

**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 2  L.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? |  |
| 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 |  |
| AC  1.3 | What are the characteristics of unsatisfactory nutritional intake?  What happens to the body it has too much or too little of a specific nutrient? |  |
| AC  1.4 | 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 2  L.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 |  |