

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7- Rotation Groups (16-20 Lessons in 8-10 weeks)						
Topic	<u>Theory content</u> <ul style="list-style-type: none"> • Health, safety & hygiene in food technology • The Eatwell guide • The role of fruit & vegetables in the diet • Knife skills- bridge hold & claw grip • Carbohydrates in the diet • Protein & alternatives in the diet • Dairy & fat in the diet • Food poisoning- causes & symptoms • Food miles & seasonal foods • Sensory analysis • Fairtrade 			<u>Practical lessons</u> <ul style="list-style-type: none"> • Fruit crumble- knife skills & rubbing in • Cheesy scones- rubbing in & use of the ovens • Vegetable couscous- knife skills • Halloumi & vegetable skewers- knife skills & use of the grills • Sausage rolls- handling raw meat • Pasta salad- Use of seasonal vegetables, use of the hobs • Rock cakes- all in one cake making method • Parmesan chicken nuggets- handling of raw meat 		
Sequencing	During this rotation students will learn about health, safety and hygiene when cooking, following on from any previous knowledge gained at home or in Primary school. Students will learn lots of new and exciting cooking skills which will develop the student's confidence and skills in the kitchen, preparing them for more complex skills and dishes in upper school. The theory content relates to each practical where we will learn the knowledge and skills for each dish.					
Extended Learning	Homework is to weigh & measure ingredients at home (setting students up for the lesson and practicing their accuracy with ingredients being weighed) Students will use their knowledge organisers to revise of their assessment					
Formal Assessment	Theory: Assessment on lesson 13 of their rotation recalling knowledge learnt during theory lessons, will be marked and graded.			Practical assessment: Student tracker booklet with targets & grading, self-assessment and teacher feedback.		

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 8- Rotation Groups (16-20 Lessons in 8-10 weeks)						
Topic	<u>Theory content</u> <ul style="list-style-type: none"> • Recap last rotation, health & safety • The Eatwell guide • The 4 C's • Food poisoning – temperatures of the danger zone • What is bacteria and how does it multiply • Function of carbohydrates, fibre and starch in the diet • Different types of pastry & function of ingredients • The digestion process • Cake making methods • How to adapt recipes • Understand the difference between an allergy and intolerance 			<u>Practical lessons</u> <ul style="list-style-type: none"> • Fajitas- handling raw meat, use of the hobs • Pizza wheels- making a dough • Mini quiches- making pastry • Bread and butter pudding, adapting your recipes • Swiss roll, cake making method- whisking • Cauliflower cheese- making a sauce • Spaghetti Bolognese- making ragu sauce • Brownies- cake making method, melting method • Decorated Maritime biscuits- maritime curriculum 		
Sequencing	<p>During this rotation students will recap and build on what they have learnt in year 7 and start to complete more complex cooking techniques and complex theory.</p> <p>Students will learn lots of new and exciting cooking skills which will develop the student's confidence and skills in the kitchen, preparing them for more complex skills and dishes in upper school. The theory content relates to each practical where we will learn the knowledge and skills for each dish.</p>					
Extended Learning	<p>Homework is to weigh & measure ingredients at home (setting students up for the lesson and practicing their accuracy with ingredients being weighed)</p> <p>Students will use their knowledge organisers to revise of their assessment</p>					
Formal Assessment	<p>Theory: Assessment on lesson 13 of their rotation recalling knowledge learnt during theory lessons, will be marked and graded.</p>			<p>Practical assessment: Student tracker booklet with targets & grading, self-assessment and teacher feedback.</p>		

