

Prior Learning (Knowledge) check:

☑ understand and apply the principles of nutrition and health

☑ cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet

☑ become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]

☑ understand the source, seasonality and characteristics of a broad range of ingredients.

Future Learning (Knowledge):

Health and safety in hospitality and catering provision.

Health and safety in hospitality and catering provision of the kitchen and front of house, Customer requirements in hospitality and catering, The operation of the front and back of house, Hospitality and catering providers, Working in the hospitality and catering industry, Working conditions in the hospitality and catering industry, Contributing factors to the success of hospitality and catering provision.

HT1		
Hospitality & Catering Provision		
Skills	Knowledge	Knowledge Detail
	1.1.1 Hospitality and catering providers	Learners should know and understand the two different types of hospitality and catering provision: commercial and non-commercial: Commercial (residential): • B&B, guest houses and Airbnb • campsites and caravan parks • cruise ships • holiday parks, lodges, pods and cabins • hotels, motels and hostels. Commercial (non-residential): • airlines and long distance trains • cafés, tea rooms and coffee shops • fast food outlets • food provided by stadia, concert halls and tourist attractions • mobile food vans and street food trucks • pop-up restaurants • public houses, bars • restaurants and bistros • takeaways • vending machines. Non-commercial (residential): • armed forces • boarding schools, colleges, university residences • hospitals, hospices and care homes • prisons. Non-commercial (non-residential): • canteens in working establishments (subsidised) • charity run food providers • meals on wheels • schools, colleges and universities. Learners should know and understand the following types of service in commercial and non-commercial provision: Food service: • table: plate, family-style, silver, Gueridon, banquet WJEC Level 1/2 Vocational Award in Hospitality and Catering (Technical Award) 11 © WJEC CBAC Ltd • counter: cafeteria, buffet, fast food • personal: tray or trolley, vending, home delivery, takeaway. Residential service: • rooms: single, double, king, family, suite (en-suite bath/shower room, shared facilities) • refreshments: breakfast, lunch, evening meal, 24-hour room service/restaurant available • conference and function facilities • leisure facilities (spa, gym, swimming pool). Learners should know and understand the importance of the following standards and ratings: • hotel and guest house standards (star ratings) • restaurant standards, AA Rosette Award, Good Food Guide, Michelin stars.
Weigh, measure, peel, cut, chop, slice, dice, trim, fry & saute, mix, stir & combine, melt, simmer & boil, drain, mash, grate, grill	Cottage Pie	
	1.1.3 Working conditions in the hospitality and catering industry	Learners should know and understand the following types of employment contracts and working hours: • casual • full time permanent (temporary) • part-time (temporary) • seasonal • zero hours contract. Learners should be aware of the following remuneration and benefits in the industry: • a salary • a wage (hourly) • holiday entitlement • pension • sickness pay • rates of pay • tips, bonuses and rewards. The hospitality and catering industry normally provides more part-time than full time contracted positions. Learners should be aware of the fluctuating needs of the industry, such as: • supply and demand: staffing during peak times, large events, seasonal times and the location of the provision.

Weigh, cut, chop, slice, dice, peel, mix, stir and combine, form and shape, portion, bake, fry	Burger & Chips	
	1.1.4 Contributing factors to the success of hospitality and catering provision	Learners should know and understand the following basic costs incurred within the hospitality and catering industry: • labour • material • overheads. Learners should know and understand the basic calculation of gross profit and net profit within the hospitality and catering industry. Learners should be aware of how the economy can impact business in the following ways: • strength of the economy • value added tax (V.A.T) • value of the pound and exchange rate. Learners should be aware of the importance of environmental needs and the environmental impact within the hospitality and catering industry through: • seasonality • sustainability: reduce, reuse, recycle. Learners should know and understand how new technology impacts the hospitality and catering service industry in a positive way through: • cashless systems • innovative digital technology (apps, web-booking, key card access, digital menu) • software. Learners should know and understand the positive and negative impacts that the following media types can have on the hospitality and catering industry: • printed media (newspaper, magazines) • broadcast (television, radio) • internet (social media, websites) • competitive (other establishments).
Weigh & measure, cut, chop, slice, drain, grate, mix, stir & combine, simmer & boil,	Spaghetti Carbonara	
	1.2.1 How Hospitality & Catering provisions operate - The operation of the front and back of house	Learners should be aware of the operational requirements of: • workflow of the front of house – reception, seating area, counter service, bar • workflow of the catering kitchen – delivery, staffing area, wash area, storage area, preparation and cooking area, serving area, washing/cleaning area. Learners should be aware of the following equipment and materials required, used and managed within catering provision/kitchens: • large equipment: large conventional oven, glass chiller, floor standing food mixer, deep fat fryers, hot water urns, walk-in fridge freezer, standing bain marie, steamers, pass-through dishwasher and glass washer, hot plates • materials for cleaning, first aid kit and safety materials • small equipment • utensils. Learners should know and understand the following documentation and administration requirements used in a catering kitchen: • stock controlling systems, ordering, delivery notes, invoices, food safety documentation and health and safety documentation. Learners should be aware of the typical dress code requirements for front and back of house of hospitality and catering establishments.

