



WJEC Level 1/2 in Hospitality and Catering

Why is the study of Hospitality and Catering important?

Hospitality and Catering is an essential subject for all whether you are a budding chef, an interested amateur cook or you would like to work in the hospitality industry. This course covers a cross section of the Hospitality and Catering industry combining practical skills and knowledge to give a well-rounded understanding of the industry and the potential it can offer for further careers or study.

Employment in this industry can range from chefs, waiting staff, receptionists and managers. According to the British Hospitality Association this is Britain's fourth largest industry, since 2010 over 25% of all new jobs have been in the Hospitality and Catering Industry with a large proportion of new roles going to 18-24 year olds.

Additionally you will develop your organisational skills learning how to work as part of a team becoming a good communicator and time manager. Successful completion of this qualification could support entry to qualifications that develop specific skills for work in hospitality and catering such as:

- Level 1 Certificate in Introduction to Professional Food and Beverage Service Skills
- Level 2 Certificate in Professional Food and Beverage Service Skills
- Level 2 NVQ Diploma in Professional Cookery
- Level 3 Food Science and Nutrition
- Hospitality, Tourism and Event Management Degree
- International Hospitality Management Degree

What skills will the study of Hospitality and Catering teach you?

You will develop a range of skills including food preparation and cooking skills using a variety of ingredients, as well as transferable skills of problem solving, organisation, time management, planning and communication. You will also develop skills of project based research, development and presentation.

What will you know and understand from your study of Hospitality and Catering?

The course consists of 2 units, unit 1 exam revision providing a good understanding of a cross section of the Hospitality and Catering industry. Unit 2 controlled assessment which has a focus on nutrition, menu planning and cookery skills.

How will I be assessed?

UNIT 1

L01 - Understand the environment in which hospitality and catering providers operate content includes : types of provider, types of service, commercial establishments, non-commercial catering establishments, services provided, suppliers, contract catering, standards and rating, job roles within the industry, supply and demand, jobs for specific needs, rates of pay, training, qualifications and experience, personal attributes, employment contracts, working hours, rates of pay, holiday entitlement, remuneration, and the factors affecting the success of catering providers.

L02 - Understand how hospitality and catering provision operates content includes : kitchen layout, workflow, operational activities, equipment and materials, stock control, documentation and administration, staff allocations, dress code, safety and security and how hospitality and catering provision meet customer requirements.

L03 - Understand how hospitality and catering provision meet health and safety requirements content includes: personal safety responsibilities in the workplace including a range of health and safety regulations, risks to personal safety, and personal safety control measures.

L04 - Know how food can cause ill health content includes: food related causes of ill health (bacteria, microbes, chemical, metals, poisonous plants, allergies and intolerances. The role and responsibilities of the environmental health officer and food safety legislation (Food Safety Act, Food labelling Regulations and general food hygiene regulations). Common types of food poisoning and the symptoms of food induced ill health.

L05 - Be able to propose a hospitality and catering provision to meet specific requirements content includes review and recommending options for hospitality and catering provision.

UNIT 2

The applied purpose of the unit is for learners to safely plan, prepare, cook and present nutritional dishes.

L01 - Understand the importance of nutrition when planning menus content includes: functions of nutrients in the human body (protein, fat, carbohydrates, vitamins, minerals, water and dietary fibre (NSP). Nutritional needs of specific groups. Characteristics of unsatisfactory intake including visible and non-visible. How cooking methods impact upon nutritional value discussing boiling, steaming, baking, grilling, stir-frying, roasting and poaching.

L02 - Understand menu planning content includes factors to consider when proposing menus: time of year, skills of staff, equipment and time available, type of provision, finance and client base. How dishes on a menu address environmental issues such as preparation and cooking methods, ingredients used, packaging, conservation of energy and water, reduce, reuse, recycle and sustainability. How menu dishes meet customer needs (nutritional, organoleptic and cost. Plan production of dishes for a menu to include mise-en-place, time plan, shopping and equipment lists.

