



	<b>Year 7</b> (9/10 Week Rotation)	<b>Year 8</b> (9/10 Week Rotation)	<b>Year 9</b> (9/10 Week Rotation)	<b>Year 10</b>	<b>Year 11</b>
<p><b>Interleaving Key Subject Concepts:</b></p>	<p>Autumn Term: Technology Carousel <b>Kitchen introduction</b> <b>'License to cook'</b></p> <p>Students are introduced to the 'license to Cook'</p> <p><b>Key Themes:</b> Pupils will be required to evidence the knowledge and skills of:</p> <ul style="list-style-type: none"> <li>• Health and food safety</li> <li>• Kitchen equipment Appliances</li> <li>• Eatwell guide</li> <li>• 8 tips to healthy eating</li> <li>• Basic knife skills</li> <li>• Following a recipe to prepare cook and serve a range of dishes which will evidence their knife skills</li> </ul> <p>A variation of task will be carried out using a large range of skills for example basic knife skills/ identifying nutritional facts/use of appliances and equipment/and following a recipe to cook a variety of dishes.</p> <p>All will be evidence in pupil's workbook</p>	<p>Autumn Term: Technology Carousel <b>You are what you eat.</b></p> <p>Students will be built on their understanding and application of nutritional facts. Relationship between good health, food and nutrition</p> <p><b>Key Themes:</b> Students will be required to apply the knowledge and demonstrate the skills, working safely and independently, following a recipe.</p> <ul style="list-style-type: none"> <li>• Identify food groups</li> <li>• Food Labelling</li> <li>• Food provenance</li> <li>• Food choice</li> <li>• BMI</li> <li>• Energy balance</li> <li>• Prepare cook and serve a range of predominantly savoury dishes.</li> </ul> <p>Knowledge and understanding of the Eatwell guide, and the 8 tips to healthy eating will be balanced with the energy needs and calories, healthy heads and activity levels to maintain a healthy weight.</p> <p>All work will be evaluated and evidenced in the pupils workbook.</p>	<p>Autumn Term: <b>Fake away versus take away?</b></p> <p>Students analyse diets and menus for nutritional content and cost. And compare and evaluate against existing commercially produced products.</p> <p><b>Key Themes:</b> Students will be required to demonstrate the knowledge, understanding and cookery skills. To compare and analyse "fake away" homemade products, versus those produced in a commercial setting :</p> <ul style="list-style-type: none"> <li>• Nutritional understanding (age related)</li> <li>• Food intolerances and allergies.</li> <li>• Product analysis.</li> <li>• Prepare cook and serve a range of fake away meals.</li> </ul> <p>A range of world foods will be produced in the kitchen All work will be analysed and compared on cost and nutrition. Then evidenced in the pupils workbook. Students will be required to produce a summary and conclusion of their finding.</p>	<p>Autumn Term: <b>Hospitality and Catering Industry.</b> <b>Written Exam-The Hospitality and Catering Industry Facts</b> Student will be required to recall, explain and apply key industry facts and legal operating systems, in writing.</p> <p><b>Key Themes:</b> Students are required to recall, apply, and explain industry and nutritional facts and to demonstrate the application.</p> <ul style="list-style-type: none"> <li>• To understand the WJEC hospitality and catering qualification and the assessment criteria.</li> <li>• To understand and describe the structure of the hospitality and catering industry.</li> <li>• To understand and analyse job opportunities within the industry.</li> <li>• To describe working conditions within the industry.</li> <li>• Explain factors affecting the success of hospitality and catering service providers.</li> <li>• Practical cookery will continue, cooking a range of food commodities and applying learning of the hospitality and catering operations.</li> </ul> <p>Students will evidence their practical work, including menu choice and time planning in their E-portfolio.</p>	<p>Autumn Term: <b>Hospitality and Catering in Action</b> <b>Controlled Assessment- Practical Cookery Exam.</b> To apply knowledge when problem solving and suggesting suitable offers of dining, service or menu options.</p> <p><b>Key Themes:</b> Students are required to recall, explain and apply nutritional facts, when choosing 4 suitable menu items, for a particular brief. They must plan, prepare, and cook, 2 parts of their menu, following their own detailed plan of activities, which identifies key points on health and food safety, quality, and any contingency plans.</p> <ul style="list-style-type: none"> <li>• To understand the importance of nutrition in menu planning and to be able plan a range of well-balanced two course menus.</li> <li>• To describe the functions of nutrition, the characteristics of unsatisfactory nutrition and compare the needs of different groups</li> <li>• To describe various cooking methods and to explain the effects cooking methods have on nutrition.</li> <li>• To create a detailed time plan, including health and safety points and detailed contingency plans.</li> <li>• Prepare, cook, and serve a range of foods using a range of techniques.</li> <li>• To justify the menu choices and explain how the dishes chosen meet the needs of the brief, address environmental considerations and meet the needs of customers.</li> </ul>



