

Half term	Unit Title / Hyperlink to SOW	Description
9.1	Introduction to advanced Planning, Preparation and Cooking Skills	<ol style="list-style-type: none"> 1. Introduction to advanced skills required for planning, preparation and cooking. <ol style="list-style-type: none"> a. Focus: Knife skills, using the hob 2. Introduction to personal, kitchen and food safety practices <ol style="list-style-type: none"> a. Food related causes of ill health. b. Food safety practices 3. Introduction to nutrition <ol style="list-style-type: none"> a. Eatwell guide and food commodities. b. Food commodity focus: fruit and veg <p>Assessment:</p> <ol style="list-style-type: none"> 1. Knife skills, vegetable soup, evaluation of knife, preparation and cooking skills. 2. 1.4.1 Knowledge checkpoint
9.2	Introduction to Planning, Preparation and Cooking Skills	<ol style="list-style-type: none"> 1. Building on advanced skills required for preparation, cooking presentation. <ol style="list-style-type: none"> a. Practical focus: sauteing, boiling, kneading, shaping, trimming 2. Building on personal, kitchen and food safety practices <ol style="list-style-type: none"> a. Food related causes of ill health/Symptoms and signs of food-induced ill health b. Food safety practices: hob, oven, blender, pasta machine 3. Building on time plans and evaluations <ol style="list-style-type: none"> a. Sequencing, timings, equipment, health and safety b. Evaluations: evaluating preparation and cooking skills, organoleptic evaluations. 4. Building on nutrition/customer needs <ol style="list-style-type: none"> a. Use Eatwell guide to analyse/evaluate meals b. Commodities: Grains – food staples c. Macronutrients <p>Assessment:</p> <ol style="list-style-type: none"> 1. 1.4.2 Knowledge checkpoint 2. Practical assessment (preparing, cooking a meal safely and hygienically) for Tagliatelle with pesto, 3. Planning of tagliatelle dish
9.3	Healthy Eating	<ol style="list-style-type: none"> 1. Building on advanced skills required for preparation, cooking and presentation. <ol style="list-style-type: none"> a. Practical focus: baking, stir-frying, steaming, reduction 2. Building on personal, kitchen and food safety practices <ol style="list-style-type: none"> a. Preventative control measures of food-induced ill health b. Food safety practices: oven, hob, wok, temperature probe. 3. Building on time plans and evaluations <ol style="list-style-type: none"> a. Mise en Place, sequencing, timings, equipment, health and safety, quality control b. Evaluations: evaluating preparation and cooking skills, organoleptic evaluations. 4. Building on nutrition/customer needs <ol style="list-style-type: none"> a. Use Eatwell guide to analyse/evaluate meals b. Commodities: protein c. Micronutrients <p>Assessment:</p> <ol style="list-style-type: none"> 1. 1.4.3 Knowledge checkpoint 2. Practical assessment (planning, preparing, cooking and presentation of chicken tenders and ketchup dish) 3. Evaluation of nutritional value of a dish
9.4	International Cuisine Exploration - Special Diet Catering	<ol style="list-style-type: none"> 1. Building on advanced skills required for preparation, cooking and presentation. <ol style="list-style-type: none"> a. Practical focus: baking, stir-frying, steaming, proving, kneading, shaping 2. Building on personal, kitchen and food safety practices <ol style="list-style-type: none"> a. The Environmental Health Officer (EHO)/Health and safety in hospitality and catering provision b. Food safety practices: storage, chilling, hot holding. 3. Introduction to time plans and evaluations <ol style="list-style-type: none"> a. Sequencing, timings, equipment, health and safety, quality control, contingencies b. Evaluations: evaluating preparation and cooking skills, organoleptic evaluations. 4. Nutrition/Customer needs <ol style="list-style-type: none"> a. Complementary proteins b. Beans and pulses c. Impact of cooking on nutrients <p>Assessment:</p> <ol style="list-style-type: none"> 1. 1.4.4 Knowledge checkpoint 2. Practical assessment (planning, preparing, cooking and presentation of bean burger) 3. Dovetail time plan for bean burger, bun and salad with shop bought sauces.

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9.5	International Cuisine Exploration - Pastries	<ol style="list-style-type: none"> 1. Building on advanced skills required for preparation, cooking and presentation. <ol style="list-style-type: none"> a. Blind baking, rubbing-in, shaping, laminating, emulsification, whisking, beating, reduction 2. Building on personal, kitchen and food safety practices <ol style="list-style-type: none"> a. Health and safety in hospitality and catering provision/Food safety b. Food safety practices: storage, chilling, hot-holding high-risk and low-risk foods: shortcrust pastry, rough puff pastry, custards, meringue, curd 3. Introduction to time plans and evaluations <ol style="list-style-type: none"> a. Sequencing and dovetailing, Special considerations. b. Evaluations: evaluation of dish/es and evaluation of yourself.. 4. Nutrition/Customer needs <ol style="list-style-type: none"> a. Factors affecting choice of dishes b. Commodities - Sugar c. Sugars, salt, fat – impact on health <p>Assessment:</p> <ol style="list-style-type: none"> 1. 1.3.1 Knowledge checkpoint 2. Practical assessment (planning, preparing, cooking and presentation of patty designs) 3. A Dovetailed plan for 2 different patty designs (1 veg 1 non-veg) 4. Full evaluation – Dish: planning, preparation, cooking, presentation, organoleptic – Yourself: choice of dish, nutritional value, meeting the brief, time management.
9.6	International Cuisine - Mock Controlled Assessment	<ol style="list-style-type: none"> 1. Application of advanced skills required for preparation, cooking and presentation. <ol style="list-style-type: none"> a. Prepare, cook and present 2 dishes with accompaniments 2. Application of personal, kitchen and food safety practices <ol style="list-style-type: none"> a. HACCP (1.3.2 checkpoint) b. Planning and actioning food safety practices 3. Creating time plans and evaluations <ol style="list-style-type: none"> a. Sequencing and dovetailing, Special considerations. b. Full evaluation <ol style="list-style-type: none"> i. Dish: planning, preparation, cooking, presentation, organoleptic ii. Yourself: choice of dish, nutritional value, meeting the brief, time management. 4. Nutrition/Customer needs <ol style="list-style-type: none"> a. Nutritional analysis of dishes b. Factors affecting choice of dishes c. Impact of cooking on nutrients 5. End of unit assessment: 1.3-1.4