



## Hospitality and Catering Curriculum and Assessment Map

	Term 1		Term 2		Term 3	
<b>Year 9</b>	<b>Principles of a healthy diet</b>		<b>Food Science and Cooking methods – multicultural foods</b>		<b>Building healthy lifestyles</b>	
<b>Fundamental Knowledge</b>	<p>To identify the functions and sources of nutrients            To explain the purpose of the Eatwell guide and other dietary recommendations            To understand the principles of a healthy balanced diet            To develop a range of knowledge to apply to practical situations            Adapt and follow recipes to prepare and cook a range of predominately savoury dishes.            Secure and demonstrate the principles of food hygiene and safety in a range of situations</p>		<p>To know where food comes from (reared grown, caught)            To be able to handle/produce a range of food commodities such as breads, pasta and pastries.            To understand the food science behind cooking methods            To develop knowledge of traditional foods from around the world.</p> <p>Adapt and follow recipes to prepare and cook a range of predominately savoury dishes.            Secure and demonstrate the principles of food hygiene and safety in a range of situations</p>		<p><i>Embedding knowledge from term 1 – putting into practise.</i></p> <p>Understanding the principles of a healthy breakfast, lunch and dinner (school food plan)            To understand the importance of hydration            To develop understanding of dietary recommendations and link to making healthy choices            Adapt and follow recipes to prepare and cook a range of predominately savoury dishes.            Secure and demonstrate the principles of food hygiene and safety in a range of situations</p>	
<b>Learning Checkpoint Tasks</b>	To explain the importance of a healthy balanced diet – (understanding and applying the principles of nutrition and health)	<b>Practical checkpoint</b> – To produce a dish demonstrating all elements of the 4Cs	Understanding where food comes from and how it's produced	Practical checkpoint – using a range of practical skills to produce a multicultural dish	Understanding nutritional requirements and adapting recipes	To evaluate the success of a dish suitable for a target audience
<b>Common Assessment Task</b>	Case study – Analysis of diets and recommendations		Adapting recipes and using key practical skills – Practical assessment		Case study – Choose a target group Plan a menu suitable for the target group justifying reasons	

<b>Interleaved Knowledge</b>	In year 7 And 8 students will have been able to identify the 5 food groups, the basic nutrients in each group and explain the Eatwell guide	Describing and applying <i>The Eatwell Guide</i> and the 8 tips for healthy eating. Explaining energy and needs through life. Explaining key nutrients, sources and functions.	Developing and demonstrating a knowledge of the source and seasonality of a range of ingredients. Developing and demonstrating a range of food skills and techniques. Developing and demonstrating the principles of food hygiene and safety. Using a variety of ingredients and equipment to prepare and cook a range of more complex dishes. Using and adapting recipes. developing and applying a knowledge of food science
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