



**Cooking & Nutrition
Curriculum Learning Journey**

Knowledge & Concepts increase students depth/ challenge and build on previous learning where topics are revisited throughout their learning journey

		Year 10 (NCFE)	Year 10 (WJEC)	Year 11 (WJEC)	Year 11 (NCFE)
Half Term 1	Topic	Health and safety relating to food, nutrition and the cooking environment	Hospitality and Catering Provision	Non Exam Assessment (NEA): LO2 Understand Menu Planning	Food preparation, cooking skills and techniques
	Knowledge	1.1 Safe and hygienic working practices relating to the individual and the cooking environment 1.2 Potential hazards and risks in the cooking environment 1.3 Hazard Analysis and Critical Control Point (HACCP) 1.4 Minimising risk in the cooking environment 1.5 Safe and hygienic working practices when using cooking equipment and utensils	Operation of the kitchen <ul style="list-style-type: none"> ▪ Layout, Workflow, Operational activities, Equipment & materials, Stock control, Dress code, Safety and security 	AC.1.4 How cooking methods impact on nutritional value <ul style="list-style-type: none"> ▪ Boiling, Steaming, Baking, Grilling, Stir-fry, Roasting, Poaching AC2.1 Factors to consider when proposing dishes for menus AC2.2 How dishes on a menu address environmental issue Dishes -Preparation and cooking methods, Ingredients used, Packaging Environmental issues -Conservation of energy and water, Reduce, reuse, recycle, Sustainability e.g. food miles, provenance	5.1 Key stages and the purpose of a recipe 5.2 The characteristics and function of ingredients 5.3 Preparation skills 5.4 Cooking techniques and skills 5.5 Presentation skills to include garnishing and decoration
	Skills	Understand procedures in a range of safe and hygienic working practices <ul style="list-style-type: none"> • Hazard analysis • Understanding the HACCP system • Personal Hygiene- hand washing, Food handler clothing and footwear, Food Poisoning • Identify the characteristics that make food high risk • Describe the conditions bacteria need to grow. • Suggest how to store, prepare and cook food to prevent bacterial growth 	A range of preparation techniques <ul style="list-style-type: none"> ▪ Piping, Paneing, Thickening, Shaping & forming, Laminating, Making a roux, Kneading & proving, Baking blind, Segmenting, Making a custard, Tempering, Blending, Sealing & crimping, Setting 	Develop techniques in preparation of high skilled dishes. <ul style="list-style-type: none"> ▪ Presentation techniques ▪ Portion size and portion control ▪ Position on serving dish ▪ Garnishes and decoration ▪ Creative techniques 	Identify the key stages of a recipe. Identify and explain the characteristics of recipes. <ul style="list-style-type: none"> ▪ Preparation skills ▪ choice of plate ▪ choice of utensils ▪ design ▪ colour ▪ texture ▪ flavour ▪ garnish ▪ decoration



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Half Term 2	Topics	Food legislation and food provenance	Hospitality & Catering Provision meets Health & Safety Requirements	Non-Exam Assessment (NEA): LO2 Understand Menu Planning	Recipe amendment, development, and evaluation
	Knowledge	2.1 The Food Standards Agency and food safety legislation 2.2 Food provenance 2.2.1 Grown 2.2.2 Reared 2.2.3 Caught 2.3 Food transportation	<ul style="list-style-type: none"> ▪ Personal safety responsibilities ▪ Risks to personal safety ▪ Personal safety control measures ▪ Risk assessments 	AC2.3 How menu dishes meet customer needs -Nutritional, Organoleptic, Cost e.g. premium priced dishes, value for money AC2.4 Planning production of dishes for a menu Waste Equipment, Commodity quantities, Tools, Contingencies, Health, safety and hygiene, Quality points, Storage	6.1 Recipe amendment 6.1.1 Amending and developing recipes 6.2 Evaluating completed dishes
	Skills	<ul style="list-style-type: none"> • Analysing the sources of food – Caught, Grown, Reared • Taking into account transportation- chilling, freezing, maintenance of condition, careful handling, monitoring temperatures. 	Continue a range of preparation techniques Piping, Paneing, Thickening, Shaping & forming, Laminating, Making a roux, Kneading & proving, Baking blind, Segmenting, Making a custard, Tempering, Blending, Sealing & crimping, Setting	Continue developing techniques in preparation of high skilled dishes. Each dish produced must show the following: <ul style="list-style-type: none"> ▪ Presentation techniques, Portion size and portion control, Position on serving dish, Garnishes and decorations, Creative techniques Students plan menu to meet specific customer needs Sequencing <ul style="list-style-type: none"> ▪ Timing, Mise en place, Cooking, Cooling, Hot holding, Completion, Serving (presented as if to be served) 	Non-exam assessment skills <ul style="list-style-type: none"> • Simmering • Boiling • stir frying • Grilling • shallow frying • deep frying • Microwaving • Roasting • Steaming • Poaching • Saut�eant • Baking • Stewing • Braising • pot roasting • en papillote (paper bag cooking) • casseroles