L03 - Be able to cook dishes using techniques including weighing and measuring, chopping, shaping, peeling, whisking, melting, rub-in, sieving, segmenting, slicing, hydrating, blending in preparation of commodities (poultry, meat, fish, eggs, dairy products, flour, rice, pasta, vegetables, fruit and soya products). Quality of commodities to be used in food preparation, techniques in cooking of commodities to include boiling, blanching, poaching, braising, steaming, baking, roasting, grilling, frying, chilling, cooling and hot holding. Students will be expected to use presentation techniques including portion control, position on serving dish, garnish and creativity. Finally the use of food safety practices in relation to the preparation and cooking of commodities and use of equipment.

How can you deepen your understanding of Hospitality and Catering?

Examples of organisations that may be approached to provide help include: contract caterers, hotels and accommodation providers, catering providers, local authorities, health and safety professionals, tourist attractions, sports venues, kitchen designers, catering suppliers, catering equipment manufacturers.

Resources

www.hse.gov.uk/catering

www.hodderplus.co.uk/catering/pc/extra1.pdf

www.slideshare.net/carowilli/types-of-catering-establishments

www.greenhotelier.org

Green Hotelier – practical solutions for responsible tourism.

www.instituteofhospitality.org

The Institute of Hospitality is the professional body for the hospitality, leisure and tourism industries.

www.ons.gov.uk

Office for National Statistics – trends and population information.

www.people1st.co.uk

The sector skills council for hospitality, leisure, travel and tourism.

www.springboarduk.net

Springboard UK – hospitality careers and industry information.

www.sustainability.com

Case studies of hospitality businesses and sustainability.

www.towards-sustainability.co.uk

Close look at a range of sustainability issues and further links.

www.bha.org.uk

The British Hospitality Association is the leading representative organisation in the hospitality industry, representing hotels, restaurants and food service providers.

www.bighospitality.co.uk

Comprehensive site including current hospitality news, features, video links and other general information.

www.catererandhotelkeeper.co.uk

For hospitality news and copies of the Caterer and Hotelkeeper magazine.

www.cipd.co.uk

Chartered Institute of Personnel and Development – information on recruitment and legal aspects of staff employment.

www.food.gov.uk

This is the official government website for the Food Standards Agency

How are you assessed in Hospitality and Catering?

There are 6 assessment points each year that we term *Praising Stars*[®]. We assess how students at their current stage of study are on track to reach their end of stage targets which are formulated on aspirational expectation from their KS2 starting points. We make an informed prediction from our holistic assessments based on our subject mapping of expectation across the Level 1/2 Hospitality and Catering curriculum.

WJEC Level 1/2 in Hospitality and Catering				
Unit Number	Unit Title		Assessment	Guided Learning Hours
1	The Hospitality and Catering Industry - Onscreen/ Paper based assessment	Mandatory	External	48
2	Hospitality and Catering in Action	Mandatory	Internal	72

Key Assessment Objectives

UNIT 1 (Externally assessed 40% of the overall grade)

L01 - understand the environment in which hospitality and catering providers operate.

L02 - Understand how hospitality and catering provisions operate.

L03 - Understand how hospitality and catering provision meets health and safety requirements.

L04 - Know how food can cause ill health.

L05 - Be able to propose hospitality and catering provision to meet specific requirements.

UNIT 2 (Internally assessed 60% of the overall grade)

L01 - Understand the importance of nutrition when planning menus.

L02 – Understand menu planning

L03 – Be able to cook dishes.

Study of Hospitality and Catering can lead to a wide range of careers:

Waiting staff

Chefs (head, sous, pastry etc)

Receptionist

Hotels and bar managers

Events manager

Food technologists

Below is an example subject overview, schools may choose to deliver in a different sequence.

