

My food Journey

Unit 2 LO3



Be able to cook dishes

AC3.1 Use techniques in preparation of commodities

AC3.2 Assure quality of commodities to be used in food preparation

AC3.3 Use techniques in cooking of commodities

AC3.4 Complete dishes using presentation techniques

AC3.5 Use food safety practices

Be able to cook dishes



Unit 2 LO3

Where?

AC2.1 Explain factors to consider when proposing dishes for menus

Who?

What?



AC1.4 Explain how cooking methods impact on nutritional value



AC 4.5 The symptoms of food induced ill health

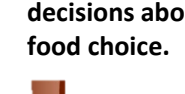
AC 4.4 Common types of food poisoning

AC 4.3 Food Safety legislation



In Year 8 learners will develop confidence of cooking a range of dishes and make informed decisions about food choice.

Special Diets and religion



I'm swelling up



Gelatinise - sauces



Seasonal Foods



AC2.2 Explain how dishes on a menu address environmental issues



AC2.4 Plan production of dishes for a menu



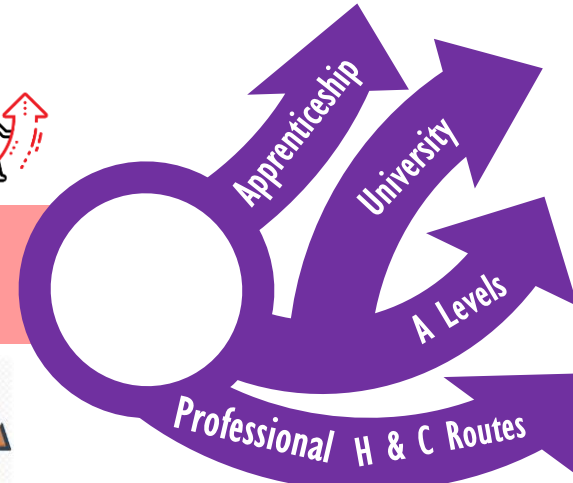
LO1 LO2 LO3



Understand menu planning LO2

Unit 2 NEA

Non Exam Assessment



AC2.3 Explain how menu dishes meet customer needs



KS4 – Hospitality and Catering

LO1 AC1.2 Compare nutritional needs of specific groups



fx

AC1.1 Describe functions of nutrients in the human body



REVISION LO5 LO3 LO1

YEAR 11

Understand the importance of nutrition when planning menus LO2

NEA mock

Unit 1 EXAM June

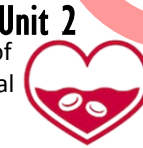
Revision

Propose provisions to meet specific needs



AC5.2 Recommend options for hospitality provision

AC1.3 Explain characteristics of unsatisfactory nutritional intake



Unit 2 Research, plan and cook a meal for a specific provision



KS4 – Hospitality and Catering



AC5.1 Review options for hospitality and catering provision

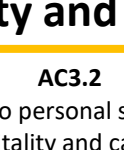
AC 2.1 The operation of the kitchen



AC 2.2 The operation of front of house



AC3.2 Risks to personal safety in hospitality and catering



YEAR 10 Understand how hospitality and catering provision operates

Understand how hospitality and catering provision meets health and safety requirements

AC3.3 Options for hospitality and catering provision

AC 2.3 How hospitality and catering provision meets customer requirements



AC3.1 Personal safety control measures for hospitality and catering provision



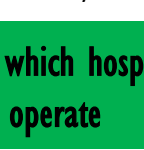
Unit 2 LO3 - Be able to cook dishes

Know how food can cause ill health LO4

AC 4.2 The role and responsibilities of the environmental health officer (EHO)



AC 1.3 Working conditions of different job roles across the hospitality and catering industry



AC 1.1 The structure of the hospitality and catering industry

YEAR 9

AC 4.1 Food related causes of ill health



AC 1.4 Factors affecting the success of hospitality and catering providers



Unit 1 Job requirements within the hospitality and Catering industry



Protein



Healthy Eating - Recap eat well guide and nutrition



Micronutrients



Food and Temperature



Food choice (diet analysis)

Diet and lifestyle Vegetarians

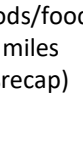


YEAR 8 Nutrition

Food Poisoning

Food Choice

Culinary skills



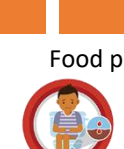
Food safety in the kitchen (recap)



Practical routine (recap)



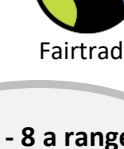
Fats and Sugars



Food Bacteria



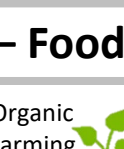
Food poisoning



Food Labelling



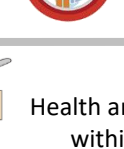
Gluten Organic Farming



Cooking terms



Sensory Analysis



Health and Safety within the kitchen and food.

YEAR 7

In Year 7 learners will develop basic understanding of nutrition and culinary skills.

Commodities

Heat transfer

Culinary Skills

Food Safety

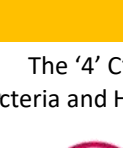
Raising agents



Conduction



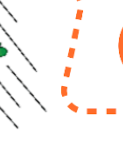
Enzyme Browning



The '4' C's Bacteria and Hygiene



Food Miles



Using the hob



Rubbing in method



Eat Well guide and nutrition

