

Staff Contact: Miss S Henshaw (sthenshaws@selstonhigh.org.uk)

Outline content:

The course aims to develop practical food preparation and cooking skills and to foster an understanding of the importance of good nutrition and a healthy diet. Students will study the hospitality and catering industry to develop knowledge and understanding related to a range of hospitality and catering providers; how they operate and what they have to take into account to be successful. Students will learn about issues related to nutrition and food safety and how they affect successful hospitality and catering operations. In this qualification, learners will also develop skills in menu planning, recipe adaptation and food science as well as transferable skills of problem solving, organisation and time management.

Learners will know about:

- Safe and hygienic preparation of the cooking environment, hospitality and catering industry, food safety and food poisoning, nutrition and healthy eating, menu planning and dietary requirements, food labels and cooking for a range of purposes.

They will develop skills:

- in creating menus to meet a brief
- in selecting ingredients to cook dishes
- in adapting recipes for health and diets
- in catering and working in a professional environment
- that are essential for the modern workplace, such as planning, research skills, communication, problem-solving skills and health and safety



Assessment including terminal examinations and controlled assessments:

The course consists of 1 unit of internally assessed coursework, which are mainly practical in nature and 1 unit of externally assessed written examination.

Examples of learning activities (e.g. offsite visits; group learning; research; use of ICT etc.)

Weekly practical cooking tasks, group research tasks, experimental food work, cooking challenges, analysis of food products using ICT, food comparisons and disassembly of foods. Students will be expected to prepare, buy and bring ingredients into school on a weekly basis so there is a cost element involved in the course.

Future progression (e.g. what courses might follow on in post-16 education)

This qualification is designed for learners who have an interest in hospitality and catering. It will provide learners with experience of using different cooking techniques and methods to enable them to use these within further education or apprenticeships. It will give them a basic understanding of the skills required for a career in food. The course will also help to access Hospitality and Catering courses at colleges and a foundation for A level and BTEC courses.

Skills:

The personal qualities or commitments essential for this course:

- Excellent organisation skills
- Work independently and as part of a team
- Be able to cope in a busy, pressured, strictly timed environment
- Excellent communication and sensible behaviour

Possible future careers that this course supports:

Chef, nutritionist, dietician, catering assistant.