



Curriculum Map- Food Science & Hospitality and Catering 2023-24

Below is a curriculum map, showing what is taught at each stage of the year.

	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Year 7	<p>HEALTHY EATING Eat well plate,, energy from food</p>	<p>HEALTH AND SAFETY Hygienic practices, introduction to the kitchen</p>	<p>ROLE OF CARBOHYDRATES Complex, simple, tasting</p>	<p>PRACTICAL SKILLS Jam tarts, apple crumble, mac and cheese, fruit salad presentation challenge</p>	<p>ROLE OF PROTEINS IN THE BODY Meat and non-meat sources, macro/micro nutrients</p>	<p>PRACTICAL SKILLS Omelette, chicken fajitas</p>
Year 8	<p>Micronutrients Micronutrients, vitamins, minerals, special diets</p>	<p>DIFFERENT COOKING METHODS Frying, handling pastry, boiling, making a roux</p>	<p>PRACTICAL SKILLS Presentation cheesecake task, puff pastry pizza, sausage rolls</p>	<p>SPECIAL DIETS Adapting diets for different groups</p>	<p>FOOD POISONING Bacterial</p>	<p>PRACTICAL SKILLS Cajun wedges with tomato salsa</p>
Year 9	<p>FOOD PROVENANCE Free range, organic, fair trade, GM, carbon footprint</p>	<p>Environmental Impact Food miles Vegan - the green choice</p>	<p>NUTRITION IN THE LIFE CYCLE Teenagers -Older adults</p>	<p>PRACTICAL SKILLS Double choc brownies, chicken club sandwich, enchiladas, teacake presentation challenge</p>	<p>FOOD RELATED CAUSES OF ILL HEALTH Contamination, bacterial, food poisoning</p>	<p>PRACTICAL SKILLS Chicken club sandwich, veggie enchiladas</p>
Year 10	<p>Unit 1 LO3 Health and Hygiene HACCP process</p> <p>Unit 2 Understanding the importance of nutrition - role of macronutrients</p> <p>Practical Knife skills Making pastry</p>	<p>Unit 1 LO4: Know how food can cause ill health</p> <p>Unit 2 Understanding the importance of nutrition - role of micronutrients. How cooking methods impact nutritional value</p> <p>Practical Pasta dishes</p>	<p>Unit 1 Symptoms and signs of food induced ill health</p> <p>Unit 2 Factors that affect menu planning</p> <p>Practical Chicken dishes</p>	<p>Unit 1 Role of the EHO Preventative control measures - Food Hygiene regulations</p> <p>Unit 2 Meeting specific dietary requirements</p> <p>Practical Sweet dishes</p>	<p>Unit 1 Health and safety in hospitality and catering provision</p> <p>Unit 2 How to plan production (Time planning)</p> <p>Practical Building presentation skills</p>	<p>Mock NEA Planning dishes to meet the needs of customers, production plan, practical assessment, Reviewing own performance</p>
Year 11	<p>Unit 1 Refresh H&S training L2 certificate</p> <p>Unit 2 Preparing for NEA Focus on practical skills</p>	<p>Unit 2 Assessment NEA</p>	<p>Unit 1 Working in the hospitality and catering industry Working conditions</p>	<p>Unit 1 Contributing factors to the success of hospitality and catering provision</p>	<p>Unit 1 Revision</p>	<p>Unit 1 exam</p>