WJEC Level 1/2 in Hospitality and Catering Course Overview		
Term	Year 1	Year 2
Autumn 1	Developing cooking skills links to Unit 1 content where appropriate. <ul style="list-style-type: none"> • Function of nutrients • Compare nutritional needs of specific groups. • Characteristics of unsatisfactory intake. • How cooking methods impact upon nutritional value. 	Controlled Assessment. <ul style="list-style-type: none"> • Functions of nutrients. • Compare nutritional needs of specific groups. • Characteristics of unsatisfactory intake. • How cooking methods impact upon nutritional value.
Autumn 2	Developing cooking skills links to Unit 1 content where appropriate. <ul style="list-style-type: none"> • Factors to consider when planning menus. • How dishes on a menu address environmental issues. 	Controlled Assessment. <ul style="list-style-type: none"> • Factors to consider when planning menus. • How dishes on a menu address environmental issues. FINAL PRACTICAL EXAM
Spring 1	Developing cooking skills links to Unit 1 content where appropriate. <ul style="list-style-type: none"> • How menu dishes meet customer needs. • Plan production of dishes for a menu. 	Revision for exam to include: L01 understands the importance of nutrition when planning menus. <ul style="list-style-type: none"> • AC1.1 - structure of the H&C industry. • AC1.2 Job requirements. • AC1.3 working conditions of different job roles across the H&C • AC1.4 factors affecting the success of H&C providers L02 - Understand how hospitality and catering provision operates <ul style="list-style-type: none"> • AC2.1 Operation of the kitchen. • AC2.2 Operation of the front of house. • AC2.3 How H&C provision meets customer requirements.
Spring 2	Developing cooking skills links to Unit 1 content where appropriate. Mock controlled assessment. <ul style="list-style-type: none"> • L01 understand the importance of nutrition when planning menus • L02 understands menu planning. 	Revision for exam to include: Understand how hospitality and catering provision meets health and safety requirements. <ul style="list-style-type: none"> • AC3.1 Personal safety responsibilities in the workplace. • AC3.2 Risks to personal safety in H&C. • AC3.3 Recommend personal safety control measures for H&C provision.
Summer 1	Developing cooking skills links to Unit 1 content where appropriate. Mock controlled assessment. <ul style="list-style-type: none"> • L01 understand the importance of nutrition when planning menus. • L02 understand menu planning. 	Revision for exam to include: L04 - Know how food can cause ill health. <ul style="list-style-type: none"> • AC4.1 food related causes of ill health. • AC4.2 role and responsibilities of the EHO. • AC4.3 food safety legislation. • AC4.4 common types of food poisoning. • AC4.5 symptoms of food induced ill health.
Summer 2	Mock controlled assessment. <ul style="list-style-type: none"> • L01 understand the importance of nutrition when planning menus. • L02 understand menu planning. • L03 cook dishes (2, 2 hour lessons) 	Revision for exam to include: L05 - Be able to propose a hospitality and catering provision to meet specific requirements content includes review and recommending options for hospitality and catering provision. <ul style="list-style-type: none"> • AC5.1 review options for H&C provision. • AC5.2 recommend options for hospitality provision.

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Key Stage 3 Curriculum Overview

Term	Year 7		Year 8		Year 9	
I	<p><u>Introduction to Food</u> Technology room Rules Hazards Personal Hygiene</p> <p>Cross Contamination and Food poisoning</p> <p>How do fruit and vegetables fit into our diets in terms of health and healthy eating</p> <p>Weighing and Measuring using correct equipment and methods – measuring bags – temperatures Classifications of fruit</p> <p>Nutrients and baking with fruit</p> <p>Classification of vegetables</p> <p>How are vegetables sold and stored for convenience?</p> <p>Use of vegetables and tinned food for a simple recipe</p>	<p>Fruit Salad</p> <p>Fruit Crumble</p> <p>Scones</p> <p>Coleslaw</p> <p>Make a range of soups</p> <p>Baked Bean and Potato Bake</p>	<p><u>Developing food knowledge</u></p> <p>Review food hygiene and safety – Eat well plate Practical</p> <p>Creating healthy diet from around the world</p> <p>Creating a healthy diet from around the world</p> <p>Understanding reasons how and why to eat less sugar</p> <p>Understand why and how to eat more fibre</p> <p>Importance of staple foods in the diet creating energy</p> <p>Importance of staple foods and the use protein and its need in the body</p>	<p>Fairy Cakes recap</p> <p>Spaghetti Bolognese</p> <p>Chicken Curry</p> <p>Banana Bread</p> <p>Create wholemeal bread or buns</p> <p>Macaroni Cheese</p> <p>Chicken Fajitas</p>	<p><u>Developing food knowledge</u></p> <p><u>Review Hygiene and food safety</u> Functions of ingredients for a pizza + 5 toppings of choice can be cooked toppings also</p> <p>Understand the importance and wellbeing of eating out – favourite places and why?</p> <p>Understand the negatives of fast food and how it affects us as people?</p> <p>What makes British food unique</p> <p>The influence of foods from other countries – Italy</p> <p>The influence of rice from other countries</p> <p>Focus on Indian food and spices</p>	<p>Pizza</p> <p>Designer Smashed Burgers</p> <p>Free choice takeaway copy</p> <p>Toad in the hole</p> <p>Spaghetti Carbonara</p> <p>Chicken and Mushroom Risotto</p> <p>Chicken Curry and Naan</p>

