



# Year 11 Learning Journey

## HOSPITALITY & CATERING

Understanding the Importance of Nutrition



Autumn Term 1

### Knowledge:

Understand the role of key nutrients and the importance of a balanced diet:

- Macronutrients: carbohydrates, fats, proteins
- Micronutrients: Vitamins: A, D (fat-soluble); B group, C (water-soluble)
- Minerals: calcium, iron, sodium, potassium, magnesium
- Others: dietary fibre (NSP), water

### Apply nutrition knowledge to:

- Life stages: babies, toddlers, children, teenagers, adults, elderly
- Special dietary needs: Varying energy requirements (age, lifestyle, activity)
- Medical conditions (allergies, lactose/gluten intolerance, diabetes, cardiovascular issues, iron deficiency)
- Religious or ethical diets (vegetarian, vegan, pescatarian)

Understand how cooking methods affect nutritional value: boiling, frying, grilling, poaching, roasting, steaming, baking, stir-frying.

### How to Prepare and Make Dishes Presentation Techniques Food Safety Practices



Spring Term 2

**KNOWLEDGE:** You will be able to identify types of skills and skill levels when selecting dishes to produce. You should know and understand that some dishes require the use of more complex, skills than other dishes. You should be able to demonstrate a range of the following food preparation and cooking techniques for the production of dishes

**SKILL:** You will develop skills for the practical examination

### Factors Affecting Menu Planning



Autumn Term 2

### Knowledge:

Learn key factors for menu planning: cost, portion control, balanced diets, time of day, and client needs. Understand equipment requirements, chef skills, and time constraints for preparing multiple dishes. Consider environmental issues like energy and water conservation, sustainability, and seasonality. Know terms such as reduce, reuse, recycle, sustainability, and organoleptic qualities.

### Revision of Previously Taught Content



Summer Term 1

**KNOWLEDGE:** We will revise previously taught GCSE content from the specification and prepare for the written examination

### How to Plan Production



Spring Term 1

**KNOWLEDGE:** You will be able to plan dishes for a menu and know and understand the following: commodity list with quantities contingencies equipment list health, safety and hygiene quality points sequencing/dovetailing timing mise en place cooking cooling hot holding serving storage



Summer Term 2

### GCSE EXAM