK PREP FOFR ppeS		03-Jun		Assessment Theory		03-Jun	EoY Wk.		Cornish Hevva Cake - individual - rubbing in, mixing, portioning,	03-Jun	EoY Wk.		Food choices theory - vegetarians and vegan diets- Vegetable and Lentil soup	03-Jun		HT
			10-Jun		PPEs		10-Jun		Practical Assessment -		10-Jun				10-Jun				10-Jun		
			17-Jun				17-Jun		Unit 2 Dietary Needs		17-Jun			Afternoon Tea design and make task	17-Jun			Seasonal foods - carrots- coleslaw. Evaluation	17-Jun	PS2	
			24-Jun				24-Jun		Stuffed Peppers		24-Jun	PS3			24-Jun	PS3			24-Jun	Eve	
			01-Jul				01-Jul		Unit 2 specialist Diets		01-Jul				01-Jul			Pizza Twists	01-Jul		
			08-Jul				08-Jul	PS3	Pineapple Upside Down Cake		08-Jul				08-Jul				08-Jul		
			15-Jul				15-Jul		Contingency		15-Jul				15-Jul			Cooking Contingency	15-Jul		
			22-Jul		CEW Week		22-Jul		CEW Week		22-Jul			CEW Week	22-Jul			CEW Week	22-Jul		