

Catering at a Glance	
Head of Department	Miss J Baines
Lessons per fortnight	5
Homework per fortnight	120 mins

## Year 9 Catering

### 1. Course & Subject Information

Catering is interesting, creative and exciting; the emphasis is placed on learning-by-doing. The focus is on the production of food, considering nutritional, social, economic and cultural requirements of consumers and the industry. In year 9, students develop their skills and knowledge of ingredients and processes, building a solid foundation to continue with the GCSE through Year 10 and 11.

During the course students will have the opportunity to plan and cook a wide variety of dishes that would be suitable for the service industry. Particular attention is paid to presentation of dishes and meals.

### 2. Course/Subject Structure

<b>Term 1</b>	<ul style="list-style-type: none"> <li>• Introduction to nutrition</li> <li>• Protein, fat, carbohydrates, vitamins and minerals</li> <li>• Eatwell Plate/healthy eating</li> <li>• Meat and alternative proteins – tasting</li> <li>• Culinary terms</li> </ul> Practical work <ul style="list-style-type: none"> <li>• developing food preparation skills</li> <li>• Knife and chopping board use – different vegetable cuts</li> </ul>
<b>Term 2</b>	<ul style="list-style-type: none"> <li>• Pastry – short crust and flaky</li> <li>• Experimental work – Fats/Flours</li> <li>• Bread – function of ingredients</li> </ul> Practical work <ul style="list-style-type: none"> <li>• Pastry, bread, pizza</li> </ul> Cake making methods – rubbing in, creaming, whisking, melting
<b>Term 3</b>	<ul style="list-style-type: none"> <li>• Use of commodities – eggs, dairy, produce, cereals, flour, rice, pasta</li> <li>• Sauce Making – function of ingredients</li> <li>• Multi – cultural dishes</li> <li>• Safe use of equipment, food hygiene, methods of cooking</li> <li>• The Industry - types of catering establishments, types of service and job roles</li> </ul>

### **3. Recommended texts or websites to support home learning**

WJEC Hospitality and Catering for GCSE, Second Edition ISBN: 978-0340986820

WJEC GCSE Hospitality & Catering: My Revision Notes (Revision Guide) ISBN: 978-1444153897

GCSE Catering WJEC Study & Exam Practice ISBN: 978-1847629883

British Nutrition Foundation has a wide range of information and resources.

### **4. Specialist Equipment/Materials Required if applicable**

Students should come to every lesson with the basic equipment of a pen, pencil and ruler together with their personal folder and revision guide. Students are given a list of ingredients in advance for their practical lesson. Provision can be made for school to assist with this if necessary – prior notice is required. Students must arrange this with their class teacher.