Key Stage 3 Curriculum Overview

<p>2</p>	<p>Healthy Meals The use of pulses within our diets</p> <p>Focus on healthy salads – range of vegetables and leaves</p> <p>Developing desserts – baking cakes</p> <p>Developing finger desserts with a range of ingredients</p> <p>Creation of various sweet desserts</p> <p>Developing ideas for desserts</p> <p>Developing dough and ideas for baking and the use of yeast</p> <p>Packing for a picnic</p>	<p>Make Bean sweetcorn and pasta salad</p> <p>Pasta layered salad</p> <p>Victoria Sponge Cake</p> <p>Flapjack Rocky Road</p> <p>Swiss Roll</p> <p>Chocolate Chip Cookies</p> <p>Bread rolls/cobs</p> <p>Sausage Rolls</p>	<p>Staples within our diet</p> <p>How do a range of vegetables become staples within our diet?</p> <p>Find out and research about pasta being a staple food- quick sauces</p> <p>Find out and research about rice as a staple within our everyday life</p> <p>Find out about potatoes being a staple food within our diets</p> <p>Research and develop bread and dough as staple food within our diets</p> <p>How can nuts be used within our cooking and desserts – ALLERGY AWARE</p> <p>Recap of topics to produce showpiece sweet</p>	<p>Leek and Potato Soup</p> <p>Lasagne</p> <p>Chili Con Carne / Rice</p> <p>Bombay Potatoes /Bravas</p> <p>Pizza plus 3 toppings</p> <p>Bakewell Tart</p> <p>Strawberry Cheesecake</p>	<p>Develop a range of techniques</p> <p>Develop pastry making skills – short crust pastry</p> <p>Cases and fillings in pastry making</p> <p>Cases and fillings in pastry making</p> <p>Find out what dishes are made with puff pastry research and develop</p> <p>Preservation of food</p> <p>Causes and effects of bacteria</p> <p>Introduce HACCP processes in manufacturing</p> <p>Understanding shelf life and manufacturing timelines</p>	<p>Quiche Relevant fillings</p> <p>Sausage rolls</p> <p>Jam and Lemon curd tarts</p> <p>Puff Pastry tart</p> <p>Jam Roly poly</p> <p>Chocolate Muffins</p> <p>Make personal signature muffins</p> <p>Cheesy pin wheels</p>
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<p>3</p>	<p><u>Developing and designing sweet and savoury</u></p> <p>How to make sweet and savoury picnics</p> <p>Developing sweets for special occasions</p> <p>Developing sweet and savoury occasions – sandwich bar</p> <p>Creation of ultimate savouries – sausage rolls, pizzas, toasties</p>	<p>Puff Pastry Tart</p> <p>Dutch Apple Cake</p> <p>Range of hot and cold sandwiches</p> <p>Sample various</p>	<p><u>Developing and designing sweer and savoury</u></p> <p>Developing cakes with minimal ingredients</p> <p>Developing dishes out of our comfort zone – focus take- away</p> <p>Developing dishes out of our comfort zone – focus take- away</p> <p>Developing dishes out of our comfort zone – desserts</p> <p>Accessing special occasions</p> <p>Diet and Nutrition Assessment</p>	<p>Fridge Cake Rocky Road</p> <p>Chicken Chow Mein</p> <p>Sweet and Sour Pork/Chicken</p> <p>Double chocolate Brownies</p> <p>Mars Bar Cake</p>	<p><u>Developing and designing future ideas and interests</u></p> <p>Define fast food – Analysis of commercial pizza/fast food Design your own Inc. Logo’s packaging and produce food</p> <p>Pasta pots on the go – creating ideas for the future</p> <p>Pasta pots on the go – creating ideas for the future</p> <p>Food preparation and shelf-life assessment</p>	<p>Pizza Burgers Starters Etc.</p> <p>Chicken and Bacon Pasta</p> <p>Choice of flavours student ideas</p>
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Key Stage 4 Curriculum Overview

