

UNIT 2 HOSPITALITY AND CATERING			
YEAR 11	LO1 understand the importance of nutrition when planning menus	LO2 understand menu planning	LO3 be able to cook dishes
Objectives	<p>AC1.1 describe functions of nutrients in the human body</p> <p>Nutrients</p> <ul style="list-style-type: none"> <input type="checkbox"/> Protein <input type="checkbox"/> Fat <input type="checkbox"/> Carbohydrate <input type="checkbox"/> Vitamins <input type="checkbox"/> Minerals <input type="checkbox"/> Water <input type="checkbox"/> Dietary fibre (NSP) <p>AC1.2 compare nutritional needs of specific groups</p> <p>Specific groups</p> <ul style="list-style-type: none"> <input type="checkbox"/> Different life stages <input type="checkbox"/> Childhood <input type="checkbox"/> Adulthood <input type="checkbox"/> Later adulthood <input type="checkbox"/> Special diets <input type="checkbox"/> Medical conditions <input type="checkbox"/> Activity levels <p>AC1.3 explain characteristics of unsatisfactory nutritional intake</p> <p>Characteristics</p> <ul style="list-style-type: none"> <input type="checkbox"/> Visible <input type="checkbox"/> Non-visible <p>Unsatisfactory</p> <ul style="list-style-type: none"> <input type="checkbox"/> Nutritional deficiencies <input type="checkbox"/> Nutritional excesses <p>AC1.4 explain how cooking methods impact on nutritional value</p> <p>Cooking methods</p> <ul style="list-style-type: none"> <input type="checkbox"/> Boiling <input type="checkbox"/> Steaming <input type="checkbox"/> Baking <input type="checkbox"/> Grilling <input type="checkbox"/> Stir-fry <input type="checkbox"/> Roasting <input type="checkbox"/> Poaching 	<p>AC2.1 explain factors to consider when proposing dishes for menus</p> <p>Factors</p> <ul style="list-style-type: none"> <input type="checkbox"/> Time of year e.g. seasonality of commodities, seasonal events <input type="checkbox"/> Skills of staff <input type="checkbox"/> Equipment available <input type="checkbox"/> Time available <input type="checkbox"/> Type of provision e.g. service, location, size, standards <input type="checkbox"/> Finance e.g. costs, customer needs <input type="checkbox"/> Client base <p>AC2.2 explain how dishes on a menu address environmental issues</p> <p>Dishes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Preparation and cooking methods <input type="checkbox"/> Ingredients used <input type="checkbox"/> Packaging <p>Environmental issues</p> <ul style="list-style-type: none"> <input type="checkbox"/> Conservation of energy and water <input type="checkbox"/> Reduce, reuse, recycle <input type="checkbox"/> Sustainability e.g. food miles, provenance <p>AC2.3 explain how menu dishes meet customer needs</p> <p>Needs</p> <ul style="list-style-type: none"> <input type="checkbox"/> Nutritional <input type="checkbox"/> Organoleptic <input type="checkbox"/> Cost e.g. premium priced dishes, value for money <p>AC2.4 plan production of dishes for a menu</p> <p>Plan</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sequencing <input type="checkbox"/> Timing <input type="checkbox"/> Mise en place <input type="checkbox"/> Cooking <input type="checkbox"/> Cooling <input type="checkbox"/> Hot holding <input type="checkbox"/> Completion <input type="checkbox"/> Serving (presented as if to be served) <input type="checkbox"/> Waste <input type="checkbox"/> Equipment <input type="checkbox"/> Commodity quantities <input type="checkbox"/> Tools <input type="checkbox"/> Contingencies <input type="checkbox"/> Health, safety and hygiene <input type="checkbox"/> Quality points <p>LO3 be able to cook dishes <input type="checkbox"/> Storage</p>	<p>AC3.1 use technique in preparation of commodities</p> <p>Techniques</p> <ul style="list-style-type: none"> <input type="checkbox"/> Weighing and measuring <input type="checkbox"/> Chopping <input type="checkbox"/> Shaping <input type="checkbox"/> Peeling <input type="checkbox"/> Whisking <input type="checkbox"/> Melting <input type="checkbox"/> Rub-in <input type="checkbox"/> Sieving <input type="checkbox"/> Segmenting <input type="checkbox"/> Slicing <input type="checkbox"/> Hydrating <input type="checkbox"/> Blending <p>Commodities</p> <ul style="list-style-type: none"> <input type="checkbox"/> Poultry <input type="checkbox"/> Meat <input type="checkbox"/> Fish <input type="checkbox"/> Eggs <input type="checkbox"/> Dairy products <input type="checkbox"/> Cereals, flour, rice, pasta <input type="checkbox"/> Vegetables <input type="checkbox"/> Fruit <input type="checkbox"/> Soya products <p>AC3.2 assure quality of commodities to be used in food preparation</p> <p>Quality</p> <ul style="list-style-type: none"> <input type="checkbox"/> Smell/Aroma <input type="checkbox"/> Touch <input type="checkbox"/> Sight <input type="checkbox"/> Storage <input type="checkbox"/> Packaging <p>AC3.3 use techniques in cooking of commodities</p> <p>Techniques</p> <ul style="list-style-type: none"> <input type="checkbox"/> Boiling <input type="checkbox"/> Blanching <input type="checkbox"/> Poaching <input type="checkbox"/> Braising <input type="checkbox"/> Steaming <input type="checkbox"/> Baking <input type="checkbox"/> Roasting <input type="checkbox"/> Grilling (griddling) <input type="checkbox"/> Frying <input type="checkbox"/> Chilling <input type="checkbox"/> Cooling <input type="checkbox"/> Hot holding <p>AC3.4 complete dishes using presentation techniques</p> <p>Presentation techniques</p> <ul style="list-style-type: none"> <input type="checkbox"/> Portion control <input type="checkbox"/> Position on serving dish <input type="checkbox"/> Garnish <input type="checkbox"/> Creativity <p>AC3.5 use food safety practices</p> <p>This should be in relation to preparation and cooking of commodities and in relation to use of equipment</p>

<p>Key Words</p>	<p>TIER TWO</p> <ul style="list-style-type: none"> <input type="checkbox"/> Protein <input type="checkbox"/> Fat <input type="checkbox"/> Carbohydrate <input type="checkbox"/> Vitamins <input type="checkbox"/> Minerals <input type="checkbox"/> Water <input type="checkbox"/> Dietary fibre (NSP) <input type="checkbox"/> Different life stages <input type="checkbox"/> Childhood <input type="checkbox"/> Adulthood <input type="checkbox"/> Later adulthood <input type="checkbox"/> Special diets <input type="checkbox"/> Medical conditions <input type="checkbox"/> Activity levels <input type="checkbox"/> Characteristics <input type="checkbox"/> Visible <input type="checkbox"/> Non-visible <input type="checkbox"/> Unsatisfactory <input type="checkbox"/> Nutritional deficiencies <input type="checkbox"/> Nutritional excesses <p>TIER THREE https://www.wjec.co.uk/umbraco/surface/blobstorage/download?nodeId=6644 4 Page 37</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cooking methods <input type="checkbox"/> Boiling <input type="checkbox"/> Steaming <input type="checkbox"/> Baking <input type="checkbox"/> Grilling <input type="checkbox"/> Stir-fry <input type="checkbox"/> Roasting <input type="checkbox"/> Poaching 	<p>TIER TWO</p> <ul style="list-style-type: none"> <input type="checkbox"/> Nutritional <input type="checkbox"/> Cost <input type="checkbox"/> Sustainability <input type="checkbox"/> Sequencing <input type="checkbox"/> Timing <input type="checkbox"/> Cooking <input type="checkbox"/> Cooling <input type="checkbox"/> Completion <input type="checkbox"/> Waste <input type="checkbox"/> Equipment <input type="checkbox"/> Tools <input type="checkbox"/> Contingencies <input type="checkbox"/> Health, safety and hygiene <input type="checkbox"/> Quality points <p>TIER THREE