

Year 10	T1	T2	T3	T4	T5	T6
Content / Topic for Term	Unit 1 (LO3) Use food safety practices	Unit 2 (LO3) Nutrition and presentation of quality dishes	Unit 2 (LO3)	Unit 1 (LO1 and LO5)	Unit 1 (LO3 and LO4)	Unit 2 (LO1 and LO2) Controlled assessment
Key Knowledge for acquisition, recall and application in assessment or exam	Food hygiene and safety practices and using the food room routine. Knives types, care, applications and safety. Temperature checking and safe cooking and storage of foods. Cross contamination measures and best practices. Food poisoning types, signs and symptoms and sources. Vulnerable groups and food safety.	Staple foods: types of rice, flour and grains their origins and functions/applications in recipes. Staple foods: pasta types and applications. Types of sauces, dressings and structures and how they are used in dishes. Types of bread, shapes and finishes. Portion control, garnishes and presentation techniques. Nutritional needs of different age groups, activity	Paste products- types, methods and applications. Functions of fats, sugars and raising agents. Cake making methods- rubbing in, creaming, whisking, melting, all in one. Preventing faults with baking cakes and biscuits. Cake decorating methods and finishes. Special dietary needs; food choices, medical needs, allergens and alternatives. Signs and symptoms of allergies/intolerances.	Types of establishment, features and functions. Services that are available to customers. Planning food for non-catering venues. Rating systems used. Transported meal systems. Suppliers to hospitality and catering. The kitchen brigade. Job profiles and skills. Front and back of house job roles. Working conditions in the Hospitality and Catering	HASAWA & HSE. COSHH & RIDDOR. Occupational health, PPE, manual handling regulations. Accidents at work and risk assessments. Personal and customer safety measures and actions. Fire safety and prevention. Sources and causes of food poisoning bacteria. Food and non-food sources. Types of food poisoning bacteria. The visible and non-visible signs	Introduction to the LAB and personalising it. Explore the nutritional needs of the target market. Research into potential dishes and proposals.

	Cooking equipment, safe use and their function. Ingredients and their function. Cooking methods and applications and health.	levels and a balanced diet.	Packaging and food labelling and safety regulations.	industry. Working hours, legislation protecting workers and rates of pay.	and symptoms of food poisoning. Allergies and intolerances to food. Roles and responsibilities of the EHO. Food legislation, food hygiene regulations.	
Key skills to apply in assessment or exam	<p>Preparation skills:</p> <ul style="list-style-type: none"> • chopping, slicing and dicing • weighing and measuring • grating • whisking • peeling • mashing • shaping • blending <p>Cooking methods:</p> <ul style="list-style-type: none"> • baking • frying • melting 	<p>Preparation skills:</p> <ul style="list-style-type: none"> • chopping, slicing and dicing • weighing and measuring • grating • whisking • peeling • kneading • proving • shaping • breadding • stuffing • blending <p>Cooking methods:</p> <ul style="list-style-type: none"> • baking • frying 	<p>Preparation skills:</p> <ul style="list-style-type: none"> • chopping, slicing and dicing • weighing and measuring • grating • whisking • peeling • kneading • rubbing in • shaping • creaming • blending • chilling <p>Cooking methods:</p> <ul style="list-style-type: none"> • baking • melting 	<p>Preparation skills:</p> <ul style="list-style-type: none"> • peeling • chopping • slicing • stuffing • blending • weighing • measuring • mashing <p>Use food safety practices.</p> <p>Plan production of dishes for a menu.</p>	<p>Preparation skills:</p> <ul style="list-style-type: none"> • chopping • slicing • blending • weighing • measuring • shaping • kneading • whisking <p>Cooking methods:</p> <ul style="list-style-type: none"> • frying • sautéing • boiling • baking • roasting • poaching 	

	<ul style="list-style-type: none"> • piping • boiling • sautee • poaching • hydrating 	<ul style="list-style-type: none"> • melting • boiling • grilling • sautee <p>Presentation skills:</p> <ul style="list-style-type: none"> • portion control • plating up 	<ul style="list-style-type: none"> • sautee <p>Presentation skills:</p> <ul style="list-style-type: none"> • portion control • plating up • piping • glazing 		<ul style="list-style-type: none"> • melting. <p>Presentation skills:</p> <ul style="list-style-type: none"> • portion control • plating up <p>Piping</p>	
Title of Knowledge Organiser	<p>Food hygiene and safety</p> <p>Kitchen equipment</p> <p>Food safety legislation</p>	Different types of diets/customer needs		<p>Types of establishment, features and functions.</p> <p>Services that are available to customers.</p> <p>Planning food for non-catering venues. Rating systems used.</p> <p>Transported meal systems. Suppliers to hospitality and catering.</p> <p>The kitchen brigade. Job profiles and skills. Front and back of house job roles.</p>	<p>Food safety legislation.</p> <p>Risks and control measures for personal safety in Hospitality and Catering.</p> <p>Personal safety. Responsibilities in the workplace.</p> <p>Risks and control measures.</p> <p>Know how food can cause ill health.</p> <p>Environmental Health Officer: roles and responsibilities.</p>	

				Working conditions in the Hospitality and Catering industry. Working hours, legislation protecting workers and rates of pay.		
--	--	--	--	--	--	--