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| **Subject:** Food & Cookery Vocational award (NCFE)Year 11 Curriculum Map 2022-2023 |
| Terms | **Topics covered** and **core knowledge and skills** | Links to careers | Links to the Knowledge organiser and other additional resources |
| Half term 1 | **Understand the importance of nutrition when planning menus** Safe and hygienic working practices relating to the individual and the cooking environment Potential hazards and risks in the cooking environment, Minimising risk in the cooking environment. Safe and hygienic working practices when using cooking equipment and utensils**Food preparation, cooking skills and techniques**Key stages and the purpose of a recipePractical application of ‘Health & Safety’ relating to food, nutrition and the cooking environment.Preparation skills for commodities.Describe functions of nutrients in the human body, compare nutritional needs of specific groups**Specific groups*** Different life stages
* Childhood
* Adulthood
* Later adulthood

**Special diets*** Medical conditions
* Activity levels

Explain characteristics of unsatisfactory nutritional intake**Characteristics*** Visible
* Non-visible

**Unsatisfactory*** Nutritional deficiencies
* Nutritional excesses

Explain how cooking methods impact on nutritional value. | <https://nationalcareers.service.gov.uk/><https://www.learningtoleap.co.uk/catering-careers/><https://www.youthemployment.org.uk/careers-hub-sector/catering-and-hospitality/><https://www.careersincatering.co.uk/><https://www.instituteofhospitality.org/><https://people1st.co.uk/><https://www.bighospitality.co.uk/> | <https://www.food.gov.uk/><https://foodafactoflife.org.uk/news/open-farm-sunday-2022/><https://www.nutrition.org.uk/><https://foodafactoflife.org.uk/14-16-years/food-commodities/><https://foodafactoflife.org.uk/resources/?q=food%20safety><https://www.gdalabel.org.uk/gda/gda_values.html>Knowledge Organisers:<https://maritime.rivoagency.com/admin/wp-content/uploads/sites/20/2022/10/Food-and-Cookery-KO.pdf><https://maritime.rivoagency.com/admin/wp-content/uploads/sites/20/2022/10/Macronutrients-fibre-and-water-KO-1.pdf><https://maritime.rivoagency.com/admin/wp-content/uploads/sites/20/2022/10/Micronutrients-14-16-KO.pdf><https://maritime.rivoagency.com/admin/wp-content/uploads/sites/20/2022/10/Planning-what-to-cook-KO.pdf><https://maritime.rivoagency.com/admin/wp-content/uploads/sites/20/2022/10/Sensory-science-KO.pdf> |
| Half term 2 | **Understand menu planning**Explain factors to consider when proposing dishes for menus:* Time of year e.g. seasonality of commodities, seasonal events
* Skills of staff
* Equipment available
* Time available
* Type of provision e.g. service, location, size, standards
* Finance e.g. costs, customer needs
* Client base

Explain how dishes on a menu address environmental issues:**Dishes*** Preparation and cooking methods
* Ingredients used
* Packaging

**Environmental issues*** Conservation of energy and water
* Reduce, reuse, recycle
* Sustainability e.g. food miles, provenance

Explain how menu dishes meet customer needs:* Nutritional
* Organoleptic
* Cost e.g. premium priced dishes, value for money

Plan the production of 2 dishes for a menu – for a specified customer:* Sequencing
* Timing
* Mise en place
* Cooking
* Cooling
* Hot holding
* Completion
* Serving (presented as if to be served)
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