

Year 10	Topic	Lesson content (order)	What do pupils need to know:	Skills utilised / subject disciplines	Cross Curricular Links / Transferable knowledge.	Assessment
	HT1 (5/9/22 – 21/10/22) Food safety, food legislation, nutrients & nutritional needs. Building practical skills	<ul style="list-style-type: none"> • Course Introduction – structure & assessment • Food safety <ul style="list-style-type: none"> - Food related ill health, food labelling laws, food safety legislation & food hygiene - Nutrients & why they are required by the body - Ages & stages - nutritional needs - Special diets • Build practical preparation & cooking skills – • Standard vegetable cuts – knife skills • Bacon & potato hotpot (knife skills, roux-based sauce, baking) • Vegetable stir fry – (knife skills, stir frying, simmering) • Stuffed risotto tomatoes – (knife skills, rice cookery) • Ravioli & sauce – (pasta making, blended sauce, shaping) 	<ul style="list-style-type: none"> • How people can become ill due to the consumption of food • How food laws dictate what can & cannot be done in a H & business & how these shape food preparation, production, storage & serving. • Why nutrients are needed in the body & their specific functions. • How nutritional needs change throughout life • Why people choose/ need to follow specific diets and what these entail. • Know that some dishes require the use of more complex preparation and cooking techniques than others (basic, medium & complex) • Understand the importance of using creativity, garnish & decoration, portion control and accompaniments in their presentation. 	<ul style="list-style-type: none"> • Unit 1: 1.3.2:HACCP, 1.4.1 • Unit 2:2.2.3 – Food safety practices) • Unit 2: 2.1.1 – Understanding the importance of nutrition • Unit 2:2.3.1 & 2.3.3. 	Science – bacteria/ chemical contamination, functions of some ingredients PE – nutritional needs, ages & stages Maths – accurate weighing & measuring English – reading recipes/ following verbal instructions	Ongoing practical assessment, termly written test, mock CAT during HT 5 & 6.

			<ul style="list-style-type: none"> • Know how to follow food safety practices. 			
	<p>HT 2 (31/10/22 – 20/12/22)</p> <p>Food related causes of ill health, building practical skills</p>	<ul style="list-style-type: none"> • Food related causes of ill health. (Overview) • Food related causes of ill health –food poisoning causes, allergies and intolerance • Build practical preparation & cooking skills – • Maids of honour – (short crust pastry, all in one sponge, baking) • Choux buns – (choux pastry, whisking, melting (using a bain marie), filling) • Creamed, decorated sponge (creaming method, presentation) • Mini chicken dinner (roasting potatoes, boil/ steam vegetables, starch-based sauce (gravy), roast chicken, knife skills). 	<ul style="list-style-type: none"> • How people can become ill due to the consumption of food – allergies, bacteria, chemicals, intolerances • Know that some dishes require the use of more complex preparation and cooking techniques than others (basic, medium & complex) • Understand the importance of using creativity, garnish & decoration, portion control and accompaniments in their presentation. • Know how to follow food safety practices. 	<p>Unit 1:1.4.1 Unit 2:2.3.1 & 2.3.3.</p>	<p>Science – bacteria/ chemical contamination, functions of some ingredients Maths – accurate weighing & measuring English – reading recipes/ following verbal instructions</p>	<p>Ongoing practical assessment, termly written test, mock CAT during HT 5 & 6.</p>
	<p>HT3 (02/01/23 – 17/02/23)</p> <p>Signs & symptoms of food induced ill health, menu planning, production</p>	<ul style="list-style-type: none"> • Symptoms & signs of food induced ill health • Visible & non-visible symptoms, • control measures to prevent food induced ill health • Factors affecting menu planning • How to plan production 	<ul style="list-style-type: none"> • Understand symptoms of food induced ill health – visible & non-visible. • How to prevent food induced ill health/ control measures used in the H & C industry. • Be aware of the the following factors when 	<p>Unit 1:1.4.2 Unit 2:2.2.1 Unit 2:2.2.2 Unit 2:2.3.1 & 2.3.3.</p>	<p>Science – bacteria/ chemical contamination, functions of some ingredients Maths – accurate</p>	<p>Ongoing practical assessment, termly written test, mock CAT during HT 5 & 6.</p>

