

Food & Catering Practical Mastery Curriculum Plan

5 year programme of study



Year 7

Students will complete 1x 75min lesson per fortnight. They will complete 16 practical's a year.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Term 1											
	1 x 75min per 2 week = 19 lesson per year. Understand knife safety, cooker & hob safety, food hygiene, Personal hygiene, food science, nutrition through practical elements. 1 assessment every 4 practical's (2 x low stakes and 2 key assessments) - Routines & rituals - Fruit salad - Crumble						1 x 75min per 2 week = 19 lesson per year. Understand knife safety, cooker & hob safety, food hygiene, Personal hygiene, food science, nutrition through practical elements. 1 assessment every 4 practical's (2 x low stakes and 2 key assessments) - Baked Sandwich - 2 Eggs Fried & poached (Low stakes) - Omelette					
Spring	Term 2											
	1 x 75min per 2 week = 19 lesson per year. Understand knife safety, cooker & hob safety, food hygiene, Personal hygiene, food science, nutrition through practical elements. 1 assessment every 4 practical's (2 x low stakes and 2 key assessments) - Pancakes - Quesadilla - Pizza Bagels						1 x 75min per 2 week = 19 lesson per year. Understand knife safety, cooker & hob safety, food hygiene, Personal hygiene, food science, nutrition through practical elements. 1 assessment every 4 practical's (2 x low stakes and 2 key assessments) - Assessment - Flapjack - Chicken Stir-fry					
Summer	Term 3											
	1 x 75min per 2 week = 19 lesson per year. Understand knife safety, cooker & hob safety, food hygiene, Personal hygiene, food science, nutrition through practical elements. 1 assessment every 4 practical's (2 x low stakes and 2 key assessments) - Apple Cake - Scones (Low stakes) - Oat Cookies						1 x 75min per 2 week = 19 lesson per year. Understand knife safety, cooker & hob safety, food hygiene, Personal hygiene, food science, nutrition through practical elements. 1 assessment every 4 practical's (2 x low stakes and 2 key assessments) -Hedgehog bread - Assessment -Pasta bake					

Y7

Y7	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Term 1											
	Base line Routines & Rituals Knife safety	Practical: Fruit salad Knife safety (Working in 2's)	Practical: Fruit Crumble (Working independently)		Practical: Baked Sandwich (working independently)		Practical: Egg lesson Fried, & poached (working 2's) Low stakes quiz		Practical: Omelette (working 2's)			
Spring	Term 2											
	Practical: Pancakes (working 2's)	Practical: Quesadilla (working 2's)	Practical: Pizza bagels (Working independently)		Key assessment		Practical: Flapjack (working independently)		Practical: Chicken Stir-fry (working 2's) Practical: Apple Cake (working Independently)			
Summer	Term 3											
	Practical: Apple Cake (working Independently)	Practical: Scones (working Independently) Low Stakes Quiz	Practical: Oat cookies (working 2's)		Practical: Hedgehog bread (working independently)		Dirt, Catch up and Key assessment		Practical: Pasta Bake (working 2's)			

Year 8

Students will complete 1x 75min lessons per fortnight. They will complete 15 practical's a year.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Term 1											
	Understand the importance of health & safety, personal vs food hygiene, hazards, temperature control, food poisoning, and role of EHO. Knowledge retention supported by practical lessons. 1 assessment every 4 practical's (2 x low stakes and 2 key assessments) - Routines & rituals - Vegetable soup - Soda Bread						Understanding how to have a healthy balanced diet, energy balance and international cuisine. Knowledge retention supported by practical lessons. 1 key assessment per term. 1 assessment every 4 practical's (2 x low stakes and 2 key assessments) - Thai Curry - Chicken Tikka Pitta (Low stakes) - Risotto					
Spring	Term 2											
	Understanding how to have a healthy balanced diet, focussing on macronutrients Carbohydrates & Fibre, Proteins, & Fats. Knowledge retention supported by practical lessons. 1 assessment every 4 practical's (2 x low stakes and 2 key assessments) - Rocky Road - Brownies -Spaghetti Bolognaise						Understanding how to have a healthy balanced diet, focussing on micronutrients and the impact of a high sugar & salt diet. Knowledge retention supported by practical lessons. 1 assessment every 4 practical's (2 x low stakes and 2 key assessments) - Key assessment - Sweet & Sour Chicken - Mac 'n' cheese					

