



### During Year 7

Students have the opportunity to learn and apply the principles of healthy eating and living a healthy lifestyle. They will also cook a repertoire of predominantly savoury dishes to feed themselves and others a healthy and varied diet to establish a solid foundation for healthy living.

### During Year 8

Students will have the opportunity to develop knowledge of healthy hydration and learn about nutrients needed in the body. They will also explore environment issues in relation to the foods we eat. Students will also develop practical skills to become a confident cook, cooking a more demanding repertoire of predominantly savoury dishes to feed themselves and others a healthy and varied diet using a wider variety of ingredients (confident cooks)

### During Year 9

Students will have the opportunity to develop knowledge of nutrients, The Eatwell Guide and nutritional labels. They will also learn about special diets and explore food commodities. Students will also develop practical skills building on previous years to become a competent cook, cooking a repertoire of predominantly savoury dishes to feed themselves and others a healthy and varied diet. Students will have the opportunity to trail presentation skills prior to selecting their options (Competent Cooks).

All knowledge and skills taught at Key Stage 3 give students a firm foundation of knowledge required for the WJEC Level 1/2 Hospitality and Catering Course.

**Character:** Engaging all students in learning about visual culture that develops personal creativity, resilience, the willingness to take appropriate risks and the confidence to express feelings, thoughts and ideas: developing a sense of self. Confidently experimenting and exploring ideas and ways of working, being open to asking questions and challenging accepted ideas: developing a sense of wider responsibility. Thoughtfully investigating ideas of equality and diversity: developing a sense of inclusivity

**Competence:** Developing student's ability to use accurately and expressively a variety of skills, techniques and materials with confidence. Enabling them to make well-informed, good choices about their work and to understand and formulate connections between their work and the work of others. Being able to create a personal response through practice and understanding context: nurturing creativity

**Community:** Inspiring students to develop a lifelong love, appreciation and understanding of a wide range of cuisines and traditions. With a focus on healthy eating and lifestyles, students develop and apply knowledge to improve health and wellbeing, sharing their knowledge allows students to look after themselves and others. Contributing to their future health and wellbeing: promoting good health and sustainability



## Key stage 4

The structure of the Level 1/2 award Hospitality and Catering has been designed to develop learners knowledge and understanding relating to a range of hospitality and catering providers; how they operate and what they have to take into account to be successful. There is the opportunity to learn about issues related to nutrition and food safety and how they affect successful hospitality and catering operations. In this qualification, learners will also have the opportunity to develop their food preparation and cooking skills as well as transferable skills of problem-solving, organisation and time management, planning and communication. Through the two units, learners will gain an overview of the hospitality and catering industry and the type of job roles that may be available to assist them in making choices about progression

Hospitality and Catering Enthuses students to...

- Ask questions and enquire
- Build confidence and experiment
- become passionate about food and the Hospitality and Catering industry
- Be creative
- Make well-informed good choices
- Work sustainably
- Take pride with outcomes!

**Character:** Engaging all students in learning about visual culture that develops personal creativity, resilience, the willingness to take appropriate risks and the confidence to express feelings, thoughts and ideas: developing a sense of self. Confidently experimenting and exploring ideas and ways of working, being open to asking questions and challenging accepted ideas: developing a sense of wider responsibility. Thoughtfully investigating ideas of equality and diversity: developing a sense of inclusivity

**Competence:** Developing student's ability to use accurately and expressively a variety of skills, techniques and materials with confidence. Enabling them to make well-informed, good choices about their work and to understand and formulate connections between their work and the work of others. Being able to create a personal response through practice and understanding context: nurturing creativity

**Community:** Inspiring students to develop a lifelong love, appreciation and understanding of a wide range of cuisines and traditions. With a focus on healthy eating and lifestyles, students develop and apply knowledge to improve health and wellbeing, sharing their knowledge allows students to look after themselves and others. Contributing to their future health and wellbeing: promoting good health and sustainability

### Getting to Grips

You will have the opportunity to learn and apply the principles of healthy eating and living a healthy lifestyle. You will also cook a repertoire of predominantly savoury dishes to feed yourselves and others a healthy and varied diet.

## Y7 D&T

Learning Journey  
Cooking and Nutrition

### Half Term 1

You will learn about...  
Health and safety in the kitchen.  
Use of equipment  
Learning and developing Knife skills –  
bridge hold and claw grip

### Half Term 2

You will learn about...  
Using a recipe  
The Eatwell Guide  
Developing knife skills  
Learning to use different parts of the  
cooker.

### Half Term 3

You will learn about ...  
Eight tips for healthy eating.  
Healthy hydration  
Benefits of physical activity  
Developing and consolidation of skills  
Rotate to Product Design



### Confident Cooks.

You will have the opportunity to develop knowledge of healthy hydration and learn about nutrients needed in the body. You will also explore environment issues in relation to the foods we eat. You will also develop your practical skills to become a confident cook, cooking a repertoire of predominantly savoury dishes to feed yourselves and others a healthy and varied diet.

