

# Hospitality & Catering Learning Journey



International Hospitality Management BA (Hons) Degree  
Hospitality Level 3

- Armed Forces Chef
- Event Planner
- Front of house
- Travel – i.e. Cruise ships
- Manager
- Cabin Crew
- Baker



- Techniques**
- Weighing and measuring
  - Chopping
  - Shaping
  - Peeling
  - Whisking
  - Melting
  - Rub-in
  - Sieving
  - Segmenting
  - Slicing
  - Hydrating
  - Blending Commodities
  - Poultry
  - Meat
  - Fish
  - Eggs
  - Dairy products
  - Cereals, flour, rice, pasta
  - Vegetables
  - Fruit
  - Soya products

**AC3.2 assure quality of commodities to be used in food preparation**

**AC3.3 use techniques in cooking of commodities**

**AC3.4 Complete dishes using presentation techniques**

**AC3.5 using food safety practices**

**LO3 be able to cook dishes**

**EXAM REVISION STARTS**

**COOKING SKILLS FOR CONTROLLED ASSESSMENT**

AC2.3 How menu dishes meet customer needs

AC2.4 plan production of dishes for a menu.

AC2.2 explain how dishes address environmental issues.

AC2.1 Factors to consider when proposing dishes for menus.

AC1.2 Specific groups and their needs: age, diets, medical, activity

AC1.1 Functions of nutrients

AC1.4 How cooking methods impact on nutritional value

AC1.3 Unsatisfactory intake of nutrients.

AC1.3 Working conditions

AC1.1 & 1.2 Structure of the industry. Careers, pay, training, qualifications

AC1.4 Factors for success for H&C industry

AC2.1 & 2.2 Operation of the kitchen & front of house  
Layout, stock, staff, dress code  
Safety & Security

AC2.3 explain how hospitality and catering provision meet customer requirements

AC3.1 Personal safety responsibilities in the workplace, of employees & employers

AC3.2 & 3.3 Risks to personal safety and control measures. Employees & Employers

AC4.1 Food related causes of ill health

AC4.2 & 4.3 Food safety legislation and the Environmental Health Officer

AC4.4 & 4.5 Food poisoning & Symptoms of food induced ill health

5.1 & 5.2 Review & recommend options for hospitality and catering provision

AC4.2 & 4.3 Food safety legislation and the Environmental Health Officer

AC4.1 Food related causes of ill health

AC3.2 & 3.3 Risks to personal safety and control measures. Employees & Employers

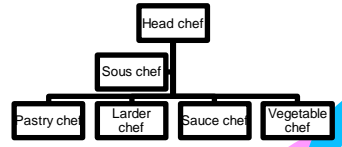
**YEAR 11**



**Controlled Assessment**

**START OF UNIT 2**

**YEAR 10**



- Developing individual skills
- Using spices, herbs and seasoning
- Team working
- Presentation and Garnish
- Time planning
- High level skills
- Knife skills
- Enriched doughs
- Reduction sauces
- Developing Brands
- Packaging labelling
- Environmental issues
- Menu design
- Developing cooking skills

**LO1 Understand the importance of nutrition when planning menus**

**LO2 Understand how hospitality and catering provision operates**

**LO3 Understand how hospitality and catering provision meets health and safety requirements**

**LO4 Know how food can cause ill health**

**YEAR 9**

**Design Brief Analysis**

**Step Up to GCSE**

**Vegetarian Society APPROVED**

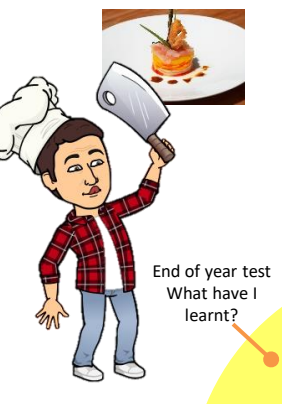
**Street Foods**

**Pastry types**

**Service styles**

**Afternoon Tea**

**YEAR 8**



- End of year test
- What have I learnt?
- Illnesses related to diet
- Religion and diet
- Special dietary needs
- Sources of nutrients
- Commodities, where does our food come from?
- Introduction nutrients
- Sensory Analysis
- World Foods
- Functions of ingredients
- Staple foods
- Labelling
- The Good Life
- Seasonal Food
- Environmental issues
- Health, Safety & Hygiene
- A Healthy Start

**World Foods**

**Functions of ingredients**

**Staple foods**

**Labelling**

**The Good Life**

**Seasonal Food**

**Environmental issues**

**Health, Safety & Hygiene**

**A Healthy Start**

**YEAR 7**

- Balanced diet
- Lifestyles
- Design Brief and Target markets
- Measuring and weighing
- Equipment & hygiene
- Knife skills – Bridge & Claw
- Baseline Test
- What do you already know?
- Meet your teacher

**Balanced diet**

**Lifestyles**

**Design Brief and Target markets**

**Measuring and weighing**

**Equipment & hygiene**

**Knife skills – Bridge & Claw**

**Baseline Test**

**What do you already know?**

**Meet your teacher**



Understanding exam style questions

I must do my revision  
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**Health and Safety at Work Act 1974**

Anyone entering these premises must comply with regulations covered by the above act.

**RIDDOR**

**AC4.1 Food related causes of ill health**

**COSHH**

**SAFETY FIRST**

**AC3.2 & 3.3 Risks to personal safety and control measures. Employees & Employers**

**HSE Health & Safety Executive**

**First aid**

**AC3.1 Personal safety responsibilities in the workplace, of employees & employers**

**The Food Safety Act 1990**

**Health and Safety at Work etc. Act 1974**

**Planning your practical's**

**Eggs**

**Fair trade**

**Food miles**

**Environmental issues**

**Wash your hands please**

**Meet your teacher**