

# The SUTHERS HOSPITALITY AND CATERING

**MARCH - MAY**  
**REVISION**  
Operations of catering businesses

**SEPTEMBER - DECEMBER**

**JAN - FEB**

**SUMMER TERM MAY - JULY**

**5 PRACTICAL LESSONS**  
**SPRING HALF TERM 2 - FEB - APRIL**

**4 PRACTICAL LESSONS**  
**SPRING HALF TERM 1 - JAN - FEB**

- 5 PRACTICAL LESSONS**  
Winter Warmers
- Focaccia bread
  - Stew and dumplings
  - Cornish pasty (shortcrust pastry)
  - Fruit crumble & homemade custard
  - Puff pastry topped pie

**AUTUMN HALF TERM 2 - OCT - DEC**

Factors affecting H+C businesses

Types of H+C providers  
Working conditions

**The role of the ENVIRONMENTAL HEALTH OFFICER**

**UNIT 2 - NEA - 60% of qualification**

**YEAR 11**

**UNIT 2 MOCK NEA**

**Head Chef**

**UNIT 1 - the hospitality and catering industry**

**AUTUMN HALF TERM 1 - SEPT - OCT**

**Introduction to the course and FOOD SAFETY and HEALTH and SAFETY**

**YEAR 10**

**Wk 13: Practical 8 - Sticky Toffee Pudding**  
Weighing, measuring, mixing, baking, boiling

**Wk 14 KNOWLEDGE LEARNING CHECK!**

**SKILLS LEARNING CHECK!**

**Wk 15-16: Plan and prepare and present a 2 course meal**

- 5 PRACTICAL LESSONS**  
Italian Theme
- Knife skills and Mincestrone soup
  - Egg pasta and mushroom ravioli
  - Gnocchi
  - Chicken kiev
  - Tiramisu

**Wk 12: Food critics (literacy task)**

**Wk 10: Practical 6 - Food presentation practical**



**Wk 9: Special diets and menu planning**

**Wk 6: Practical 4 - Potatoes 3 ways**  
Knife skills, roasting, basting, frying, shaping, seasoning

**Wk 5: Sensory analysis and star profiles**

**Wk 4: Practical 3 - Shortcrust pastry/ quiche**  
Weighing, measuring, rolling, baking, whisking, grating

**Wk 3: Food Safety Act 1990**

**Wk 2: Practical 2 - Risotto**  
Knife skills, crushing, simmering, stirring, seasoning

**Sous chef**

**Wk 11: Practical 7 - Lamb Kebabs**  
Knife skills, crushing, mixing, shaping, frying

**Wk 10 KNOWLEDGE LEARNING CHECK!**

**Wk 8: Practical 5 - Spaghetti carbonara**  
Knife skills, frying, boiling, stirring, crushing, combining

**Wk 7: Menu planning**

**Wk 14: Practical 9 - Cornish Pastie**  
Knife skills, frying, rolling, shaping, crimping, baking, glazing

**SKILLS LEARNING CHECK!**

**Wk 1: Practical 1 - Flatbreads**  
Health and safety, food hygiene, weighing, whisking, frying, safe use of the hob



**Wk 8: Practical 6 - Burgers**  
Knife skills, shaping, frying, seasoning

**Wk 9: Food and the senses**  
The 5 senses and food marketing

**Wk 12: Practical 8 - Chicken chow mein**  
Knife skills, crushing, frying, stirring, seasoning

**Wk 13: Nutrition and labelling**

**Wk 15: The 14 Allergens**

**Wk 16: Final practical assessment**

**Sous Chef**

**Wk 7: Food poisoning and the role of the EHO**

**Wk 9: Practical 7 - Katsu curry and rice**  
Knife skills, sautéing, boiling, draining, stirring

**Wk 11: Practical 7 - Chicken wrap**

**Wk 13: Nutrition and labelling**

**Wk 15: The 14 Allergens**

**Wk 1: Practical 1 - Pancakes**  
Health and safety, food hygiene, weighing, whisking, frying, safe use of the hob

**Commis chef**

**Wk 6: Practical 5 - Pizza in a Pan**  
Weighing & measuring, kneading, shaping, frying, knife skills

**Wk 5: Practical 4 - Spicy fries and hasselback potatoes**  
Knife skills, crushing, seasoning, roasting

**Wk 4: Practical 3 - KFC Chicken**  
Crushing, whisking, coating, baking, safe use of oven

**Wk 3: Food and ill health**  
Food borne illnesses, allergies, intolerances

**Wk 2: Practical 2 - Sausage & Egg McMuffin**  
Poaching, frying, safe use of hob

**SKILLS LEARNING CHECK!**

**Commis Chef Takeaways**

**Wk 10 - KNOWLEDGE & SKILLS LEARNING CHECK!**

**Wk 9: Literacy week Recipes**  
What is a recipe, instructional writing, food adjectives and adverbs

**Wk 11: Practical 7 - Tomato & Basil pasta**  
Knife skills, slicing, crushing, sautéing, boiling, stirring, straining, seasoning

**Wk 12: Practical 8 - Stir fry**  
Knife skills, crushing, slicing, frying, mixing, seasoning

**Wk 13-14: Macronutrients and energy**

**Wk 15: Practical 9 - Pasta salad**  
Knife skills, boiling, draining, mixing, layering

**Wk 16: Final practical assessment**

**YEAR 8**

**Chef de partie**

**Wk 8: Practical 6 - Vegetable crudites and Raita**  
Knife skills, mixing, seasoning

**Wk 6: Practical 4 - Fruit crumble**  
Baking, rubbing in technique, knife skills

**Wk 5: Nutrition**  
The Eatwell Guide

**Wk 4: Practical 3 - Basic white bread**  
Baking, weighing & measuring, proving, kneading, shaping, glazing

**Wk 3: Practical 2 - Boiled egg and soldiers**  
Boiling, toasting, spreading, safe use of hob and grill

**Chef de partie**  
Development of culinary skills & independence

**Baseline assessment**

**YEAR 7**

**Wk 7: Practical 5 - French Onion Soup**  
Knife skills, crushing, slicing, sautéing, simmering, safe use of hob

**Wk 2: Practical 1 - Popcorn**  
Safe use of hob, toasting, seasoning

**Wk 1: Welcome**  
Health and safety, food hygiene. Clean as you go

**Wk 3: Practical 2 - Boiled egg and soldiers**  
Boiling, toasting, spreading, safe use of hob and grill

**Wk 4: Practical 3 - Basic white bread**  
Baking, weighing & measuring, proving, kneading, shaping, glazing

**Wk 3: Practical 2 - Boiled egg and soldiers**  
Boiling, toasting, spreading, safe use of hob and grill

**Wk 2: Practical 1 - Popcorn**  
Safe use of hob, toasting, seasoning

**Wk 1: Welcome**  
Health and safety, food hygiene. Clean as you go