Summer	Term 3											
	Understand about special dietary needs - ethical, labelling & packaging and food waste. Knowledge retention supported by practical lessons. 1 assessment every 4 practical's (2 x low stakes and 2 key assessments) - Victoria Sponge - Sausage Rolls (Low stakes) - Spring rolls						Understand about food poverty, sustainability & security. Knowledge retention supported by practical lessons. 1 assessment every 4 practical's (2 x low stakes and 2 key assessments) -Eccles cakes - Short crust pastry - Key Assessment -Quiche					
Y8	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Term 1											
	Routines & Rituals Health & safety		Practical: Vegetable soup (working in 2's)		Practical: Soda Bread (working independently)		Practical: Thai Curry (working in 2's)		Practical: Chicken tikka wrap (working in 2's) Low stakes quiz		Practical: Risotto (working in 2's)	
Spring	Term 2											
	Practical: Rocky Road (working in 2's)		Practical: Chocolate brownie (working in 2's)		Practical: Spaghetti Bolognese (working in 2's)		Key assessment		Practical: Sweet Sour Chicken (working in 2's)		Practical: Mac 'n' cheese (working in 2's)	
Summer	Term 3											
	Practical: Victoria sponge (working independently)		Practical: Sausage rolls (working independently) Low stakes quiz		Practical: Spring rolls (working independently)		Practical: Eccles Cakes (Working independently)		Key assessment		Practical: Quiche (Working independently)	

Year 9

Students will complete 2x 75min lessons per fortnight. They will complete 16 practical's a year.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Term 1											
	Understand the importance of health & safety, & look at macro & micronutrients in more detail – commodities and deficiencies. Knowledge retention supported by practical lessons. 1 low stake quiz - Focaccia - Swiss roll - Vegetable Curry						Understand the importance of look at macro & micronutrients in more detail – commodities and deficiencies. Knowledge retention supported by practical I 1 low stake quiz and 1 Key assessment. - Cheesecake - Scotch egg - Veggie Chilli Burrito					
Spring	Term 2											
	Understand the importance of diet & good health, impact of high sugar diet & obesity. Knowledge retention supported by practical lessons. 1 low stake quiz and 1 Key assessment. - Chicken Chow Mein - Fish Finger Sandwich - Sticky toffee pudding						Understand and demonstrate the adaptability of pastry also taking a closer look at special diets – medical & ethical. Knowledge retention supported by practical lessons. 1 low stake quiz - Short crust pastry - Cheese & onion pasties - Flat breads					
Summer	Term 3											
	Understand about the different diet related health issues look at difference in allergies & intolerances, where and how food is grown & menu planning. Knowledge retention supported by practical lessons. 1 low stake quiz and 1 Key assessment. - Vegetable kebab and Raita - Pasta - Carbonara						Understand about risk assessment & HACCP, sensory analysis, factors affecting food choice and being able to work to a design brief. Knowledge retention supported by practical lessons. Key assessment - Sandwich challenge					

