

Composite: 1. Health and safety relating to food, nutrition and the cooking environment
Year 10

Why do we deliver this?

The learner will understand the purpose of safe and hygienic working practices for self and the cooking environment. The learner will understand the importance of using the Hazard Analysis and Critical Control Point (HACCP) system in the food industry to minimise risks and hazards.

Composite: 2. Food legislation and food provenance
Year 10

Why do we deliver this?

The learner will understand food legislation and the provenance of food. They will gain an understanding about where food comes from. They will look at where our food was grown, raised, or caught, as well as looking at how it was produced and transported. This will also help gain an understanding of the impact food production has on the environment.

Composite: 3. Food groups, key nutrients and a balanced diet
Year 10

Why do we deliver this?

The learner will understand the main food groups, key nutrients required for a healthy diet, and the provision of a healthy diet for specific groups of people when food is prepared and cooked.

Composite: 4. Factors affecting food choice
Year 10

Why do we deliver this?

The learner will understand that there are many factors that influence what we choose to eat when food is prepared and cooked. They include social factors, the environmental impact and seasonal constraints.

Composite: 5. Food preparation, cooking skills and techniques

Year 10

Why do we deliver this?

The learner will understand the stages and purpose of a recipe when food is prepared and cooked, and the importance of practice and reflection and how this relates to a successful outcome that can be replicated over time. The learner will understand the function of ingredients and the food preparation, cooking skills and techniques used. The learner will also understand how to present completed dishes, developing garnishing and decorative techniques.

Composite: 6. Recipe amendment, development and evaluation

Year 11

Why do we deliver this?

The learner will understand the importance of developing their palate to ensure their amendments show an appropriate combination and balance of ingredients and flavours which they adjust through seasoning and taste to ensure a pleasing, edible dish. The learner will understand how a recipe can be amended, developed, and evaluated to meet the nutritional needs of individuals, occasion and specific groups of people when food is prepared and cooked.

Composite: 7. Menu and action planning for completed dishes

Year 11

Why do we deliver this?

The learner will understand the requirements of a customer brief, menus, and action planning to prepare and cook dishes. The learner will understand how to evaluate the planning stages and the success of the completed dishes. The learner will also understand how well the customer brief was met and what improvements could be made.