

**SUMMERFIELD EDUCATION CENTRE – COVID 19 CATCH UP FROM SUMMER CURRICULUM FOR SEPTEMBER 2020**

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| **SUBJECT AREA: Hospitality and Catering WJEC Level 1/2****KEY FLUENCY LEARNING YEAR GROUP Key Stage 4 Year 11** **Completing qualification in one year** |

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| \* | Unit 2L.O 1 – To understand the principles of nutrition | Completed |
| AC 1.1 | The functions of nutrients in the body. How they are all separate but work together in the body* 7 main nutrients
* What are they?
* What foods are they found in?
* What is the function of each nutrient?
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| AC 1.2 | The nutritional needs of specific groups. How does nutritional this impact on your menu planning? Activity levels?* Babies
* Pre-school children age 1-4
* Children 5-12
* Adolescents (teenagers, students)
* Adults
* Older adults
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| AC1.3 | What are the characteristics of unsatisfactory nutritional intake?What happens to the body it has too much or too little of a specific nutrient? |  |
| AC1.4 | The impact of cooking methods on nutritional value?How specific cooking methods affect nutrients in food.Explore a range of cooking methods.What are the nutrients affected?Discover how nutrients can be affected by incorrect or ineffective food handling and storage. |  |
|  | Unit 2L.O 1 – To understand the principles of menu planning |  |
|  | Why do catering businesses choose dishes when planning menus?* Menus planned for a set period of time.
* A change of menu to add variety
* Keep customer interest and to encourage customer loyalty.
* Clear menu labelling
* Choice
* Meting a range of dietary needs.
* Suitability for specific target groups
* Price
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