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Half Term 3	Topics	Food groups, key nutrients and a balanced diet	Hospitality and Catering Provision to meet specific requirements	Non Exam Assessment: LO3 Be able to cook dishes	Menu and action planning for completed dishes
	Knowledge	2.4 Food processing 2.4.1 Why food is processed 2.4.2 Advantages of processed food 2.4.3 Disadvantages of processed food 2.5 Food manufacturing 2.5.1 Why food is manufactured 2.5.2 Advantages of manufactured food 2.5.3 Disadvantages of manufactured food	Review options for hospitality and catering options <ul style="list-style-type: none"> ▪ Summarise different options ▪ Advantages and disadvantages of options ▪ Justify how provision meets specified needs 	AC 3.2 Assuring quality of commodities to be used in food preparation (how students have quality checked their commodities) <ul style="list-style-type: none"> ▪ Sight, smell, touch, Storage, Packaging, Date marks 	7.1 Interpreting a customer brief 7.2 Menu planning 7.3 Action planning 7.4 Evaluating the planning and outcome of completed dishes against the requirements of a customer brief
	Skills	<ul style="list-style-type: none"> • Identifying the availability, convenience, cost, nutrition content, safety reasons of processed foods 	Continue range of medium level preparation techniques: <ul style="list-style-type: none"> ▪ Piping, Paneing, Thickening ▪ Shaping & forming, Laminating ▪ Making a roux , Kneading & proving ▪ Baking blind, Segmenting ▪ Making a custard ▪ Tempering ▪ Blending ▪ Sealing & crimping ▪ Setting 	Students carry NEA practical task AC 3.1. Techniques in preparation of commodities (students' own choice) Techniques AC 3.3. Techniques in cooking of commodities (students' own choice) Boiling -Blanching, Poaching, Braising, Steaming, Baking, Roasting, Grilling (griddling), Frying, Chilling, Cooling, Hot holding AC 3.4. Completing dishes using presentation techniques (students' own choice) Portion control, Position on serving dish, Garnish, Creativity AC 3.5 Using food safety practices This should be in relation to preparation and cooking of commodities and in relation to use of equipment	Non-exam assessment skills <ul style="list-style-type: none"> • Simmering • Boiling • stir frying • Grilling • shallow frying • deep frying • Microwaving • Roasting • Steaming • Poaching • Sautéing • Baking • Stewing • Braising • pot roasting • en papillote (paper bag cooking) • casseroles



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Half term 4	Topics	Food groups, key nutrients and a balanced diet	Understand Menu Planning	Unit 1 Revision (retakes) Pupils that will need to resit unit 1 will start revision in half term 4 (in February) for the exam is in Summer.	Non-exam assessment And preparation for the written exam
	Knowledge	3.1 Food groups 3.2 The components of a balanced diet 3.2.1 Proportions of the food groups 3.2.2 UK government healthy eating tips 3.3 Nutrients 3.3.1 Sources and functions of macronutrients 3.3.2 Sources and functions of micronutrients 3.3.3 Sources and functions of minerals	Factors to consider when proposing dishes for menus: <ul style="list-style-type: none"> ▪ Time of year ▪ Skills of staff ▪ Equipment available ▪ Time available ▪ Type of provision ▪ Finance ▪ Client base 	LO1: Understand the environment in which hospitality and catering providers operate LO2: Understand how hospitality and catering provision operates LO3: Understand how hospitality ad catering provision meets health and safety requirements LO4: Know how food can cause ill health LO5: Be able to propose a hospitality and catering provision to meet specific requirements	Non-exam assessment skills And preparation for the written exam topics from year 10
	Skills	Identify and explain the main food groups according to the Eatwell Guide	Students carry out practice NEA Making Task: <ul style="list-style-type: none"> ▪ Students own choice dishes ▪ Students own choice preparation and cooking techniques 	Exam questions and techniques	Non-exam assessment skills <ul style="list-style-type: none"> • Simmering, Boiling, stir frying • Grilling, shallow frying, deep frying, Microwaving, Roasting • Steaming, Poaching, Sautéing, Baking • Stewing, Braising, pot roasting • en papillote (paper bag cooking), casseroling



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Half Term 5	Topics	Food groups, key nutrients and a balanced diet	Unit 1 Revision – year 10 take the first examination in summer- there is a possibility of resitting the exam in summer of year 11 if they fail to achieve a pass mark or a desired grade.	Revision	Revision
	Knowledge	3.4 Nutrient imbalances 3.5 Fibre 3.6 Nutritional requirements for different groups of people 3.7 Food-related health conditions 3.7.1 Health conditions 3.7.2 Intolerances 3.7.3 Allergies 3.8 Nutritional information on food labels	Summer Examination revision: <ul style="list-style-type: none"> LO1: Understand the environment in which hospitality and catering providers operate LO2: Understand how hospitality and catering provision operates LO3: Understand how hospitality ad catering provision meets health and safety requirements LO4: Know how food can cause ill health LO5: Be able to propose a hospitality and catering provision to meet specific requirements 	Practice Examination LO1 Practice Examination L02 Practice Examination LO3 Practice Examination LO4 Practice Examination L05	AO1 Recall knowledge and show understanding AO2 Apply knowledge and understanding AO3 Analyse and evaluate knowledge and understanding AO4 Demonstrate and apply relevant technical skills, techniques and processes AO5 Analyse and evaluate the demonstration of relevant technical skills, techniques and processes
	Skills	Identify and explain while planning a dish the sources and functions of various nutrients	Exam questions and techniques	Exam questions and techniques	



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Half Term 6	Topics	Factors affecting food choice	Non Exam Assessment (NEA): LO1 Understand the importance of nutrition when planning menus	National exams	National exams
	Knowledge	4.1 Social factors 4.2 Environmental factors 4.3 Seasonality	Introduce NEA brief <ul style="list-style-type: none"> ▪ AC1.1 Functions of nutrients in food ▪ AC1.2 Nutrition of specific groups ▪ AC.3 Unsatisfactory Nutritional intake 		
	Skills	Explain the factors that influence what we choose to eat.	Develop techniques in preparation of high skilled dishes. <ul style="list-style-type: none"> ▪ Presentation techniques ▪ Portion size and portion control ▪ Position on serving dish ▪ Garnishes and decorations ▪ Creative techniques 		