

Year 9 Catering & Nutrition (option subject)

Curriculum Rationale – Pupils are introduced and work through a project with learning linked to the generic elements of both the WJEC Level 1/2 Vocational Award in Hospitality and Catering (Technical Award) and the GCSE Food Preparation & Nutrition using a familiar context based on either a hospitality provision or a style of service. The overall aim of this scheme is to help pupils to decide as to whether they wish to study a cooking related subject in KS4.

Knowledge and skills – Initially pupils are given knowledge and skills sessions relating to the context given, building on KS3, developing confidence, and checking understanding of the use of commodities and equipment. Practical are designed to build on methods already learned e.g., going from shortcrust pastry to puff pastry

National Curriculum – Cooking and nutrition is optional in year 9, however, as well as drawing on knowledge and skills needed by KS4 specifications the principles of the KS3 National Curriculum are still taught and used as a guidance

| Week 1 | Week 2 | Week 3 | Week 4 |
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| <p>What?</p> <ul style="list-style-type: none"> Knowledge - Food Safety, Health & safety, First Aid, washing up and weighing & measuring Skills - Whisked sponge product <p>Why? / How? (Knowledge)</p> <ul style="list-style-type: none"> Retrieval of food safety knowledge from KS3 checked. Introduction of more in-depth food safety knowledge relating to upcoming practical work - introduction of high-risk food product Retrieval of Health & safety knowledge from KS3 checked. Introduction of more in-depth health & safety relating to upcoming practical work - introduction of COSHH Retrieval of food safety knowledge from KS3 checked. Introduction of more in-depth reasoning with regards to dealing with first aid incidents Pupils need to know how to produce safe food prior to commencing practical work. Revisiting and reinforcing prior knowledge of food safety and health & safety in a practical way - Washing up Revisiting and reinforcing the correct way to prepare for a practical lesson Demonstrating numeracy in cooking, introducing pupils to their work area and equipment, weighing out dry commodities for subsequent practical work <p>Why? / How? (Skills)</p> <ul style="list-style-type: none"> Retrieval of cake making skills from years 7 & 8 Introduction of whisked sponge method of cake making Introduction of the use of air as a raising agent as opposed to fat. Introduction of food shelf-life Demonstration of competency when using basic skills, equipment, and commodities Demonstration of competency of the use of food safety and health and safety in the kitchen Practise washing up | <p>What?</p> <ul style="list-style-type: none"> Knowledge - Catering service styles (general) Skills - Pastry based product <p>Why? / How? (Knowledge)</p> <ul style="list-style-type: none"> Introduction of different service styles (table service, cafeteria service, buffet service) so that pupils can pick a service style to research Introduction to job roles within the hospitality & catering industry Development of research skills to allow pupils to choose a service style to produce a menu for <p>Why? / How? (Skills)</p> <ul style="list-style-type: none"> Retrieval of basic pastry making Development of complex pastry Development of finishing techniques Demonstration of competency when using basic skills, equipment, and commodities Demonstration of competency of the use of food safety and health and safety in the kitchen Practise washing up | <p>What?</p> <ul style="list-style-type: none"> Knowledge - Menu planning (specific to project) Skills - Bread based product <p>Why? / How? (Knowledge)</p> <ul style="list-style-type: none"> Retrieval of environmental awareness knowledge from years 7 & 8 Introduction of organoleptic qualities of food Development of research skills focussing on being able to justify menu choices <p>Why? / How? (Skills)</p> <ul style="list-style-type: none"> Retrieval of bread making Development of enriched bread dough Development of finishing techniques Demonstration of competency when using basic skills, equipment, and commodities Demonstration of competency of the use of food safety and health and safety in the kitchen Practise washing up | <p>What?</p> <ul style="list-style-type: none"> Knowledge - Menu planning & costing Skills - Hob based product <p>Why? / How? (Knowledge)</p> <ul style="list-style-type: none"> Development of organoleptic qualities of food Development of research skills focussing on being able to justify menu choices Introduction of menu costing Retrieval of essential times and temperatures when cooking and introduction of the concept of hot holding. <p>Why? / How? (Skills)</p> <ul style="list-style-type: none"> Retrieval of the use of the hob from year 7 & 8 Retrieval and development of sauce making Demonstration of competency when using basic skills, equipment, and commodities Demonstration of competency of the use of food safety and health and safety in the kitchen Practise washing up |

| Week 5 | Week 6 | Week 7 | Week 8 |
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| <p>What?</p> <ul style="list-style-type: none"> • Knowledge - Menu planning & costing • Skills - Own choice practical 1 <p>Why? / How? (Knowledge)</p> <ul style="list-style-type: none"> • Pupils continuing development of research and justification skills • Pupils complete written work towards completion of their project <p>Why? / How? (Skills) - Own choice practical 1</p> <ul style="list-style-type: none"> • Development of resilience when pupils cook their own choice of dishes • Demonstration of competency when using basic skills, equipment, and commodities • Demonstration of competency of the use of food safety and health and safety in the kitchen • Practise washing up | <p>What?</p> <ul style="list-style-type: none"> • Knowledge - Menu planning & costing • Skills - Own choice practical 2 <p>Why? / How? (Knowledge)</p> <ul style="list-style-type: none"> • Pupils continuing development of research and justification skills • Pupils complete written work towards completion of their project <p>Why? / How? (Skills) - Own choice practical 2</p> <ul style="list-style-type: none"> • Development of resilience when pupils cook their own choice of dishes • Demonstration of competency when using basic skills, equipment, and commodities • Demonstration of competency of the use of food safety and health and safety in the kitchen • Practise washing up | <p>What?</p> <ul style="list-style-type: none"> • Knowledge - Menu planning & costing • Skills - Own choice practical 3 <p>Why? / How? (Knowledge)</p> <ul style="list-style-type: none"> • Pupils continuing development of research and justification skills • Pupils complete written work towards completion of their project <p>Why? / How? (Skills) - Own choice practical 3</p> <ul style="list-style-type: none"> • Development of resilience when pupils cook their own choice of dishes • Demonstration of competency when using basic skills, equipment, and commodities • Demonstration of competency of the use of food safety and health and safety in the kitchen • Practise washing up | <p>What?</p> <p>Knowledge and skills - Consolidation and evaluation</p> <p>Why? / How? (Knowledge)</p> <ul style="list-style-type: none"> • Completion of the written element of their project • Development of evaluative skills • Consolidation of knowledge from years 7, 8 & 9 |
| <p>Note</p> <p>Pupils complete approximately 1 half term (or 8 -9 weeks) in 3 rotations until Easter (each pupil completes 6 double periods per fortnight, the skills sessions may not occur in the same week as the knowledge sessions)</p> | | | |