

Ormiston Sir Stanley Matthews Academy

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



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



AC2.4 Plan production of dishes for a menu



LO1 LO2 LO3

When?

Who?

What?



AC1.4 Explain how cooking methods impact on nutritional value



Year 10-11 will focus on KS4 exam content topics



AC 2.1 The operation of the kitchen

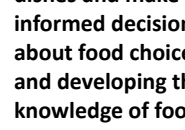
Job requirements within the hospitality and catering industry



Food Safety Legislation



In Year 8 learners will develop confidence of cooking a range of dishes and make informed decisions about food choice and developing their knowledge of food science



Special Diets and religion



Environmental Considerations



Seasonal Foods



Understand menu planning LO2

AC2.3 Explain how menu dishes meet customer needs

KS4 – Hospitality and Catering

AC1.2 Compare nutritional needs of specific groups

Understand the importance of nutrition when planning menus LO1

AC1.3 Explain how characteristics of unsatisfactory nutritional intake

AC 2.2 The operation of front of house

Understand how hospitality and catering provision operates LO2

How hospitality and catering provision meets customer requirements

KS3 – Food and Nutrition

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

Factors affecting the success of hospitality and catering providers

Healthy Eating – Recap eat well guide and nutrition

YEAR 8 High Risk Foods

Food safety the kitchen (recap)

KS3 – Food and Nutrition

Organic Farming

Nutrition

Design and Make

Raising agents

Baking Soda

using the hob

Unit NEA Practical Examination Externally Assessed



YEAR 11

AC1.1 Describe functions of nutrients in the human body

Unit EXAM June

Research, plan and cook a meal for a specific provision

KS4 – Hospitality and Catering

AC3.2 Risks to personal safety in hospitality and catering

Understand how hospitality and catering provision meets health and safety requirements LO3

Personal safety considerations in hospitality and catering provision

Working conditions of different job roles in the hospitality and catering industry

Food related causes of ill health

Accident prevention

Nutrition

Food and Temperature

Food poisoning

Health and Safety within the kitchen and food.

Weighing and Measuring

Convection

Eat Well get and nutrition

using the hob

bbing in method

Post 16 Destinations

Apprenticeship

University

A Levels

Professional & C Routes

REVISION

Propose provisions to meet specific needs LO5

AC5.1 Review options for hospitality and catering provision

AC5.2 Recommend options for hospitality provision

Year 9- A range of savoury and sweet dish will be produced along side theory specifically linked to KS4 content

YEAR 9

Cultural Foods

Seasonal foods/food miles (recap)

Food Science

Diet and lifestyle Vegetarians, Cultural Choices

Common types of food poisoning

The symptoms of food induced ill health

YEAR 7

Food Safety

The '4' C's Bacteria and Hygiene

Health and Safety within the kitchen and food.

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