Food Cookery and Nutrients Overview

Post 16 Destinations: Apprenticeship, A Levels, University

Exam 1h 20m

Year 11

Unit 1:The Hospitality and Catering Industry

- Exam
- Role of the EHO
- Catering and the law
- Food intolerances and allergies
- Food hazards and symptoms
- Customer need and expectations
- Health and safety laws
- Operational requirements Equipment and materials
- Employment roles Qualifications and experiences
- Types of food service
- Introduction to establishments
- Job roles within the industry
- Commercial and non- commercial provision

Reviewing and Evaluating to conclude Unit 2

- 2.3.1 Prepare the dishes, demonstrating a variety of basic, medium and complex preparation and knife techniques.
- 2.4.1 Assess the production of the presented dishes.
- 2.4.2 Review your own performance.

KS4 - Level 1/2 Hospitality and Catering

Unit 2: Hospitality and Catering in Action

- 2.1.1 Analyse the task
- 2.2.1 Factors affecting chosen dishes
- 2.2.2 Produce a plan for two dishes including equipment list, ingredients list
- 2.1.2 Explain the impact of cooking methods on the nutritional value of the chosen dishes.

Principles of nutrition

- Energy needs
- Life stages, medical dietary needs
- Calculate energy and nutritional values of recipes, meals and diets
- Micronutrients
- Macronutrients
- Nutritional analysis
- Water and the importance in our diets

Practical skills : knife skills, deboning, filleting, preparation of meat, technical skills

Practical skills: specific lifestyle needs

To develop knowledge and understanding of sauces and their use in food preparation.

Practical skills: The blended method, A roux, The all in one method, Bechamel, Infused, Veloute

To develop knowledge practical skills of a wid range of pastries both sweet and savoury

Practical skills : Pastry, chocolate art, meringue

Year 10

Year 9

Developing technical skills

- To develop a knowledge and understanding of the hospitality and catering.
- Heat Transfer
- What is the food science of shortening, aeration & caramelisation?
- How do we adapt recipes for different needs?
- What factors affect our food choices?
- Students analysis and understand foods marketing, trends , street food.
- **World foods-** Evolution of diets and cuisine in the UK
- **Cuisine.** Staple foods and recipe origin
- What is International cuisine ?
- Religion, food laws, forbidden foods

Evolution of Cultural Diversity

- British cuisine
- Introduction food hygiene and safety.
- Using a cooker
- Using a knife and knife techniques
- 8 Government healthy eating guidelines
- Eatwell guide
- Diets - age related. Understand the nutritional needs of all age groups and build knowledge of special diets
- How does food labelling inform & educate consumers?

Year 8

Year 7

Welcome To Wellacre!

Personal hygiene Food and Kitchen Safety

- How do we weigh & measure accurately?
- Storage of food and cross contamination
- Food poisoning
- Develop and gain understanding of macro and micro nutrients and the role they play in the body
- To develop a knowledge of food science. (Raising agents., Dextrinization)

‘ One cannot think well, love well, sleep well if one has not dined well’ VIRGINIA WOOLF