

Cooking and Nutrition and Hospitality and Catering LTP

Core concepts and principles of progression

The Oasis Cooking and Nutrition curriculum is planned carefully so that skills, knowledge and understanding are developed over time. Expertise develops through consistent, deliberate practice from a solid foundation.

Year 7 Skills and knowledge

Health, safety and hygiene
Practical

Knife techniques
Preparation of variety of vegetables
How to use a cooker
Principles of healthy eating/lifestyle
Evaluate their practical work

Year 8 Skills and knowledge

Building on year 7
Health, safety and hygiene, developing knowledge of food hygiene

Developing practical skills
Principles of nutrition
Food issues
Evaluate their practical work

Year 9 Skills and knowledge

Building on year 8
Health, safety and hygiene, developing knowledge of food related causes of ill health.

Developing practical skills further
Preparation of raw meat
Principles of nutrition in life stages SDN
Food issues
Evaluate their practical work

KS4 Skills and knowledge

Continue on a solid KS3 foundation.

Unit 1 requires learners to gain and development comprehensive knowledge and understanding of the hospitality and catering industry including provision, health and safety and food hygiene

Unit 2: Hospitality and Catering in action requires learners to develop and apply knowledge and understanding of the importance of nutrition and how to plan nutritious menus, Learners will continue to develop and master their practical skills to prepare, cook and present dishes. They will also develop their evaluation techniques to review their work effectively



Subject Intent Cooking and Nutrition/Hospitality and Catering Vision

We deliver a food curriculum that has the principles of nutrition at its very foundation, and a healthy eating message at the heart of everything we teach. An academy priority is to improve the level of long term health problems in Oldham, now and in later life by applying the principles of nutrition and healthy eating.

We aim to instil a lifelong love of cooking in our students that provides students with the opportunity to develop their cooking skills to become confident and competent cooks who can work independently to feed themselves and others, alongside the knowledge to live a healthy life through the food they eat.

We deliver a food curriculum that has the principles of nutrition at its very foundation, and a healthy eating message at the heart of everything we teach.

Within our schemes of learning we emphasise how learning to cook is a crucial life skill that will enable students to feed themselves and others affordably and well, now and in later life by applying the principles of nutrition and healthy eating.

We explore how diet can impact on health both physically and mentally.

We want students to be able to use the 'Eatwell Guide' as a model of healthy eating, and to understand how their nutritional needs change throughout their life stages

We want students to understand the principles of food hygiene, and how to cook safely.

We want students to be able to use a range of cooking methods and techniques to make a range of complex dishes to a high standard of finish and presentation.

We want students to understand the employment opportunities within the hospitality and catering industry, and the skills and knowledge they need to work within the industry.

Character: 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.



The Why

KS3

'personal development is a key priority at OAO and food and nutrition plays an integral part in this. The health and wellbeing of our children and families is of greatest importance to us. Therefore, the teaching of cooking and nutrition is key to students being able to feed themselves with nutritious meals and live long, happy, healthy lives.

KS4

The hospitality and catering sector includes all businesses that provide food, beverages, and/or accommodation services. This includes restaurants, hotels, pubs and bars. It also includes airlines, tourist attractions, hospitals and sports venues; businesses where hospitality and catering is not their primary service but is increasingly important to their success. According to the British Hospitality Association, hospitality and catering is Britain's fourth largest industry and accounts for around 10% of the total workforce. Since 2010, over 25% of all new jobs have been within the hospitality and catering sector with the majority of new roles falling within the 18-24 age groups, according to a report by People 1st.

The How

During both Key Stages , ingredients are provided for all students to give equal opportunity to all.

Within our schemes of learning we emphasise how learning to cook is a crucial life skill that will enable students to feed themselves and others affordably and well. Alongside, giving students a firm understanding of the importance of healthy eating and the consequences of a poor diet and how a healthy balanced diet can be achieved.

Our schemes of learning are interleaved and increase in complexity.

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

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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.

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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!

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