## Subject 5 Year Plan: Cooking and Nutrition

KS3 and Hospitality and Catering KS4 (2021-2022)

					Students will evidence their practical work, including menu choice and time planning in their E-portfolio.
	<p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>• Baseline Test</li> <li>• Peer assessment</li> <li>• Summative written test</li> <li>• Teacher observation and assessment.</li> </ul>	<p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>• Baseline Test</li> <li>• Student self-evaluation.</li> <li>• Final product evidenced in workbook.</li> <li>• Summative written test</li> <li>• Teacher observation and assessment.</li> </ul>	<p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>• Baseline Test</li> <li>• Product analysis</li> <li>• Final product evidenced in workbook.</li> <li>• Summative written test</li> <li>• Teacher observation and assessment.</li> </ul>	<p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>• Baseline Test</li> <li>• E-Portfolio</li> <li>• Summative written test (PPE).</li> <li>• Summative final written exam.</li> <li>• Teacher observation and assessment.</li> </ul>	<p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>• Baseline Test</li> <li>• E-Portfolio</li> <li>• Completion of coursework.</li> <li>• Teacher observation and assessment.</li> </ul>
				<p>Spring Term: <b>Written Exam-The Hospitality and Catering Industry Facts</b> Student will be required to recall, explain and apply key industry facts and legal operating systems, in writing.</p> <p><b>Key Themes:</b> Students are required to recall, apply, and explain industry and nutritional facts and to demonstrate the application.</p> <ul style="list-style-type: none"> <li>• To understand and describe how hospitality and catering providers meet healthy and food safety requirements.</li> <li>• To know how food can cause ill health and explain how to keep food safe to eat.</li> <li>• Practical cookery will continue, cooking a range of food commodities and applying learning of the hospitality and catering operations.</li> </ul> <p>Students will evidence their practical work, including menu choice and time planning in their E-portfolio.</p>	<p>Spring Term: <b>Hospitality and Catering Controlled Assessment</b> Recall, explain and apply nutritional facts, when choosing a menu. They must plan, prepare, and cook their menu, following their own detailed plan of activities, which identifies key points on health and food safety, quality, and any contingency plans. Students must then prepare cook and serve the dishes chosen.</p> <p><b>Key Themes:</b> Students are required to recall, apply and explain industry and nutritional facts and to demonstrate there application.</p> <ul style="list-style-type: none"> <li>• Plan a range of well-balanced two course menus.</li> <li>• Justify those menu choices.</li> <li>• Explain the nutritional content.</li> <li>• Create a detailed time plan.</li> <li>• Prepare, cook, and serve a range of foods using a range of techniques.</li> <li>• Food presentation.</li> </ul> <p>Students will evidence their practical work, including menu choice and time planning in their E-portfolio.</p>
				<p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>• Baseline Test</li> <li>• E-Portfolio</li> <li>• Summative written test (PPE).Jan</li> </ul>	<p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>• Baseline Test</li> <li>• E-Portfolio</li> <li>• Teacher observation and assessment.</li> </ul>



## Subject 5 Year Plan: Cooking and Nutrition

KS3 and Hospitality and Catering KS4 (2021-2022)

				<ul style="list-style-type: none"> <li>Summative final written exam.</li> <li>Teacher observation and assessment.</li> </ul>	<ul style="list-style-type: none"> <li>Summative Teacher observation and assessment</li> </ul>
				<p>Summer Term: <b>Written Exam-The Hospitality and Catering Industry Facts</b> Student will be required to recall, explain and apply key industry facts and legal operating systems, in writing.</p> <p><b>Key Themes:</b> Students are required to recall, apply, and explain industry and nutritional facts and to demonstrate the application.</p> <ul style="list-style-type: none"> <li>Be able to review hospitality provisions and recommend suitable options for improved provision.</li> <li>Practical cookery will continue, cooking a range of food commodities and applying learning of the hospitality and catering operations.</li> </ul> <p>Students will evidence their practical work, including menu choice and time planning in their E-portfolio.</p>	<p>Summer Term: <b>Hospitality and Catering Controlled Assessment</b> Recall, explain and apply nutritional facts, when choosing a menu. They must plan, prepare, and cook their menu, following their own detailed plan of activities, which identifies key points on health and food safety, quality, and any contingency plans. Students must then prepare cook and serve the dishes chosen.</p> <p><b>Key Themes:</b> Students are required to recall, apply and explain industry and nutritional facts and to demonstrate there application.</p> <ul style="list-style-type: none"> <li>Complete the controlled assessment.</li> </ul> <p>Students will evidence their practical work, including menu choice and time planning in their E-portfolio.</p>
				<p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>Baseline Test</li> <li>E-Portfolio</li> <li>Summative final written exam. (June)</li> <li>Teacher observation and assessment.</li> </ul>	<p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>Baseline Test</li> <li>E-Portfolio</li> <li>Teacher observation and assessment practical cookery exam.(TAG)</li> </ul>