

## **Year 11 : Hospitality and Catering. Unit 1 & 2 NEA**

### **You will learn about:**

Through this task you will develop knowledge, skills and understanding of the planning, preparation, cooking and presentation of food, applying knowledge of nutrition and environmental considerations related to the chosen task. You will prepare, cook and present a final menu, planning in advance how this will be achieved.

To complete this, you will carry out a series of smaller tasks including:

- **Analysing the brief**
- **Proposing Possible Dishes**
- **Nutritional Analysis**
- **Explaining Factors affecting Meal Choices**
- **Menu Planning**
- **Practical Task**

### **You will:**

- Identify and explore factors affecting food choice that are relevant to the task.
- Research and select higher level making skills for a specific brief
- Develop skills in the effective planning of recipes
- Develop and apply high level making skills linked to your chosen brief

### **You will know and understand:**

- How to analyse a task
- Where to find relevant research
- How to effectively analyse and display your research
- How to describe nutrients and their functions
- How to explain nutritional needs of specific groups
- How to evaluate and explain factors affecting meal planning
- How to effectively plan and prepare your own recipes

<p><b>Lesson Overview:</b></p> <ol style="list-style-type: none"> <li>1. Introduction to the task. Structure and assessment. Starting related research</li> <li>2. Brief Analysis</li> <li>3. Research</li> <li>4. Possible Dishes</li> <li>5. Nutrients and Functions</li> <li>6. Nutritional Needs</li> <li>7. Factors affecting meal choices- Environmental</li> <li>8. Factors affecting meal choices- Specific Groups</li> <li>9. Time Plan</li> <li>10. Time Plan</li> <li>11. Practical Exam</li> <li>12. Practical Exam</li> </ol>	<p><b>Key Words:</b></p> <p>Equipment Cuisine Fusion Specialist Requirement Nutrition Sensory Preparation Techniques Analysis Research Conclusion</p>
<p><b>Suggested reading or support available:</b></p> <p>See important resources, feedback and information about lessons in your Showbie Class folder.</p> <p><a href="https://www.bbc.co.uk/bitesize/subjects/zbtvxyx">https://www.bbc.co.uk/bitesize/subjects/zbtvxyx</a></p> <p><a href="https://www.greatbritishchefs.com/">https://www.greatbritishchefs.com/</a></p> <p><a href="http://www.foodafactoflife.org.uk/site.aspx?siteId=19&amp;t=3">http://www.foodafactoflife.org.uk/site.aspx?siteId=19&amp;t=3</a></p> <p><a href="https://www.bbcgoodfood.com/">https://www.bbcgoodfood.com/</a></p> <p><a href="https://www.bbc.com/food/techniques">https://www.bbc.com/food/techniques</a></p> <p><a href="https://www.vegsoc.org/">https://www.vegsoc.org/</a></p> <p><a href="https://www.bbc.com/bitesize/subjects/zb8jmp3">https://www.bbc.com/bitesize/subjects/zb8jmp3</a></p> <p><a href="http://www.technologystudent.com">www.technologystudent.com</a></p>	<p><b>Cross curricular:</b></p> <p><b>Science:</b> Functions of ingredients within recipes. Nutritional analysis. External effects on a reaction during preparation and cooking.</p> <p><b>P.E:</b> In many investigations, the nutritional values of ingredients and recipes will need to be analysed and compared.</p> <p><b>SMSC:</b> Independent work requiring resilience and the ability to be self reflective throughout the task.</p> <p><b>Literacy:</b> Writing to justify. Descriptive writing when evaluating a practical Task.</p> <p><b>Numeracy:</b> Measurements, timings and temperatures of all recipes.</p>