## Y8 D&T

Learning Journey  
Cooking and Nutrition

### Half Term 1

You will learn about...  
Food hygiene practices  
macronutrients  
Developing practical skills; preparing  
healthy snacks and meals.

### Half Term 2

You will learn about...  
Micronutrients  
Lifestages  
Energy balance  
You will ...  
Developing practical skills, producing  
nutritious meals

### Half Term 3

You will learn about...  
Consequences of a poor diet  
Allergens and intolerances  
Dietary requirement  
Continue to develop and consolidate  
practical skills  
Rotate to Product Design.



### Competent Cooks

You will have the opportunity to develop knowledge of nutrients, The Eatwell Guide and nutritional labels. You will also learn about special diets and explore food commodities. You will also develop your practical skills to become a competent cook, cooking a repertoire of predominantly savoury dishes to feed yourselves and others a healthy and varied diet.

## Y9 D&T

Learning Journey  
Cooking and Nutrition

### Half Term 1

You will develop...  
knowledge of food hygiene and bacteria  
Knowledge of where food comes from  
Practical skills, producing more complex dishes.

### Half Term 2

You will learn about...  
Commodities  
Seasonal foods  
Cooking methods and nutrients  
You will continue to develop practical skills, whilst thinking about presentation.

### Half Term 3

You will learn about...  
Food Labelling  
Food Waste  
Sustainability  
You will continue to refine your practical skills.  
Rotate to Product Design.



### WJEC Level 1/2 Award Hospitality and Catering

This year you will learn about food hygiene, food safety legislations, health and safety requirements in the workplace and how establishment operate including job roles. You will also have the opportunity to explore different types of H&C provisions.

Alongside exam knowledge (40%) you will also gain knowledge for your Learner assignment brief (60%)

Throughout the year you will learn how to cook complex dishes.

## Y10 H&C

Learning Journey

#### Half Term 1

You will ...

Know and understand about health and safety in hospitality and catering (**unit 1 – 1.2**)

Be able to cook dishes (**Unit 2 – LO2.3**)  
Be able to Evaluate cooking skills (**Unit 2 - 2.4**)

#### Half Term 2

You will...

Know and understand about food safety in hospitality and catering how food can cause ill health (**unit 1 –LO 1.4**)

Be able to cook dishes (**Unit 2 – LO2.3**)  
Be able to Evaluate cooking skills (**Unit 2 - 2.4**)

#### Half Term 3

You will...

Know and understand about hospitality and catering provisions (**unit 1 – LO 1.1**)

Be able to cook dishes (**Unit 2 – LO2.3**)  
Be able to Evaluate cooking skills (**Unit 2 - 2.4**)

#### Half Term 4

You will....

Understand how hospitality and catering providers operate (**Unit 1 –LO 1.2**)

Be able to cook dishes (**Unit 2 – LO2.3**)  
Be able to Evaluate cooking skills (**Unit 2 - 2.4**)

#### Half Term 5

You will...

Understand the importance of nutrition (**unit 2 – LO 2.1**)

Be able to cook dishes (**Unit 2 – LO2.3**)  
Be able to Evaluate cooking skills (**Unit 2 - 2.4**)

#### Half Term 6

You will...

Understand menu planning (**unit 2 – LO 2.2**).

Be able to cook dishes (**Unit 2 – LO2.3**)  
Be able to Evaluate cooking skills (**Unit 2 - 2.4**)



## WJEC Level 1/2 Award Hospitality and Catering

This year you will continue to develop your practical skills to be able to cook complex dishes and complete your learner assignment (60%).  
You will also continue to develop your knowledge of the Hospitality and Catering Industry in preparation of the final exam (40%).

## Y11 H&C

Learning Journey

### Half Term 1

Complete Controlled assessment  
Understand menu planning (**Unit 2 – L02**)

Understand how hospitality and catering provision operates (**Unit 1 – L02**)

Be able to cook dishes (**Unit 2 – L03**)

### Half Term 2

Complete Controlled assessment  
Understand menu planning (**Unit 2 – L02**)

Understand how hospitality and catering provision operates (**Unit 1 – L02**)

Be able to cook dishes (**Unit 2 – L03**)

### Half Term 3

Complete Controlled assessment  
Understand menu planning (**Unit 2 – L02**)

Understand how hospitality and catering provision operates (**Unit 1 – L02**)

Complete practical assessment (**Unit 2 – L03**)

### Half Term 4

Exam revision and preparation

### Half Term 5

Exam revision and preparation.



### FOOD HYGIENE RATING

0 1 2 3 4 **5**

VERY GOOD