



HALF TERM	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
TOPIC (S)	<p>Nutrition: Macro Nutrients. Function of Protein – Growth and repair Function of Carbohydrates – Energy Function of Fats – Energy, Insulation, Protects, Fat soluble vitamins. Practical Element: Spices and the uses of: Mild spinach curry</p>	<p>Nutrition: Micro Nutrients Functions of Vitamins - A; Healthy skin - D; Absorption and Calcium - E; Prevention of heart disease - K; Blood clotting - C; absorption of Iron and binding of cells Practical Element: Pastry making – Rough puff pastry</p>	<p>Nutrition: Micro Nutrients Functions of: - Calcium; bones strength - Iron; Blood oxygenation - Sodium; water levels in body and muscle activity - Fluoride; tooth enamel - Phosphorus; bones and teeth Practical Element: Rolling and shaping techniques – Sausage Rolls</p>	<p>Nutrition: Eatwell guide and requirements of specific groups. Discuss the Eatwell guide and the messages that are represented for a healthy lifestyle. Discuss the differing nutritional requirements of age groups. Practical Element: Shaping – Biscuit making</p>	<p>Nutrition: Special Diets for differing medical conditions - Vegetarian - Vegan Lacto vegetarian - Lacto-Ovo vegetarian - Gluten free - Lactose free - High Fibre - Low sugar - Fat reduced - Low (sodium) salt Practical Element: Decoration techniques: Piping and spreading – Decorating Biscuits</p>	<p>Nutrition: Impact of cooking techniques on Nutritional Intake (positives and Negatives). - Boiling loss of vitamins - Steaming loss of vitamin C - Poaching; Loss of B vitamins - Baking; Coagulation of proteins - Grilling: loss of fat content - Stir-frying; reduced fat - Roasting; Destroy most water based vitamins Practical Element: Decoration techniques: Piping and spreading – Decorating Biscuits</p>
Solidworks instruction and practice.						
Knowledge: Homework and 'Do Nows' using Component 2 Learning Aims.						

Knowledge & Skills development	<p>The course has been designed to support learners in schools and colleges who want to learn about this vocational sector and the potential it can offer them for their careers or further study. It is most suitable as a foundation for further study. This further study would provide learners with the opportunity to develop a range of specialist and general skills that would support their progression to employment. Employment in hospitality and catering can range from waiting staff, receptionists and catering assistants to chefs, hotel and bar managers and food technologists in food manufacturing. All of these roles require further education and training either through apprenticeships or further and higher education.</p> <p>Techniques ; Weighing and measuring ; Chopping ; Shaping ; Peeling ; Whisking ; Melting ; Rub-in ; Sieving ; Segmenting ; Slicing ; Hydrating ; Blending Commodities ; Poultry ;Meat ; Fish ; Eggs ; Dairy products ; Cereals, flour, rice, pasta ; Vegetables ; Fruit ; Soya products</p>
Assessment / Feedback Opportunities	<p>Cold calling to check for understanding. Visual check on note taking. Verbal formative and summative feedback.</p>
Cultural Capital	<p>Pupils develop understanding of Hospitality and Catering sectors and roles involved.</p>
SMSC / Promoting British Values (Democracy, Liberty, Rule of Law, Tolerance & Respect)	<p>Patience and tolerance of others whilst following social distancing rules. Career opportunities that are available to diligent pupils.</p>
Reading opportunities	<p>Reading research on Hospitality and Catering sectors and organisations.</p>
Key Vocabulary	<p>Portion control Position on serving dish Garnish Creativity</p>
Digital Literacy	<p>Use internet to help research.</p>
Careers	<p>Hospitality and Catering establishments, Food industry and Supermarket industry</p>