

Creative Rotation / H&C Curriculum Overview 2023-24

	Unit 2	Unit 2
Year 7 curriculum overview	<p><u>Food and Nutrition</u> Introduction to food preparation and healthy diets. Food is a vital part of our daily lives. Dishes include Fruit salad, Vegetable or meat Kebab, Bread dough and pizza, Mini Quiches and fruit muffins.</p>	<p><u>Food and Nutrition</u> As students become adults it is essential they are able to choose and safely prepare a range of quick nutritious dishes. Our hope is that through this unit pupils are provided with a context to explore the richness and variety food adds to life.</p>
Skills	<p>Develop an understanding of the key nutrients and their functions in a healthy diet. To begin to understand the requirements of safety in a practical room and use equipment safely.</p>	<p>Begin to be able to give examples of the effects of poor nutrition. Be able to prepare basic fruit and vegetables safely and gain confidence with different forms of measuring.</p>
Personal Development links	Healthy diets and preparation of healthy foods	Healthy diets and preparation of healthy foods
Career links	Food & Sports nutritionist, Health advisor, Catering careers and Social care.	Food & Sports nutritionist, Health advisor, Catering careers and Social care.

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	Unit 1	Unit 2
Year 8 curriculum overview	<p><u>Food and Nutrition</u> This unit encourages pupils to explore a number of multicultural and diet perspectives concerning food. Dishes include Fruit Crumble, Stir Fry, Mexican Chilli, Vegetable curry and Mini Brownies.</p>	<p><u>Food and Nutrition</u> Students will enhance their understanding, appreciation and acceptance of people from a variety of cultural backgrounds through research and preparation of foods from other countries. Including religious, diet, allergy and other reasons for food choice.</p>
Skills	<p>Develop an appreciation for the food choices of others including religious, allergy/ intolerance needs and medical concerns such as diabetes. Gain confidence in preparing a range of ingredients and using various cooking methods, including gas hobs and electric ovens to prepare family meals.</p>	<p>Begin to explain how diet choices can affect long term health and nutrients deficiencies. Gain confidence in preparing a range of ingredients and using various pieces of equipment to safely prepare family meals.</p>
Personal Development links	Religion and other personal life choices affect food and health.	Religion and other personal life choices affect food and health.
Career links	Food & Sports nutritionist, Health advisor, Catering careers and Social care.	Food & Sports nutritionist, Health advisor, Catering careers and Social care.

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	Unit 1	Unit 2
Year 9 curriculum overview	<p><u>Food and Nutrition</u> Pupils should develop an understanding of food that will enable them to create stylish modern dishes considering healthy eating and the changing diet needs as you age. Dishes include 'Healthy Pot Noodle', Pizza swirls, cinnamon buns, Pasta dishes of choice such as carbonara or lasagna and lemon or carrot cake.</p>	<p><u>Food and Nutrition</u> The Uk Hospitality and catering industry is the 4th largest employment sector. Pupils are introduced to the Hospitality and Catering business, safety legislation and catering requirements to support option choices for KS4.</p>
Skills	<p>To know how age, diet and food choices can affect both long term and short term health. Confident and accurate use of relevant equipment to prepare a range of dishes. Preparing several elements of a dish in a limited time period.</p>	<p>Be able to explain the legal safety requirements in a catering business and know some of the repercussions of not doing so. Begin to alter basic recipes to create own dishes considering the needs of others.</p>
Personal Development links	<p>How stage of life and food choices can affect both short and long term health.</p>	<p>How stage of life and food choices can affect both short and long term health.</p>
Career links	<p>Food & Sports nutritionist, Health advisor, Catering careers and Social care.</p>	<p>Food & Sports nutritionist, Health advisor, Catering careers and Social care.</p>