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 9- Rotation Groups (16-20 Lessons in 8-10 weeks)						
Topic	Theory content The Eatwell guide Overnutrition and undernutrition Nutritional needs for different life stages Food contamination and bacterial growth Food provenance Design a gourmet burger Religion and food choices Food labelling			Practical lessons Pizza/ calzone Stir fry Cinnamon buns Gourmet burger Dutch apple cake Savoury rice Lasagna		
Sequencing	During this rotation students will recap and build on what they have learnt in year 7 and start to complete more complex cooking techniques and complex theory. Students will learn lots of new and exciting cooking skills which will develop the student's confidence and skills in the kitchen, preparing them for more complex skills and dishes in upper school. The theory content relates to each practical where we will learn the knowledge and skills for each dish.					
Extended Learning	Homework is to weigh & measure ingredients at home (setting students up for the lesson and practicing their accuracy with ingredients being weighed) Students will use their knowledge organisers to revise of their assessment					
Formal Assessment	Theory: Assessment on lesson 13 of their rotation recalling knowledge learnt during theory lessons, will be marked and graded.			Practical assessment: Student tracker booklet with targets & grading, self-assessment and teacher feedback.		

At the end of Year 9, students can make guided choice regarding the subjects they would like to study in Years 10-11. Students opting for Hospitality & Catering will be studying the following:

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10 WJEC Level 1/ 2 Vocational Award in Hospitality & Catering						
Qualification	WJEC Level 1/ 2 Vocational Award in Hospitality & Catering (practical dishes may change)					
Topic	1.1.1 Hospitality and catering providers 1.1.2 Working in the hospitality and catering industry 1.1.3 Working conditions in the hospitality and catering industry	1.1.4 Contributing factors to the success of hospitality and catering provision 2.1.1 Understanding the importance of nutrition 2.1.2 How cooking methods can impact on nutritional value	1.2.1 The operation of the front and back of house 1.2.2 Customer requirements in hospitality and catering 1.2.3 Hospitality and catering provision to meet specific requirements 2.2.1 Factors affecting menu planning	2.2.2 How to plan production 1.4.1 Food related causes of ill health 1.4.2 Symptoms and signs of food-induced ill health 1.4.3 Preventative control measures of food-induced ill health 1.4.4 The Environmental Health Officer (EHO)	2.3.1 How to prepare and make dishes 2.3.2 Presentation techniques 2.3.3 Food safety practices 2.4.1 Reviewing of dishes 2.4.2 Reviewing own performance	1.2.3 Hospitality and catering provision to meet specific requirements 1.3.1 Health and safety in hospitality and catering provision 1.3.2 Food Safety
Sequencing	Students are completing the WJEC level ½ award in hospitality and catering. The students will complete a combination of exam content and NEA content. These are mixed and alternated as they interweave learning well.					
Extended Learning	Students will complete homework as frequently as the policy states, this is a combination of reving for end of topic assessments, creating revision resources and bringing in ingredients for their cooks.					
Formal Assessment	No formal assessment is due in year 10.					

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 111 WJEC Level 1/ 2 Vocational Award in Hospitality & Catering						
Qualification	WJEC Level 1/ 2 Vocational Award in Hospitality & Catering (practical dishes may change)					
Topic	2.3.1 How to prepare and make dishes 2.3.2 Presentation techniques 2.3.3 Food safety practices 2.4.1 Reviewing of dishes 2.4.2 Reviewing own performance	Start of controlled coursework, will be completed by Easter*	Exam content 1.3.1 Health and safety in hospitality and catering provision 1.3.2 Food Safety	Exam content-revision	Exam content-revision	Exam content-revision
Sequencing	Students are completing the WJEC level ½ award in hospitality and catering. The students will complete a combination of exam content and NEA content. These are mixed and alternated as they interweave learning well.					
Extended Learning	Students will complete homework as frequently as the policy states, this is a combination of reving for end of topic assessments, creating revision resources and bringing in ingredients for their cooks.					
Formal Assessment	NEA is due at Easter- 60% Exam sat in June- 40%					
Post Year 11						
Further Education/ training in:	<p>Post 16 Courses: Level 3 in Catering and Hospitality at college. City College Norwich offers a variety of courses in Catering and Hospitality at different levels, (they also offer level 1 and 2 for less able students).</p> <p>Employment in: Trainee chef, waiter / waitress / hotel management, front of house for example receptionist, restaurant manager, hotel manager, maitre de. Set up your own catering company, work for a large hotel, teach.</p>					