



## Hospitality and Catering Learning Journey

Beyond GCSE

- International Hospitality Management BA (Hons) Degree
- Food technologist
- Dietitian
- Hospitality Level 3
- Armed Forces Chef
- Event Planner
- Front of house
- Travel – i.e. Cruise ships
- Manager
- Cabin Crew
- Baker

Customer and specific requirements

HACCP

Laws and legislation

Equipment

Exam techniques and revision

1.3 Health and Safety in hospitality and catering

Risk assessments

1.2 How hospitality and catering provisions operate

Types of provision

Factors to success

Front and back of house

Reviewing dishes and performance

Basic, medium and complex skills

September to October half term - controlled assessment

2.3.1 How to prepare and make dishes

2.2.3 Food safety practice

1.4 recap

1.1 Hospitality and catering provisions

Working in the industry

Garnishing and decoration

2.4 Evaluating cooking skills

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Environmental issues



Food safety and hygiene certificate



## WJEC Hospitality and Catering



2.3.2 Presentation techniques

Organoleptic qualities

Special dietary requirements

Nutrients and their functions

Control measures and legislation



Dovetailing

2.2.2 How to plan production

2.2.1 Factors affecting menu planning

2.1.2 How cooking methods impact on nutritional value

2.1.1 The importance of nutrition

1.4 Food safety in hospitality and catering

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Evaluating success



Cost, time, equipment, customers, portion control

Introduction to project and nutritional needs through life

Tots to teens

Nutrition through the life stages



Food related causes of ill health



Costing a recipe



World food project

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## Street Food

Some of the things you will cook . . . Churros, focaccia bread, lasagna, swiss roll, spring rolls, quiche, puff pastry, sausage rolls, cornflake tart

Time plans

Dietary needs and labelling



6R's



Fairtrade



Planning for context

Seasonality

Diet and health



HACCP



Introduction to project and nutrition



Food processing

Some of the things you will cook . . . Fruit crumble, macaroni cheese, chicken curry, bolognese, veggie chilli, chocolate chip cookies, pizza, fajitas

## World Foods



The danger zone

Reason for choice – religion, food related ill health



Religion

Nutritional needs

Food safety and bacteria

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Special dietary needs



Some of the things you will cook . . . Flapjack, pasta salad, pizza toast, koftas and couscous, bread, vegetable curry, scones, goujons, lemon drizzle cupcakes



Sensory Analysis



Introduction to nutrients and the energy balance

## A Healthy Start

Primary School

- Practical skills
- Preparation
- Cooking
- Baking
- Nutrition
- Food hygiene
- Sensory analysis

Healthy Food Choices & Labelling

Each serving (150g) contains				
Energy	Fat	Saturated Fat	Salt	
1046kJ	3.0g	1.3g	34g	0.9g
250kcal	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g/697kJ/167kcal



Weighing and Measuring



Health, safety and hygiene



Wash your hands please