	plans & building practical skills	<ul style="list-style-type: none"> • Build practical preparation & cooking skills – • Puff pastry chicken & veg pies (lamination – pastry, frying chicken & vegetables, cream & starch-based sauce, knife skills, rolling/ decorating pastry). • Toad in the hole & mashed potato (batter making, baking & peeling, boiling/ mashing) • Veggie curry & naan – (knife skills, curry paste making, kneading, proving & baking) 	<p>planning menus: cost, portion control, current nutritional advice, time of day, clients/ customers, equipment available, skills of chef, time available, environmental issues, time of year, organoleptic qualities</p> <ul style="list-style-type: none"> • How to plan production of dishes • Know that some dishes require the use of more complex preparation and cooking techniques than others (basic, medium & complex) • Understand the importance of using creativity, garnish & decoration, portion control and accompaniments in their presentation. • Know how to follow food safety practices. 		weighing & measuring English – reading recipes/ following verbal instructions	
	HT4 (27/02/23 – 31/03/23) Production planning (continued), presentation techniques, how H & C	<ul style="list-style-type: none"> • How to plan production (continued) • Presentation techniques • Hospitality & catering provision to meet specific requirements • Build practical preparation & cooking skills – 	<ul style="list-style-type: none"> • How to plan production of dishes • How the hospitality & catering industry meet the needs of customers • Know that some dishes require the use of more complex 	Unit 2:2.2.2 , Unit 2:2.3.2, Unit 1:1.2.3, Unit 2:2.3.1 & 2.3.3.	Science – bacteria/ chemical contamination, functions of some ingredients	Ongoing practical assessment, termly written test, mock CAT during HT 5 & 6.

	<p>providers meet specific needs of customers & building practical skills.</p>	<ul style="list-style-type: none"> • Meatballs & sauce – (sauce using reduction, shaping, knife skills) • Lasagne – (pasta making, roux-based sauce, meat cookery, knife skills, presentation) • Practical presentation – garnishes and decoration task • Cottage pie – (boiling, mashing, knife skills, veg & meat cookery, presentation) 	<p>preparation and cooking techniques than others (basic, medium & complex)</p> <ul style="list-style-type: none"> • Understand the importance of using creativity, garnish & decoration, portion control and accompaniments in their presentation. • Know how to follow food safety practices. 		<p>PE – nutritional needs, ages & stages Maths – accurate weighing & measuring English – reading recipes/ following verbal instructions, writing clear, concise production plans</p>	
	<p>HT5 (17/04/23 – 26/05/23) Mock CAT Building practical skills</p>	<ul style="list-style-type: none"> • Mock controlled assessment task (CAT) • How to prepare & make dishes – skills & skill level • Presentation techniques – garnish & decoration, creativity, portion control, accompaniments. • Reviewing of dishes • Reviewing own performance • Build practical preparation & cooking skills – • Mini meringue nests (whisking/ aeration, baking, decoration) • Panna cotta (gelatine use to set a mixture, making a compote) 	<ul style="list-style-type: none"> • Know how to apply knowledge to a specific situation (brief) • Know that some dishes require the use of more complex preparation and cooking techniques than others (basic, medium & complex) • Understand the importance of using creativity, garnish & decoration, portion control and accompaniments in their presentation. • Know how to follow food safety practices. 	<p>Unit 2:2.3.1 Unit 2: 2.3.2 Unit 2: 2.4.1 Unit 2:2.4.2 Unit 2:2.3.1 & 2.3.3.</p>	<p>Science – bacteria/ chemical contamination, functions of some ingredients PE – nutritional needs, ages & stages Maths – accurate weighing & measuring English – reading recipes/ following verbal instructions</p>	<p>Ongoing practical assessment, termly written test, mock CAT during HT 5 & 6.</p>

		<ul style="list-style-type: none"> • Viennese fingers (beating, decorating, piping) 				
	<p>HT6 (05/06/23 – 19/07/23) Mock CAT, building practical skills</p>	<ul style="list-style-type: none"> • Mock CAT • Health & Safety in hospitality & catering provision – employer & employee responsibilities, legislation. • Build practical preparation & cooking skills • Trifle – (gelatine use to set a mixture, all in one sponge, custard making) • Fishcakes (mashing, panne, baking, shaping) • Millionaires shortbread (rubbing-in method, melting, melting (using a bain-marie), assembling, presentation) • Chocolate fondants and orange segments (whisking, baking, segmenting) 	<ul style="list-style-type: none"> • Know how to apply knowledge to a specific situation (brief) • Know that some dishes require the use of more complex preparation and cooking techniques than others (basic, medium & complex) • Understand the importance of using creativity, garnish & decoration, portion control and accompaniments in their presentation. • Know how to follow food safety practices. 	<p>Unit 2 2.1.1, 2.1.2, 2.2.1, 2.2.2, 2.3.1, 2.3.2, 2.3.3, 2.4.1, 2.4.2 Unit 1 – 1.3.1 Unit 2:2.3.1 & 2.3.3.</p>	<p>Science – bacteria/ chemical contamination, functions of some ingredients PE – nutritional needs, ages & stages Maths – accurate weighing & measuring English – reading recipes/ following verbal instructions</p>	<p>Ongoing practical assessment, termly written test, mock CAT during HT 5 & 6.</p>