

## Year 11 LEVEL 1/2 Hospitality and Catering Term 2 2021

		<b>Lesson Content</b>	<b>AO Covered</b>
<b>Week 1</b>	<b>Introduction to Unit 2.</b>  <b>L01</b> Understand the importance of nutrition when planning menus.	<ul style="list-style-type: none"> <li>• <b>RECAP</b></li> <li>• Explain/ show examples of coursework/Set standards and expectations.</li> <li>• Explain assessment criteria.</li> <li>• Recap nutrients in preparation for AC1.1</li> <li>• What are they? What function do they have in the body? What foods can they be found in?</li> <li>• Nutrition Bingo to recap/revise nutrients</li> </ul>	<b>AC1.1</b> -Describe functions of nutrients in human body
<b>Week 2</b>	<b>AC1.2-</b> Compare nutritional needs of specific groups.	<ul style="list-style-type: none"> <li>• Recap the brief</li> </ul> <p>Introduce the needs specific groups</p> <ul style="list-style-type: none"> <li>• Different life stages</li> <li>• Childhood</li> <li>• Adulthood/Later adulthood</li> </ul> <ul style="list-style-type: none"> <li>• Identify suitable dishes for groups that contain the relevant nutrients.</li> <li>• Special diets</li> <li>• Medical conditions</li> <li>• Activity levels</li> </ul> <ul style="list-style-type: none"> <li>• Identify meals/alternatives for the above criteria.</li> </ul>	<b>AC1.2</b> - Compare nutritional needs of specific groups
<b>Week 3</b>	Work on coursework section for AC1.1	<ul style="list-style-type: none"> <li>• <b>Assessment of knowledge so far (Identify any gaps)</b></li> <li>• Recap what is required to complete AC1.2 and the assessment criteria.</li> <li>• Cook something suitable to mee the criteria</li> <li>• Begin working on AC1.2</li> </ul>	<b>AC1.2</b> - Compare nutritional needs of specific groups
<b>Week 4</b>	<b>Controlled Assessment</b>	<b>Complete AC1.2</b>	<b>AC1.2</b> - Compare nutritional needs of specific groups

<b>Week 4</b>	AC1.3 - Explain characteristics of unsatisfactory nutritional intake	Explain the characteristics of unsatisfactory nutritional intake:  Visible and non- visible signs for the nutrients covered in AC1.1  Discuss/cook different meal suggestions to ensure a balance of nutrients.	AC1.3 - Explain characteristics of unsatisfactory nutritional intake
<b>Week 5</b>	AC1.3 - Explain characteristics of unsatisfactory nutritional intake	<ul style="list-style-type: none"> <li>• <b>Assessment of knowledge so far (Identify any gaps)</b></li> <li>• Recap what is required to complete AC1.3 and the assessment criteria.</li> <li>• Begin working on AC1.3</li> </ul>	
<b>Week 6</b>	AC1.3 - Explain characteristics of unsatisfactory nutritional intake	<b>Complete AC1.3</b>	
<b>Week 7</b>		Ensure that AC1.1, AC1.2, and AC1.3 are completed.  Discuss AC1.4 The Impact of cooking methods ready to start next term.  Practical activity – Christmas cooking/bake off?	<b>ALL AC1</b>

- Use of the Kemnal key throughout for testing and quizzing
- Practical cooking will take place throughout covering key skills and techniques.