Weigh & measure, drain, mix, stir and combine, simmer & boil	Sausage Stroganoff Tagliatelle	
	VISIT TO HOSPITALITY & CATERING PROVIDER - Hotel/restaurant	Learners will visit a local hotel and see what roles need to be undertaken there. What qualities/qualifications they look for in staff. How they operate etc. They will have the opportunity to ask any questions.
Weigh & measure, sift, mix, stir and combine, rub-in, form and shape, later, spread, bake, melt, simmer & boil, chill	Caramel Shortbread	
	RECAP - Unit 2: 2.1.1 - Macronutrients/Micronutrients, fibre & water	Learners should know and understand the function of the following nutrients and have an awareness of the need for a balanced/varied diet: Macro-nutrients: • carbohydrate • fat • protein. Micro-nutrients: Vitamins: • fat soluble vitamin A and vitamin D • water soluble: vitamin B group and vitamin C. Minerals: • calcium • iron • sodium • potassium • magnesium dietary fibre (NSP), water.
Weigh & measure, cut, chop, slice, crush, mix, stir and combine, fry & saute	Salt & Pepper Chicken	
	RECAP - Unit 2: 2.1.2 - How cooking methods impact nutritional value. Health issues - deficiency & excess	Learners should know and understand how the following cooking methods impact on nutritional value: • boiling • frying • grilling • poaching • roasting • steaming • baking • stir-frying. Deficiencies: Malnutrition Worldwide, Kwashiorkor and marasmus are two common diseases caused by a lack of protein and energy. Fat soluble vitamins (A, D, E and K) and minerals are stored in the body so it takes time for deficiency diseases to develop. Water soluble vitamins are not stored in the body so low intakes usually lead to signs of deficiency relatively quickly. Anaemia - The mineral iron is vital for making red blood cells. Iron from the diet forms haemoglobin, which carries oxygen in the blood. If the body's store of iron is low and there is too little iron in the diet, the symptoms of iron deficiency anaemia will start to develop. This is particularly common in young women who have higher iron requirements due to their menstrual cycle.
Weigh & measure, beat, mix, stir & combine, bake.....	Toad in the Hole & accompaniments	

Challenge:

Prepare a nutritionally balanced meal, adhering to all safety and food hygiene practices

Vocab:

Providers - commercial/non-commercial, standards, costs - labour, materials, overheads, gross/net profit, technology, front and back of house, workflow, equipment, stock control, dress code, macronutrients, micronutrients, cooking methods, nutritional value

HT2		
Meeting Cutomer Needs in the Industry		
Skills	Knowledge	Knowledge Detail
	1.2.2 Customer requirements in hospitality and catering	Learners should know and understand how hospitality and catering provision meets the requirements of: • customer needs (catering, equipment, accommodation) • customer rights and inclusion (disability) • equality.
Weigh & measure, sift, mix, stir and combine, rub-in, form and shape, layer, spread, bake, melt, simmer & boil, chill	Caramel Shortbread	
	1.2.3 Hospitality and catering provision to meet specific requirements	Learners should know and understand how hospitality and catering provision adapts to satisfy the following ever-changing customer climate: • customer requirements/needs: lifestyle, nutritional needs, dietary needs, time available • customer expectations: service, value for money, trends, awareness of competition from other providers, media influence/interest, environmental concerns, seasonality • customer demographics: age, location, accessibility, money available, access to establishments/provision.
Weigh & measure, cut, chop, slice, crush, mix, stir and combine, fry & saute	Salt & Pepper Chicken	
	1.3.1 Health and safety in hospitality and catering provision of the kitchen and front of house	Learners should be aware of the responsibilities for personal safety in the workplace of employers and of employees in relation to the following laws: • Control of Substances Hazardous to Health Regulations (COSHH) 2002 • Health and Safety at Work Act 1974 • Manual Handling Operations Regulations 1992 • Personal Protective Equipment at Work Regulations (PPER) 1992 • Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) 2013 • Risks to health and security including the level of risk (low, medium, high) in relation to employers, employees, suppliers and customers. Learners should know the importance of and be able to complete the following documentation: • accident forms • risk assessments. Learners should know that employers are responsible for the health and safety training needs of all staff.
Weigh & measure, beat, mix, stir & combine, bake.....	Toad in the Hole & accompaniments	
	1.3.2 Food safety	Learners should know and understand the principles of Hazard Analysis and Critical Control Points (HACCP) and be able to: • identify any critical control points and ensure that risks are removed or reduced to safe levels • decide on what actions to take if something goes wrong • complete a HACCP document • complete records to show that procedures are working.
Proving, chopping, folding, kneading, mixing, rolling, weighing & measuring, baking, shaping	Gluten Free Pizza	

	RECAP - Unit 2: 2.1.1 - Dietary needs throughout life/activity levels	Learners should be able to apply their knowledge of nutrition to: Different life-stages: • adults; early, middle, late (elderly) • children; babies, toddlers, teenagers. Special dietary needs for individuals who: • require different energy requirements based on lifestyle, occupation, age or activity level
	Other choice of meal - for an allergy	
	RECAP - 2.2.1 - Menu planning overview: Factors to consider, environmental issues, sustainability, meeting customer needs	Factors: Equipment available, skills of chef, time available environmental issues: conservation of energy and water – how can the production of dishes be sustainable by using less energy and reducing consumption of water? • reduce • reuse • recycle • sustainability Meeting customer needs: organoleptic qualities.
	Chicken breast recipe	
	RECAP - 2.3.2 - Presentation techniques & portion control	Learners should know and understand the importance of using the following appropriate presentation techniques during the production of dishes: Presentation techniques: • creativity • portion control. Decide on meal to cook for challenge.
	Environmentally conscious restaurant meal	

Challenge:

Vocab:

Customer needs/rights, equality, customer expectations, demographics, personal safety, COSHH, RIDDOR, HACCP,