Food Technology learning journey at Forge Valley

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

Retake EXAM July

All subject GCSE's start

If your met your target on your exam
Level 2 Food Safety & Hygiene for catering. City & Guild Accredited.

LO5
LO4
Understanding exam style questions
LO3
LO1
LO2

EXAM REVISION STARTS

Techniques
Weighing and measuring
Chopping
Shaping
Peeling
Whisking
Melting
Rub-in
Sieving
Segmenting
Slicing
Hydrating
Blending Commodities
Poultry
Meat
Fish
Eggs
Dairy products
Cereals, flour, rice, pasta
Vegetables
Fruit
Soya products

- Boiling
- Blanching
- Poaching
- Braising
- Steaming
- Baking
- Roasting
- Grilling (griddling)
- Frying
- Chilling
- Cooling
- Hot holding

AC3. 2 assure quality of commodities to be used in food preparation

AC3.3 use techniques in cooking of commodities

AC3.4 Complete dishes using presentation techniques

AC3.5 using food safety practices

LO3 be able to cook dishes

Controlled Assessment

START OF UNIT 2

EXAM July

YEAR 11

Cooking skills for controlled assessment

3.2 Quality of commodities – smell, dates, sight, touch, stored, packaged

AC2.4 plan production of dishes for a menu.

AC2.3 How menu dishes meet customer needs

LO2 understand menu planning

AC2.2 explain how dishes address environmental issues.

AC1.2 Specific groups and their needs: age, diets, medical, activity

AC1.1 Functions of nutrients

5.1 & 5.2 Review & recommend options for hospitality and catering provision

AC4.4&4.5 Food poisoning & Symptoms of food induced ill health

AC4.2& 4.3 Food safety legislation and the Environmental Health Officer

AC4.1 Food related causes of ill health

AC2.1 Factors to consider when proposing dishes for menus.
Time of the year
Staff skill
Equipment
Time
Provision
Client

AC1.4 How cooking methods impact on nutritional value

Ac1.3 Unsatisfactory intake of nutrients.

LO1 understand the importance of nutrition when planning menus

LO5 Be able to propose a hospitality and catering provision to meet specific requirements

LO1 Understand the environment in which hospitality and catering providers operate

Ac1.3 Working conditions

LO2 Understand how hospitality and catering provision operates

AC2.3 explain how hospitality and catering provision meet customer requirements

LO4 Know how food can cause ill health

AC3.2 & 3.3 Risks to personal safety and control measures. Employees & Employers

YEAR 10

Adapting a BBC recipe.
Planning, shopping list, ordering

Using left overs

AC1.1 & 1.2 Structure of the industry. Careers, pay, training, qualifications

Ac1.4 Factors for success for H&C industry

AC2.1 & 2.2 Operation of the kitchen & front of house
Layout, stock, staff, dress code
Safety & Security

LO3 Understand how hospitality and catering provision meets health and safety requirements

AC3.1 Personal safety responsibilities in the workplace, of employees & employers

Gelatinization

Steaming
Frying
Roasting
Baking

Carbohydrates
Vitamins and minerals

Fat as a macronutrient

Factors influencing food choices

Food choices and Methods of Cooking

Religion and diet

- **Marble cake**
- **Potato rosti**
- **Steamed pudding and custard**
- **Welsh rarebit**
- **Chicken pie**
- **Own choice based on special diets**

British
Anglo/ Pakistan
Greek
Spanish

Cultural food from around the world

Nutritional analysis of recipes

Meal making

Bacteria & causes of food poisoning

Food standard agency

- **Shepherd cottage pie**
- **Chicken Balti naan bread**
- **Roasted vegetable soup and focaccia**
- **Frittata n salsa**
- **Fish n chips demo**
- **Individual choice cultural meal**

YEAR 9

Healthy eating and the Eatwell guide

Emulsification

Coagulation

Aeration

Functions of ingredients

Design and make pizza

Mechanical raising agents

Raising Agents

Biological raising agent

Steam as a raising agent

Chemical raising agents

French savory sweet dishes

Rice dishes from around the world

Nutritional analysis of recipes

Social factors
Environmental
Ethic factors
Special Dietary requirements

Cultural foods
French/ north Africa
Anglo Italian
America Italian
Italian/Asian

Cultural foods which are a result of migration

YEAR 8

- **Spaghetti Bolognese**
- **Macaroni cheese**
- **Risotto**
- **10" pizza**
- **Pasticcio**

- **Toad in the hole**
- **Chelsea buns**
- **Swiss Roll**
- **Gingerbread Cake**
- **Bakewell Tart**

Design and make a portion of Couscous

Nutritional analysis of recipes

food history

Religion and diet

Macronutrients

Eatwell guide and healthy eating

Rubbing in technique
Yeast based dough – raising.
Melting method

Seasonality and factors effecting choice of ingredients

Food preparation, cooking and storage

Hygiene and safety

Meet your teacher

YEAR 7

- **Fruit Crumble**
- **Scones**
- **Bread butter pudding**
- **Bread**
- **Anzac biscuits**
- **Pineapple up side down pudding**

- **Greek salad**
- **Minestrone soup**
- **Pita Pizza**
- **Chow mein**
- **Couscous**
- **Ratatouille**

Special dietary needs

Food miles

Use of cooker
Cooking methods

Cultural foods

Cultural foods
Greek
Italian
Chinese
North Africa

Factors affecting food choices

Equipment & hygiene
Knife skills – **Bridge & Claw**

Principles of food safety