Term	Year 10 (Practical)	(Theory)	Year 11 (Practical)	(Theory)
Autumn	<ul style="list-style-type: none"> Be able to cook a range of dishes Develop skills learnt at KS3 Knife skills soups, salads, vegetable cuts Cake making Yeast doughs Pastry making Range of sauces including Bolognese 	<ul style="list-style-type: none"> Unit 1 LO4 Food Safety Level 1 Food Hygiene qualifications <p>Analyse identify and explain</p> <ul style="list-style-type: none"> Food related causes of ill health Food poisoning Food Safety Risks to food safety Control Measures Regulations 	<ul style="list-style-type: none"> Candidates to prepare and cook a range of high-risk dishes using principles from Year 10 both theory and practical lessons Candidates to develop skills in planning specifically time planning to prepare a range of dishes Starter Main and desserts all included 	<p>Unit 1 LO4 Exam preparation</p> <p>Creation of exam style questions to develop knowledge in the following areas of</p> <ul style="list-style-type: none"> Food related causes of ill health Common types of food poisoning Symptoms of food induced ill health Food safety hazards Risks to food safety Control measures Food safety regulations
<p>Winter</p> <p>Spring</p>	<ul style="list-style-type: none"> Use of a range of commodities Meat Fish Poultry Eggs Dairy Vegetarian Alternatives <p>Experience of different tools and commodities and relate to potential dietary needs Produce Dishes - LO3</p>	<ul style="list-style-type: none"> Unit 2 – LO1 Understand the importance of Nutrition when planning meals <ul style="list-style-type: none"> Functions of Nutrients Nutritional Needs Balanced diet Cooking methods on nutrition <ul style="list-style-type: none"> Unit 1 LO1 	<ul style="list-style-type: none"> Candidates to continue to use a range of different cooking techniques when preparing mains with different commodities making sure all aspects are considered Preparation for menu ideas for Unit 2 coursework and final assessments and timed tasks for moderation <p><u>Unit 2 Coursework Prep</u></p>	<p><u>Unit 2 Coursework Prep</u></p> <ul style="list-style-type: none"> Unit 2 LO1 and LO2 <p>Factors of planning menus Scenario introduction Environmental Issues Customer needs (scenario) Production of a range of time plans Develop knowledge of good quality ingredients</p> <p>Unit 1 LO1 Exam preparation</p>

Key Stage 4 Curriculum Overview

	<ul style="list-style-type: none"> Produce dishes on a range of different menus <p>Develop a range of presentation techniques and accompaniments for a range of dishes including:</p> <ul style="list-style-type: none"> Vegetarian Dairy Free Gluten Free Low Fat Dishes Healthy School Meals 	<p>Understand the environment in which hospitality and Catering providers operate</p> <p>Develop and understanding into the range of establishments and types of food customers produce</p> <ul style="list-style-type: none"> Structure Job roles Success factors <p>Potential Guest Speakers</p> <p>Unit 1 LO5 Design and propose a hospitality and catering provision to meet specific requirements</p>	<ul style="list-style-type: none"> Menu preparation against scenarios for Unit 2 coursework <p>Consideration of dishes to different age ranges – groups and dietary requirements</p> <ul style="list-style-type: none"> Vegetarian dishes Dairy free Gluten free Low fat diets Healthy school meals 	<p>Gain an understanding of the different types of establishments and the types of foods that can be produced for a range of customers</p> <p>Refer also to coursework Unit 2 and potential scenarios where applicable</p> <p>Describe the structure of the hospitality and catering industry Be aware and be able to describe different job roles</p>
<p>Summer</p>	<p>In small groups candidates plan trial prepare and cook a range of courses with a focus on preparing a 3-course meal for a specific group or for a potential targeted catering outlet</p> <p>They need to compile the evidence and compile the nutritional values for each using</p>	<ul style="list-style-type: none"> Unit 1 LO1 <p>Understand the environment in which hospitality and catering providers operate Understand how Hospitality and catering providers operate and meet health and safety requirements</p>		

Key Stage 4 Curriculum Overview

	<p>research and online guidance where applicable</p> <p>Within these students will need to consider environmental issues and food safety throughout</p> <p>Each candidate must produce an individual portfolio and feedback for the meals – planning can be done as a group</p>	<p>A range of visits and or speakers to be considered so students can see first hand how parts of the industry work</p>		
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