

St. Sampson High School
Subject Curriculum Overview
The Design & Technology Department

Department	Food/Catering	HoD	Mr Chris Haimes.
Intent	Pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.		
Big Ideas	This is a practical based subject, it focuses on learning and developing skills in preparing and cooking food dishes. It will develop a repertoire of nutritious and skilful dishes. This is combined with knowledge on hygiene, basic nutrition and menu planning. This will develop an interest in cooking, cooking competitively and developing a career within the subject.	Key tier 2 and 3 vocabulary	Nutrition, diet, healthy, hygiene, seasonality, gluten, saute, cross contamination, pathogenic, knead, ribboning, vegan, types of vegetarian (Lacto, ovo, pollo, pesca, flexi – tarian). Specific names of food tofu, quorn, quiche..... and culinary terms in French and other languages.
Enrichment or Opportunities for out of class learning	Students have the opportunity to attend an after-school cookery club to develop skills of their choice. Support sessions are offered to all students regarding developing their knowledge and skill set. Students have the opportunity to take part in local and UK based competitions. SSHS currently organises and hosts the Rotary Chef competition. Links have been formed with the FE College and the local Hospitality and Catering industry giving students experience of visiting and working with professionals in these environments. Students also have the chance to be taught and mentored by professionals		

	of the trade/specialism of their choice. Students are given employment opportunities either part time or fulltime through these links with opportunities for career progression through apprenticeship schemes and further education courses.					
Links to Rights Respecting School	https://www.unicef.org.uk/child-rights-partners/wp-content/uploads/sites/3/2016/08/CRC_summary_leaflet_Child_Rights_Partners_web_final.pdf Article 6, 12, 13, 14, 15, 17, 28, 29, 31.					
The key aspects of pupil achievement	Knowledge	<i>What should students know?</i>	Understanding	<i>What should students understand?</i>	Skills	<i>What should students be able to do?</i>
By age 11 students should	Understand and apply the principles of a healthy and varied diet. Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques. Understand seasonality. And know where and how ingredients are grown, reared, caught and processed.					
KS3	Year 7		Year 8		Year 9	
Module 8-11 weeks	Dietary goals and a balanced diet. Personal and Kitchen hygiene. Basic nutrition and carbohydrates. Food groups: Fruit and vegetables. Use of sauces. Practical lessons: microwave pudding, fruit salad, fruit crumble, muffins, scones, basic sauces (cheese, tomato), cheese straws and shortbread.		Kitchen hygiene: Food storage and cross contamination. Cooking methods, pastry types and Food provenance. Food groups: Carbohydrates, protein foods. Practical lessons: Pancakes, Sweet & sour dish, Focaccia bread, Bakewell tarts, Mince dish (Bolognese/chilli con carne), Fruit turnovers, chicken fricassee, Chelsea buns, popcorn chicken and fresh salsa and pizza.		Kitchen and Food hygiene. Special diets, raising agents, food properties convenience foods and pastry manipulation. Food group: Dairy. Practical lessons: scrambled tofu, Swiss roll, Stromboli, cheesecake, quiche, Cottage/shepherds pie, pastie, Banoffee pie, curry, stir fry, fresh burgers/falafel, moussaka/lasagna and Chicken parmesan.	
Assessment	Spelling test End of module test Over all Level awarded for knowledge, understanding and practical skills. End of year exam.		Spelling test End of module test Over all Level awarded for knowledge, understanding and practical skills. End of year exam.		Spelling test End of module test Over all Level awarded for knowledge, understanding and practical skills. End of year exam.	
By age 14 students should	Knowledge	<i>What should students know?</i>	Understanding	<i>What should students understand?</i>	Skills	<i>What should students be able to do?</i>
	Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet. Become competent in a range of cooking techniques (selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adopting and using their own recipes.					

Understand and apply the principles of nutrition and health.
 Develop an awareness of risks, hazards and safety issues and be able to work safely, hygienically and responsibly.

WJEC LEVEL 1 / 2 AWARD in HOSPITALITY AND CATERING

KS4	Year 10	Year 11		
Implement Autumn	Unit 1 LO1 Understand the environment in which hospitality and catering providers operate. 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.	Unit 2 LO1 understand the importance of nutrition when planning menus: LO3 be able to cook dishes: See Autumn Ac3.1-3.5.	Unit 2 LO2 understand menu planning: LO3 be able to cook dishes: See Autumn Ac3.1-3.5.	
Assessment	Individual topic work assessment (Q & A) and past exam questions. Practical assessment. End of module test.	Individual topic work assessment (Q & A) and past exam questions. Practical assessment. End of module test.		
Implement Spring	Unit 1 LO2 Understand how hospitality and catering provisions operate. Unit 2 LO3 be able to cook dishes: See Autumn Ac3.1-3.5.	Unit 1 LO3 Understand how hospitality and catering provision meets health and safety requirements. Unit 2 LO3 be able to cook dishes: See Autumn Ac3.1-3.5.	Develop revision techniques and Practice answering past exam papers. Prepare for Unit 1: Hospitality and Catering in Action - NEA.	Complete Unit 1: Hospitality and Catering in Action - NEA.
Assessment	Individual topic work assessment (Q & A) and past exam questions. Practical assessment. End of module test.	Mock exam – previous summer’s exam paper.	Unit 1: Hospitality and Catering in Action - NEA. Internally set. All assessments must be conducted under controlled assessment conditions.	

Implement Summer	Unit 1 LO4 Know how food can cause ill health.	Unit 1 LO5 Be able to propose a hospitality and catering provision to meet specific requirements.	Develop revision techniques and Practice answering past exam papers.			Final exam in June
	Unit 2 LO3 be able to cook dishes: See Autumn Ac3.1-3.5.	Unit 2 LO3 be able to cook dishes: See Autumn Ac3.1-3.5.				
Assessment	Individual topic work assessment (Q & A) and past exam questions. Practical assessment. End of year 10 exam.		Past exam questions/papers.			Unit 1: The Hospitality and Catering Industry exam paper. Externally set
By age 16 students should	Knowledge	<i>What should students know</i>	Understanding	<i>What should students understand?</i>	Skills	<i>What should students be able to do?</i>
Unit 1: The Hospitality and Catering Industry	Learners apply their learning by considering all aspects of the vocational sector. They should acquire knowledge of all aspects of the industry and be able to propose new hospitality and catering provision for specific locations. Learners will be able to use their learning of different types of establishment and job roles to determine the best option. They will then apply their learning in relation to front of house and kitchen operations to determine how the proposed hospitality and catering provision will operate efficiently legally and financially viably whilst meeting the needs of their potential market. This unit provides a broad introduction to the vocational sector in a way that is purposeful and develops a range of transferable skills.					
Unit 2: Hospitality and Catering in Action	Learners apply their learning to safely prepare, cook and present nutritional dishes. They will draw on their learning of different types of provision and kitchen and front of house operations in Unit 1, as well as personal safety in their preparations. The content is relevant not only to employees within food production, but also those with a responsibility for food safety in the industry, nutritionists and managers and owners. This extends the learners appreciation of the whole vocational area beyond the kitchen environment.					