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10 curriculum overview	Introduction to the Hospitality and Catering industry including types of providers, job roles and professionalism. Unit 1, LO1 - focuses on the range of commercial and residential providers and how these are monitored and rated. Practical dishes include shepards pie, tray bake cake and decoration, soups and bread rolls.	Unit 1 LO2 focuses on the job requirements of front of house and kitchen staff in detail to include workflow, the brigade system, dress code, customer service and consumer rights legislation. Practical dishes include jerk chicken, ravioli and Yule logs. All pupils will take part in planning, preparing and serving food at the Christmas Tea event.	Unit 1 LO3 which focuses on legal Health and Safety requirements, including risk assessments, PPE, HASWA, COSHH and RIDDOR. The role of HSE and Environmental Health officers is explored along with a detailed focus on Food Inspectors and their legal duties. Practical dishes are focused on pastry and include Jamaican Patties, pastel de nata (custard tarts) Eclairs and mini Croissants.	Unit LO4 develops an understanding of the role of Environmental Health Officer (EHO) and food related health problems such as types of food poisoning and the 3 groups of contamination, Physical, chemical and biological. Pupils are also introduced to food intolerance and allergic reactions and first aid interventions required. Practical dishes are focused on high risk foods such as rice pudding, risotto and paella.	Revision of all of unit 1 to prepare for the June written exam. Focusing on understanding exam question terminology and high mark questions requiring knowledge of several areas to be connected. Practical dishes focused on shaping and forming doughs and other ingredients such as burgers and buns, spaghetti meatballs and pitta bread, hummus and vegetable dips.	Continuing preparation for Unit 1. After this pupils will complete a mini Unit 2 brief to design and prepare a menu for a new business which will inform a three hour practical mock assessment. Practical dishes will be in response to pupils own choices and focus on higher skill levels such as garnishing techniques, use of specialist equipment such as deep fat fryers and ice cream makers.
Skills	Be able to explain the skills required to work in both front and rear of house job roles and discuss management expectations. Practical skills are to develop using a range of cooking methods to prepare a single dish while building confidence in knife skills and presentation.	Be able to explain the order of work in a professional hospitality environment. Practical skills are to develop marinades for seasoning, making fresh pasta and filling and cake decoration. The Christmas Tea event gives pupils the experience of planning, preparing and serving food to a large number of people and working	Pupils should be able to explain the reasons Health and Safety legislation is in place and give examples of each of the key phrases. Practical skills are to develop a range of pastry making skills and introduce sauces and setting of mixtures.	Pupils should be able to identify different types of food related illness, suggest causes and actions to prevent reoccurrence. Practical skills are focused on cooking with rice, independant seasoning, testing for readiness and correct storage of high risk foods.	Pupils should be able to explain the requirements of different types of exam questions and use information given to formulate logical responses. Practical skills are to use a range of skills to complete whole dishes, with accompaniments in response to a simple brief.	Be able to independently respond to a brief, consider the needs of a business and customers. Pupils should be able to identify their own preferences and strengths in a range of practical skills.

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		within a budget.				
Personal Development links	Understanding professional behaviour and expectations.	Philanthropist giving time and skills to benefit others.	Personal responsibility for actions of self and effects on others. Reasons for following legislation, especially health and safety.	Basic first aid including burns, cuts and allergic reactions.	Revision and exam techniques including planning and use of various revision methods.	Independent work and responding to a brief to complete a project in a limited time.
Career links	Hospitality, Catering and Retail industry including managerial responsibilities.	Hospitality serving staff, Chef roles, customer service roles.	Working with HSE, Environment Health officers and other safety focused roles.	Food inspector and work within the safety enforcement sector.	Hospitality and Catering industry training and supporting new employees.	Project management including researcher and menu planner.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer
Year 11 curriculum overview	Unit 2 brief released early September. LO1 explain the importance of nutrition in relation to the brief including macro & micro nutrients, special diets and religious or medical needs. Consider how cooking methods affect nutritional value in a range of dishes. Practical skills linked to brief given to include tortilla wraps, sides and fillings, iced buns and coating ingredients in	Unit 2 LO2 factors to consider when planning a menu. Pupils should consider business needs such as staffing and finance alongside customer needs such as fashion or trends and sustainability. Practical dishes continue to be linked to brief but could include setting of mixtures in cheesecakes and lemon meringue pie or balancing flavours in curry with rice, naan bread and dips.	Unit 2 LO3 Plan, prepare and present 2 dishes in a three hour time period. Pupils focus on strengths and previous experience to produce a time plan in response to the brief and present 2 dishes in a 3 hour practical exam. Practical dishes focus on presentation skills and enabling pupils to produce high skill dishes in a limited time.	Unit 2 LO1 to 3 final assessment to include an evaluation of menu plan and dishes created considering the views of others and task related needs. Unit 1 revision for pupils requiring to retake the written exam element of the course.	Unit 1 revision for pupils requiring to retake the written exam element of the course.

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	breadcrumbs.				
Skills	Using relevant information to suggest specific diet needs of others. Create timeplans for dishes of choice to demonstrate high skill.	Logical and reasoned consideration of the needs of others. Creating time plans and dishes relevant to a brief.	Create and follow a planned sequence of work in exam conditions.	Evaluation of practical exam performance considering and organoleptic views of others.	Pupils should be able to explain the requirements of different types of exam questions and use information given to formulate logical responses.
Personal Development links	Independent work and responding to a brief considering the needs of others.	Independent work and responding to a brief considering the needs of others.	Independent work and responding to a brief considering the needs of others.	Revision skills and response to exam questions.	Revision and exam techniques including planning and use of various revision methods.
Career links	Project management, menu planner, nutritionist and researcher.	Project management, menu planner, nutritionist and researcher.	Project management, menu planner, nutritionist and researcher.	Project management, menu planner, nutritionist and researcher.	Food inspector and work within the safety enforcement sector.