



FOOD PREPARATION & NUTRITION

Curriculum Progression Pathway

SUBJECT NAME: Level 1/2 in Hospitality and Catering (WJEC)

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 Level 1/2 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 Level 1/2 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.

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 - Understanding 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 Level 1/2 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 Level 1/2 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 Award in Hospitality and Catering				
Unit Number	Unit Title		Assessment	Guided Learning Hours
I	The Hospitality and Catering Industry - Onscreen/Paper based assessment - 1 hr 20 minutes Questions requiring short and	Mandatory	External	48

	extended answers, based around applied situations. Learners will be required to use stimulus material to respond to questions			
2	<p>Hospitality and Catering in Action - Controlled assessment - 12 hours</p> <p>An assignment brief will be provided by WJEC which will include a scenario and several tasks available via the WJEC Secure Website.</p>	Mandatory	Internal	72