https://www.wjec.co.uk/umbraco/surface/blobstorage/download?nodeId=6644 4 Page 38</p> <ul style="list-style-type: none"> <input type="checkbox"/> seasonality of commodities <input type="checkbox"/> seasonal events <input type="checkbox"/> Organoleptic <input type="checkbox"/> Mise en place <input type="checkbox"/> Hot holding <input type="checkbox"/> Commodity quantities <input type="checkbox"/> Serving (presented as if to be served) 	<p>TIER TWO</p> <ul style="list-style-type: none"> <input type="checkbox"/> Techniques <input type="checkbox"/> Weighing and measuring <input type="checkbox"/> Poultry <input type="checkbox"/> Meat <input type="checkbox"/> Fish <input type="checkbox"/> Eggs <input type="checkbox"/> Dairy products <input type="checkbox"/> Cereals, flour, rice, pasta <input type="checkbox"/> Vegetables <input type="checkbox"/> Fruit <input type="checkbox"/> Soya products <input type="checkbox"/> Portion control <input type="checkbox"/> Creativity <p>TIER THREE https://www.wjec.co.uk/umbraco/surface/blobstorage/download?nodeId=6644 4 Page 39 and 40</p> <ul style="list-style-type: none"> <input type="checkbox"/> Chopping <input type="checkbox"/> Shaping <input type="checkbox"/> Peeling <input type="checkbox"/> Whisking <input type="checkbox"/> Melting <input type="checkbox"/> Rub-in <input type="checkbox"/> Sieving <input type="checkbox"/> Segmenting <input type="checkbox"/> Slicing <input type="checkbox"/> Hydrating <input type="checkbox"/> Blending <input type="checkbox"/> Commodities <input type="checkbox"/> Position on serving dish <input type="checkbox"/> Garnish 																																				
<p>Homework</p>	<p>Completion of evidence for coursework i.e. assignments, mind maps, demonstration, reflective accounts</p>	<p>Completion of evidence for coursework i.e. assignments, mind maps, demonstration, reflective accounts</p>	<p>Completion of evidence for coursework i.e. assignments, mind maps, demonstration, reflective accounts</p>																																				
<p>Career link (Unifrog)</p>	<p>Nutritionist https://www.unifrog.org/student/careers/keywords/nutritionist Food scientist https://www.unifrog.org/student/careers/keywords/food-scientist</p> <p>Other links: https://nationalcareers.service.gov.uk/job-categories/hospitality-and-food https://lakes-college.morphdev.co.uk/courses/subject-areas/hospitality-and-catering/</p>	<p>Catering manager https://www.unifrog.org/student/careers/keywords/catering-manager</p> <p>Other links: https://nationalcareers.service.gov.uk/job-categories/hospitality-and-food https://lakes-college.morphdev.co.uk/courses/subject-areas/hospitality-and-catering/</p>	<p>Chef https://www.unifrog.org/student/careers/keywords/chef Food manufacturing inspector https://www.unifrog.org/student/careers/keywords/food-manufacturing-inspector</p> <p>Other links: https://nationalcareers.service.gov.uk/job-categories/hospitality-and-food https://lakes-college.morphdev.co.uk/courses/subject-areas/hospitality-and-catering/</p>																																				
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<p>Common misconceptions</p>	<p>Understanding of command key words – describe, analyse, explain.</p>	<p>Understanding of command key words – describe, identify.</p>	<p>Understanding of command words – review, recommend.</p>																																				
<p>Assessment</p>	<p>All assignments, evidence and demonstration tasks etc to be completed for submission for moderation to exam board no later than 17.03.23</p>	<p>All assignments, evidence and demonstration tasks etc to be completed for submission for moderation to exam board no later than 17.03.23</p>	<p>All assignments, evidence and demonstration tasks etc to be completed for submission for moderation to exam board no later than 17.03.23</p>																																				