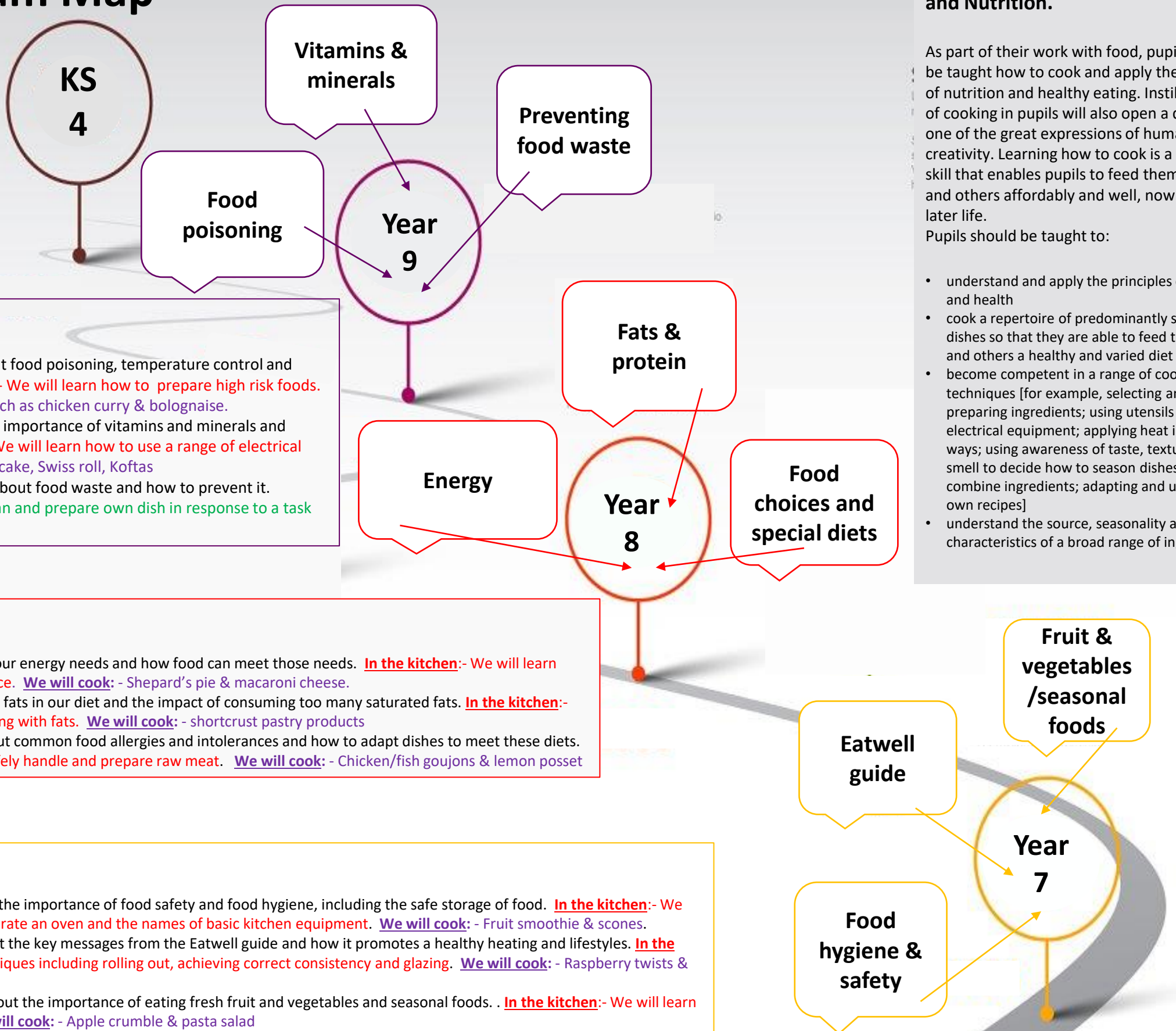


# Hospitality & Catering

## KS3 Curriculum Map

The road leads to L1/2 Hospitality & Catering



### Year 9

**Autumn term** – We are learning about food poisoning, temperature control and cross contamination. **In the kitchen:-** We will learn how to prepare high risk foods. **We will cook:** - main course dishes such as chicken curry & bolognaise.  
**Spring term** - We will be learning the importance of vitamins and minerals and deficiency diseases. **In the kitchen:-** We will learn how to use a range of electrical equipment. **We will cook:** - Cheesecake, Swiss roll, Koftas  
**Summer term** - We will be learning about food waste and how to prevent it. **Extended Task:** - Research, justify, plan and prepare own dish in response to a task based on environmental issues.

### Year 8

**Autumn term** – We are learning about our energy needs and how food can meet those needs. **In the kitchen:-** We will learn how to peel, mash and make a roux sauce. **We will cook:** - Shepard's pie & macaroni cheese.  
**Spring term** - We will be learning about fats in our diet and the impact of consuming too many saturated fats. **In the kitchen:-** We will learn how to measure out cooking with fats. **We will cook:** - shortcrust pastry products  
**Summer term** - We will be learning about common food allergies and intolerances and how to adapt dishes to meet these diets. **In the kitchen:-** We will learn how to safely handle and prepare raw meat. **We will cook:** - Chicken/fish goujons & lemon posset

### Year 7

**Autumn term** – We are learning about the importance of food safety and food hygiene, including the safe storage of food. **In the kitchen:-** We will learn how to safely use knives, operate an oven and the names of basic kitchen equipment. **We will cook:** - Fruit smoothie & scones.  
**Spring term** - We will be learning about the key messages from the Eatwell guide and how it promotes a healthy heating and lifestyles. **In the kitchen:-** We will learn how basic techniques including rolling out, achieving correct consistency and glazing. **We will cook:** - Raspberry twists & sausage rolls.  
**Summer term** - We will be learning about the importance of eating fresh fruit and vegetables and seasonal foods. **In the kitchen:-** We will learn how prepare fruit & hob safety. **We will cook:** - Apple crumble & pasta salad

### Aims

The national curriculum for Cooking and Nutrition.

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Pupils should be taught to:

- understand and apply the principles of nutrition and health
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet
- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]
- understand the source, seasonality and characteristics of a broad range of ingredients