

# GCSE CATERING

	CORE KNOWLEDGE			CORE SKILLS				
9A	EXCELLING	<p>Students should have knowledge and understanding of the following: Types of establishments that provide food and drink. Contract caterers. The type of services available in different establishments to include self-service, fast food, cafeteria, take-away, buffet, plate, waiting service, automatic vending and travel service. Job roles, employment opportunities and relevant training</p> <p>The candidate should also have knowledge of the roles, duties and training available for each of the following: Management – Manager, Assistant Manager, Chefs – Head, Second (Sous), Pastry, Larder, Sauce, Vegetable, Assistant (Commis). Food and Drink Service – Restaurant Manager and Waiting Staff. The candidate should be aware of career opportunities locally, nationally and Internationally.</p> <p>The candidate should have knowledge and understanding of Personal hygiene – hand washing, general body hygiene, reporting sickness, protective clothing. Food safety – cleanliness, temperature control, cooking, monitoring and storage. The main points of the Food Safety Act. Common causes of food contamination. Common types of food poisoning. Health and Safety – common health and safety signs, fire precautions, safe use of equipment. The main points of the Health and Safety at Work Act. Simple first aid procedures. Risk Assessment – identification and control of hazards (HACCP). Health and Safety Executive five-point plan and Fire Regulations.</p>		EXCELLING	<p>Students should be able to demonstrate skills in storage, preparation and serving of each of the following foods: Meat, poultry - Fish - Eggs - Dairy products - Cereals, flour, rice, pasta - Vegetables - Fruit - Convenience products - Sauces - Basic dough products - Basic pastry products - Cakes, sponges and scones.</p> <p>Students should be able to use small and large scale catering equipment, hand equipment and powered equipment. In addition to this they should be able to use small and large scale food service equipment, hand equipment and powered equipment.</p> <p>The student should be able to demonstrate conservation of energy and water when preparing food. They should also demonstrate Reducing, re-using and recycling of food waste in the preparing and serving of meals.</p> <p>Students should be able to costing raw materials for a range of food items using standard recipes. Use appropriate methods of portion control and create balanced meals.</p> <p>Students should be able to demonstrate good personal hygiene including hand washing, general body hygiene, reporting sickness and wearing protective clothing.</p>			9A
9B								9B
8A								8A
8B								8B
7A								7A
7B								7B
6A								6A
6B								6B
5A								5A
5B								5B
4A								4A
4B								4B
3A	DEVELOPING KS3	<p>Full names and uses of equipment they have used.</p> <p>Names and properties of all food groups.</p> <p>Knowledge of the Eatwell plate and % needed from each section.</p> <p>An overview of how to make Cakes, Biscuits, Bread, Pastry and Sauces.</p> <p>Health and safety rules for the kitchen and how to apply them.</p> <p>How to design for a target audience.</p>	DEVELOPING KS3	<p>The 6R's</p> <p>Names, properties and deficiencies for each food group.</p> <p>Techniques and processes they have used to make Cakes, Biscuits, Bread, Pastry and Sauces.</p> <p>Correct names and uses of a range of hand equipment and electrical equipment used in practical work.</p> <p>Some industrial processing methods.</p> <p>Health &amp; safety in the kitchen and workplace.</p> <p>How to develop a range of menus for different target audiences.</p> <p>Portion Control.</p>	DEVELOPING KS4	<p>Research into Healthy Eating which leads to the development of a range of dishes:</p> <p>Fruit Skewers</p> <p>Vegetable Couscous Salad</p> <p>Rock Cakes</p> <p>Mini Fruit Cakes</p> <p>Savoury Rice</p> <p>Sweet Crumble</p> <p>Scones</p> <p>Sizzling Stir Fry</p> <p>Savoury Straws</p> <p>Dutch Fruit Cake</p> <p>Tuna Pasta Bake</p> <p>Dips &amp; Crudités</p> <p>Fruity Marble Cup Cakes</p> <p>Layered Salad</p> <p>Bolognese Sauce</p> <p>Muffins</p> <p>Bread Rolls</p> <p>Vol au Vents</p> <p>Chocolate Chip Cookies</p> <p>Pizza Pin Wheels</p> <p>Students will be able to cost out recipes and carry out a nutritional analysis.</p>	<p>Research from a range of sources.</p> <p>Comment on some design features of existing dishes. Do basic research and prepare a basic specification.</p> <p>Develop a range of Menus for different target audiences. Select appropriate tools and equipment with some guidance and use them safely. Solve simple practical problems. Make a range of dishes to a high standard. Provide notes and photo evidence of practical work.</p>	3A
3B								3B
2A								2A
2B								2B
1A								1A
1B								1B
P8								PREPARING for GCSE
P7	P7							
P6	P6							
P5	P5							
P4	P4							
P3	P3							
P2	P2							
P1	P1							