

# Hospitality & Catering Curriculum Map



Resilience

Kindness

Respect

Curiosity

Collaboration

Endeavour

# Food and Nutrition Curriculum Map



**Practical:**  
 • Practicing technical skills e.g. preparing chicken, filleting fish, knife skills

**Food, nutrition and health:**  
 Macronutrients & Micronutrients

**Food safety:** Health, safety & hygiene in the kitchen

**Practical:**  
 • Doughballs  
 • Lemon Drizzle  
 • Potato wedges and mayonnaise

**Learning:**  
 Factors affecting food choice:  
 • Social, moral and ethical issues  
 • Dietary needs  
 • Seasonality  
 • Religious and cultural needs  
 • How our choices can affect our health

**Practical:**  
 • Shortbread  
 • Fruit salad  
 • Pasta salad  
 • Pizza toast

**Learning:**  
 • Safety in the kitchen  
 • How to use an oven  
 • How to use a sharp knife  
 • Which chopping board to use  
 • Storing food in the fridge and freezer

**Practical:**  
 • Bread  
 • Pastry  
 • Meat preparation  
 • Knife skills  
 • Sauces  
 • Raising agents

**Learning:**  
 • The source, function, excess and deficiency of each macro-nutrient and micro-nutrient

**Practical:**  
 • Preparing a whole raw chicken  
 • Using all parts of a chicken

**Learning:**  
 • The source, function, excess and deficiency of carbohydrates, proteins, and fats and oils  
 • Food science and how it can change food.

**Practical:**  
 • Potato wedges and mayonnaise  
 • Scone-base pizza  
 • Puff pastry jam turnover with homemade jam

**Learning:**  
 • Where food comes from  
 • How food is produced  
 • Farming methods  
 • Primary and secondary processing

**Practical:**  
 • Pizza roll  
 • Goujons  
 • Spaghetti Bolognese

**Learning:**  
 • Exploring the dietary needs of different age groups (babies, toddlers, teenagers, adults & the elderly).

**Practical:**  
 • Vegetable Stir fry  
 • Fruit crumble  
 • Vegan carrot muffins

**Learning:**  
 • Exploring the functional properties of ingredients

**Practical:**  
 • NEA tasks submitted to exam board in May

**Learning:**  
 • Exam board release on 1<sup>st</sup> Sept

**Learning:**  
 • Exam board release on 1<sup>st</sup> Nov

**Options:** Students choose GCSE or BTEC option in Year 9

**50% written exam in June**

**Resilience**

**Kindness**

**Respect**

**Curiosity**

**Collaboration**

**Endeavour**

**Year 7**

**Year 8**

**Year 9**

**Year 10**

**Year 11**

**AO1**

**AO2**

**AO3**

**AO4**

**AO1**

**AO2**

**AO3**

**AO4**