

Food Preparation and Nutrition / Hospitality and Catering – Curriculum Overview (Years 7–11)

Year 7 – Foundations of Cooking and Nutrition

- Kitchen safety, hygiene and hazard control
 - The Eatwell Guide and the role of nutrients
 - Core preparation and cooking techniques
 - Introduction to food science processes
 - Design and Make practical assessment
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Year 8 – Developing Independence and Food Awareness

- Refinement of practical and organisational skills
 - Special diets, allergies and intolerances
 - Food provenance, sustainability and seasonality
 - Advanced food science processes
 - Semi-open design brief and practical evaluation
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Year 9 – Food Science and Industry Awareness

- Microbes, contamination and food safety systems
 - HACCP and industry standards
 - Advanced preparation and presentation techniques
 - Contextual design brief
 - Preparation for vocational pathways
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Year 10 – Industry Knowledge and Practical Foundations

- Hospitality and catering provision and operations
 - Job roles and professional expectations
 - Nutrition and balanced menu planning
 - Food preparation, cooking and presentation skills
 - Reviewing dishes and performance
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Year 11 – Professional Practice and Assessment

- Health and safety legislation and food safety systems
 - Pathogenic bacteria and contamination control
 - Menu planning for specific client groups
 - Non-Examination Assessment (practical exam)
 - Written examination preparation
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Overall Curriculum Journey

Across Years 7–11, students progress from foundational kitchen safety and nutritional knowledge to confident application of industry standards and professional practice. Practical competence is developed alongside scientific understanding, sustainability awareness and evaluative skills. By the end of Year 11, students are able to plan, prepare and assess dishes independently, apply health and safety legislation and demonstrate the knowledge and skills required for progression into further study or employment within the hospitality and catering industry.