

Year 10: Hospitality and Catering Unit 3 Overview – Mock NEA Menu Proposal and Planning

Target Grade:

You will learn about:

Throughout this unit, you will gain confidence in completing the NEA task. You will research and analyse the requirements of different specialist diets whilst considering wider factors that affect our food choice such as social, moral and environmental issues. You will explore and analyse a task, identifying what type of establishment and menu would be suitable.

You will identify suitable dishes for the brief and develop practical skills whilst planning the final dishes for your practical exam. You will develop skills in planning effectively, including writing time plans and confidently adapting ingredients to meet particular requirements. You will develop confidence in higher level making and presentation skills, analysing the effectiveness and suitability of recipes whilst considering cost and nutritional information.

You will know and understand:

- Life stages and specialist diets.
- Nutritional Guidelines and Nutritional Analysis.
- Health related Diets and medical issues.
- The use of primary and secondary research.
- How to up-skill dishes to increase skill and improve presentation.
- How to write to justify, explain and evaluate.
- How to create clear, logical and effective time plans.
- How to justify a choice of menu

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| Lesson Overview: <ol style="list-style-type: none">1. Introduction to NEA Structure and the brief. Initial research.2. Task Analysis3. Research4. Possible Dish proposal5. Nutrients and Functions6. Nutritional Requirements7. Environmental Considerations8. Time Plans9. Time Plans10. Practical Exam | Key Words: Analyse Suitable Requirements Nutrition Suitability Sensory Environmental Equipment Technique Investigate Function |
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Suggested reading or support available:

See important resources, feedback and information about lessons in your Showbie Class folder.

<https://www.bbc.co.uk/bitesize/subjects/zbtvxyc>

<http://www.foodafactoflife.org.uk/site.aspx?siteId=19&t=3>

<https://www.bbcgoodfood.com/>

<https://www.bbc.com/food/techniques>

<https://www.vegsoc.org/>

<https://www.bbc.com/bitesize/subjects/zb8jmp3>

www.technologystudent.com

Cross curricular

P.E

Nutritional requirements of different groups. Nutrient functions, sources and alternative food choices. Research into nutrient requirements at different life stages. Medical reasons for different diets. Diet related illness.

SMSC:

Factors that affect our food choices. Social, moral and environmental issues when selecting food.

Literacy:

Descriptions of techniques. Writing recipes for instructions. Scanning and analysing text for research.

Numeracy:

Calculating reaction and cooking times. Measurements and timings within time-plans.

Analysing nutritional data. Calculating and recording results when carrying out an investigation. Use of methods to complete sensory analysis and record results.