Y9

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Term 1											
	Routines & Rituals Health & safety, Hygiene	Practical: Focaccia (Working independently)	Carbohydrate	Practical: Swiss Roll (Working independently)	Protein	Practical: Vegetable Curry (Working in 2's) Low stakes Quiz	Vitamins & minerals	Practical: Lemon cheesecake (Working independently)	Fats	Practical: Scotch Egg (Working independently)	Key Assessment	Practical: Veggie Chilli Burrito (Working in 2's)
Spring	Term 2											
	Commodity Offal & meat	Practical: Chicken Chow Mein (Working in 2's)	Commodity – Fish	Practical: Fish Finger Sandwich (Working in 2's)	Sugar	Practical: Sticky Toffee Pudding (Working in 2's) Low stakes Quiz	Consequences of Obesity	Practical: Shortcrust pastry (Working independently)	Special diets – Medical (allergies & intolerances)	Practical: Cheese and onion pasty (Working independently)	Special diets – Ethical	Practical: Flat breads (working in 2's)
Summer	Term 3											
	Key Assessment	Practical: vegetable kebab & Raita (Working in 2's)	Diet related health problems (Diabetes, Scurvy, Rickets, CVD)	Practical: Pasta (Working independently)	Grown produce	Practical: Carbonara (Working independently) Low stakes Quiz	Nutritional needs of different ages	Sandwich challenge design lesson	Sandwich Challenge Practical (working independently)	Factors affecting food choices &	key assessment	

Year 10

Students will cover 5 units in detail with practical's to support and apply theory.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Term 1						Term 2					
	UNIT 1 Hospitality & Catering provisions - Providers, working in the industry, working conditions, factors of success											
Spring	Term 3						Term 4					
	UNIT 1 Hospitality & Catering provisions operate – operation of the front & back of house, customer requirements and meeting specific requirements					UNIT 1 Health & food safety in hospitality & catering (level 2 certificate) – Health & safety in provisions, food safety, food related causes and symptoms of ill health, preventative control measures of food-induced ill health, EHO						
Summer	Term 4						Term 6					
		UNIT 2 Importance of nutrition – Macronutrients, Micronutrients, Fibre, Water, Balanced diet, Eatwell guide, special dietary needs					UNIT 2Menu planning – factors affecting menu planning & how to plan production				UNIT 2 Practice controlled assessment	

Y10

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	UNIT 1: Hospitality & Catering provisions											
	Intro to course Hospitality provisions Commercial & non commercial	Practical- Fillet chicken Standards & ratings	Practical- buffalo wings; marinade employment roles & responsibilities	Practical Coq au vin Kitchen Brigade	Practical: Katsu Curry Personal attributes, qualifications & experience	Practical: Gyros Recap Key assessment	Practical: Shortcrust pastry Types of employment contracts & working hours. Remuneration & benefits in the industry	Practical: Apple tarts Costs incurred within the hospitality & catering industry.	Practical : Rough puff pastry Economic impact	Practical: Sausage plait Environmental needs and impact	Technological impacts	Positive & negative impacts of media
Spring	UNIT 1: Hospitality & Catering provisions operate					UNIT 1: Health & food safety in hospitality & catering (level 2 certificate)						
	Front & back of house	Equipment & material	Practical: Choux pastry Documentation & administration requirements	Practical: Profiteroles Dress code front & back of house	Practical: Meringues Assessment	Practical: Flat bread Introduction of level 2 certificate Food Safety & Hygiene Basics Importance of food hygiene Legal responsibilities of food handlers Consequences of poor food hygiene (e.g.,	Food Contamination & Prevention Types of contamination: biological, chemical, physical, and allergenic Cross-contamination risks and control measures High-risk foods and how to handle them safely	Practical: Decorated Focaccia	Personal Hygiene Handwashing techniques and when to wash hands Correct use of protective clothing (e.g., gloves, aprons, hairnets) Illness policies	Practical: Enriched dough – Chelsea Bun	Food Storage & Temperature Control Proper food storage practices (e.g., FIFO – First In, First Out) Safe cooking, cooling, reheating, and holding temperatures Use of thermometer	Cleaning & Pest Control Effective cleaning and disinfection procedures Waste disposal and maintaining a clean work environment Identifying and preventing pest infestations

