

Hospitality & Catering

Food is a necessity but cooking is an art

In Hospitality & Catering we create a working atmosphere where students love to learn, are engaged and confident.

We encourage students to take risks with flavours and develop transferable skills so that they can develop and tackle multi-faceted recipes.

We work independently and as teams contributing to the wider school community when we are able.

As a staff we encourage students' differences and culinary preferences; we challenge their tastes and experiences with food.

We are passionate practitioners who are always expanding our repertoires and understanding of our subject.

Autumn		Spring		Summer	
<p>Theory Principles of Nutrition</p> <p>Diet and good health</p>	<p>Practical Sweet pastry, hot water, enriched dough, choux pastry, making pasta. Fruit or vegetable cake/muffin, dairy free cooking, gluten free cooking, vegetarian meals, adapting recipes to make them healthier, seasonal sweets.</p>	<p>Theory Food commodities</p> <p>Assessment 2 A</p>	<p>Practical Assessment 2 A</p>	<p>Theory Science of food</p>	<p>Practical Yoghurt, bread, jams and chutney, use of leftover food (preservation, yeast, moulds, enzymes)</p> <p>Assessment 1 B Experiment</p>

Homework will be set in the following formats to support independent learning:

Recipes/ingredients will be set weekly

In addition to this the following types of homework will be set occasionally,

- Reading recipes
- Responding to feedback
- Gathering sensory feedback from home
- Reading a food magazine
- Researching ingredients, commodities
- Staple foods
- Healthy eating

Unit	Learning Objectives/Outcomes
Principles of Nutrition	<ul style="list-style-type: none"> • definition of macro and micro nutrients re visit and the relationship to human nutrition and the role of these in human nutrition • definitions of over and under nutrition and the consequences of these to diet and wellbeing • protein - including amino-acids in relation to nutritional requirements (histidine, isoleucine, lysine, leucine, methionine, phenylalanine, threonine, tryptophan, valine) and non-essential (alanine, asparagine, aspartic acid glutamic acid) • carbohydrates - monosaccharides, disaccharides and polysaccharides • fats, oils and lipids, saturated fats, monounsaturated fats, polyunsaturated fats and essential fatty acids •
Diet and good health	<ul style="list-style-type: none"> • RDI - different nutrient needs for different groups • life stages and dietary needs toddlers - teenagers • life stages early - late adulthood • dietary needs - coeliac disease, diabetes (type 2 only), dental caries, iron deficient anaemia, obesity, cardiovascular disease (CVD), calcium deficiencies, nut or dairy intolerances • dietary needs - vegetarians - lacto-ovo, lacto, vegan. Religious beliefs that affect diet • how nutrients work together including the complementary actions • basal metabolic rate (BMR) and physical activity (PAL) and their importance In determining energy requirements • Jenny Ridgewell calculations and discussion of nutrients, improvements etc

Autumn Practical	<ul style="list-style-type: none"> • quiche or fruit pie, lemon tart, using protein to set a mixture on heating such as denatured protein in eggs, quiche or crème patisserie • doughnuts - deep fat frying • bagels - poaching and baking • hedonistic charts, star diagrams, how to use the information to improve a dish • use of Quorn - meal for a vegetarian • plan a balanced diet for a person from a different religion • compare the two diets • identify cooking skills, preparation skills, • seasonal treat •
Food Commodities	<ul style="list-style-type: none"> • cereals - (flour, bread, oats, rice, potatoes and pasta). value in diet, features, storage, working characteristics. Origins of ingredient • potatoes - different ways of cooking - boiling, roasting, frying, baking - choice of recipes • dairy food (milk , cheese and yoghurt) value in diet, features, storage, working characteristics. Origins of ingredient - taste different cheeses • meat and poultry value in diet, features, storage, working characteristics. Origins of ingredient • protein alternatives - soya and tofu, beans, nuts, pulses • fish and eggs • fats and sugars (butter, oils, margarines, sugar and syrup) •
Science of Food	<ul style="list-style-type: none"> • what makes food spoil - enzymes, moulds, yeast and bacteria, growth conditions, prevention control, mould growth and yeast production. Signs of food spoilage • storing food correctly - refrigeration/freezing, dry/cold storage/packaging/covering food • date marks, labelling of food products to identify storage and preparation • direct and indirect contamination role of temperature, pH, moisture and time in the control of bacteria • food preservation • keeping food for longer, jam making, pickling, freezing, bottling, vacuum packing • the effects of food waste on the environment and the financial implications of waste •
Summer Practical	<ul style="list-style-type: none"> • yoghurt - useful use of bacteria • useful yeast use in food production • jams and chutneys • chutney - preservation of ingredients, sterilising jars • use of leftovers - practical - range of basic ingredients