THE JOURNEY OF LEARNING

Yr10 EDUQAS LEVEL 1 /2 SPECIFICATION A
HOSPITALITY AND CATERING TECHNICAL AWARD

Year11

Year 10 Summer Term 2

DIRT time

End of Year assessment

Factors affecting menu choice
Cost
Equipment available
Seasonal foods
Time available
Environmental issues
Organoleptic qualities
Time of day
Client needs – special requirements

Balancing dishes nutritionally. Victoria sandwich cake. Creaming method. Use of fresh seasonal fruits to add nutrients. Whipping cream and healthy alternatives.

Year 10 Summer Term 1

Baking blind. Sweet fruit tart. Pastry skills, glazing, baking blind, setting a custard sauce. Fruit decoration.

AC2.2.1 factors affecting menu planning

Baking retains nutrients but vitamins B& C can be destroyed at high temperatures.

Practical. Potato and vegetable cheese bake

Steam retains water soluble vitamins

Poach water or milk based. Milk adds nutrients.

Practical. Steamed chicken and vegetable parcel. Performance review. Filleting chicken. Brunoise / julienne knife skills.

Stir fry adds fats to food

Roasting adds fat to foods.

Year 10 Spring Term 2

Practical. Making a pasta dough. Shaping and cutting. Boiling

Frying, shallow/deep. Adds fat to dishes except dry frying. Frying in butter adds vitamins A&D.

DIRT time

Practical. Grilled vegetable kebab.

AC 2.1.2
How cooking methods can impact on nutritional value advantages and disadvantges

Boiling, loss of water soluble vitamins

Mid year assessment

Ambitions week exploring careers in the food industry.

Grilling removes fat from foods

Demonstration and practical vegetarian lasagne. Adapted with low fat dairy foods. Roux sauce, layered dish, saute, boil, simmer, bake. Performance review.

Medical, allergies and intolerances

Year 10 Spring Term 1

Different energy levels, lifestyle, activities.

Religious choices

Poached fish with potato pie topping and with vegetables.
Fish filleting. Suitable for people with special dietary requirements. Performance review.

Vegetarians, vegans, lacto, ovo, pescatarians.

Vitamins and minerals
Names function, source and deficiencies.
Fat soluble and water soluble vitamins.

AC2.1.1 understanding the importance of nutrition.

Nutrition recall

Life stages
Adults, early middle, late
Children, babies , toddlers, teenagers.

Vegetable soup. Peel, dice, bridge and claw, seasoning, sensory adjustments

Practical. Bread dough pizza, adapted for a child, teenager and adult. Performance review – strengths, weaknesses, meeting individual dietary needs, timing and organisation .

Year 10 Autumn Term 2

Carbohydrates, function source and deficiencies. Slow release carbohydrates

Fats, function source and deficiencies. Unsaturated fats and saturated fats.

Protein, function, source and deficiencies

Ragu sauce with wholewheat pasta and vegetables. Saute, boil, simmer, sauce reduction. chiffonade - basil.

Carrot cake. Oil as an alternative to butter and margarine. Low fat ingredients. Making a batter. Cake decorating, use of balloon whisk and piping equipment.

Cottage pie
Meat based dish, boiling, saute, simmer, bake . Piping skills

Principles of nutrition macro nutrients, micro nutrients

Year 10 Autumn Term 1

AC2.1.1:
The importance of nutrition

KEY

Cultural	PSHCE	Careers	Literacy	Knowledge and application	DIRT	summative