						foodborne illnesses)			and reporting symptoms		rs to check food safety	
Summer		UNIT 2: Importance of nutrition					UNIT 2: Menu planning				UNIT 2: Practice controlled assessment	
	Level 2: assessment Macro nutrients	Practical: Pasta Micronutrients	Practical: Pasta Dish Water & Fibre	Practical: Balanced diet	Practical: Special dietary needs	Revision booster Practice Unit 1 paper	Practical: New technologies & effects of processing Health impacts	Practical: Range of factors that influence food choices	Practical : Environmental issues	Organoleptic qualities	Practice controlled assessment Practical: dish of choice	

Year 11

Students have 1 piece of non-examination assessments (nea) to complete – brief released 1st Sep of assessment year.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	UNIT 2 – IMPORTANCE OF NUTRITION						UNIT 2 – Menu Planning					
	In this topic learners will gain knowledge & understanding of the following areas: - Understanding the importance of nutrition - How cooking methods can impact on nutritional value Brief, Task analysis, Nutritional analysis, 2 x practical and evaluation (12 marks)						In this topic learners will gain knowledge & understanding of the following areas: - Factors affecting menu planning - How to plan production Reasons of choice, time planning, shopping & equipment lists (18 marks)					
Spring	UNIT 2: THE SKILLS AND TECHNIQUES OF PREPARATION, COOKING & PRESENTATION OF DISHES & EVALUATING COOKING SKILLS						UNIT 1: REVISION AND EXAM PREPARATION					
	In this topic learners will gain knowledge & understanding of the following areas: - How to prepare and make dishes - Presentation techniques - Food safety practices - Reviewing dishes made - Reviewing own performance Practical examination x 2 dishes (66 marks), evaluation (24 marks)						Hospitality & Catering provisions - Providers, working in the industry, working conditions, factors of success Hospitality & Catering provisions operate – operation of the front & back of house, customer requirements and meeting specific requirements Health & food safety in hospitality & catering – Health & safety in provisions, food safety, food related causes and symptoms of ill health, preventative control measures of food-induced ill health, EHO					

Summer	UNIT 1: REVISION AND EXAM PREPARATION						Exam season – study leave					
	Hospitality & Catering provisions - Providers, working in the industry, working conditions, factors of success Hospitality & Catering provisions operate – operation of the front & back of house, customer requirements and meeting specific requirements Health & food safety in hospitality & catering - Health & safety in provisions, food safety, food related causes and symptoms of ill health, preventative control measures of food-induced ill health, EHO											
Y11	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	UNIT 2 – IMPORTANCE OF NUTRITION						UNIT 2 – Menu Planning					
	Introduction of the brief & task analysis	Nutritional analysis	Practical Trial & evaluation dish 1	Nutritional analysis	Practical Trial & evaluation dish 2	How cooking methods can impact on nutritional value	Reasons of choice	Practice chosen dish and evaluation	Reasons of Choice	Practice chosen dish and evaluation	Time planning	Time planning
Spring	UNIT 2: THE SKILLS AND TECHNIQUES OF PREPARATION, COOKING & PRESENTATION OF DISHES & EVALUATING COOKING SKILLS						UNIT 1: REVISION AND EXAM PREPARATION					
	Shopping & equipment list	Dirt	Practical examinations	Practical examinations	Evaluation write ups	Evaluation write ups	Hospitality & Catering provisions - Providers, working in the industry, working conditions, factors of success				Hospitality & Catering provisions operate – operation of the front & back of house, customer requirements and meeting specific requirements	

Summer	UNIT 1: REVISION AND EXAM PREPARATION		Exam season – study leave
	Hospitality & Catering provisions operate – operation of the front & back of house, customer requirements and meeting specific requirements	Health & food safety in hospitality & catering - Health & safety in provisions, food safety, food related causes and symptoms of ill health, preventative control measures of food-induced ill health, EHO	