

## Phase overview Year 2018 to 2019 - Castledon Sixth Form College

Year Group	Autumn - Term 1	Spring - Term 2	Summer - Term 3
NCFE level 2- Hospitality and catering principles in professional cookery	<p><b>1 – safe, hygienic and secure working environment in hospitality:</b></p> <ul style="list-style-type: none"> <li>• Why is it important to maintain good hygiene</li> <li>• Know about hazards within workplace</li> <li>• Fire safety procedures</li> <li>• Health and safety reporting procedures</li> </ul> <p><b>2 – ( unit 6 )preparing cooking and finishing poultry dishes :</b></p> <ul style="list-style-type: none"> <li>• Prepare poultry for basic dishes</li> <li>• How to finish dish</li> <li>• Cooking method for various poultry dishes</li> </ul> <p><b>Trip</b> – café, restaurant, Waitrose</p>	<p><b>3 – ( unit 2) effective teamwork</b></p> <ul style="list-style-type: none"> <li>• Importance of following instructions accurately</li> <li>• Importance of clear communication</li> <li>• Benefits of helping team members</li> </ul> <p><b>4-( unit 8) preparing, cooking and finishing vegetable dishes</b></p> <ul style="list-style-type: none"> <li>• Preparation methods for vegetables</li> <li>• Correct cooking method and temperature</li> <li>• Reasons for a good balanced diet</li> </ul> <p><b>5- ( unit 3) how to maintain, handle and clean knives</b></p> <p><b>Trip</b> – Waitrose, professional kitchen</p>	<p><b>6 – ( unit 10)principles of preparing cooking and finishing rice dishes</b></p> <ul style="list-style-type: none"> <li>• Preparation and method of rice dishes</li> <li>• Healthy eating considerations when making rice dishes</li> <li>• Food presentation</li> </ul> <p><b>7 – ( unit 13) principles and preparation of cooking noodle dishes</b></p> <ul style="list-style-type: none"> <li>• Preparation and method of noodles dishes</li> <li>• Healthy eating considerations when making noodle dishes</li> <li>• Food presentation</li> </ul> <p><b>8- recap on units 1,3 and 5</b></p>

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Gateway entry level 3 Basic food preparation	<p><b>1 – prepare food for cold presentation or cooking</b></p> <ul style="list-style-type: none"> <li>• Why is it important to maintain good hygiene</li> <li>• Choose correct equipment</li> <li>• Follow a basic recipe</li> <li>• Food presentation</li> </ul> <p><b>Trip</b> – café, restaurant, Waitrose</p>	<p><b>1 – prepare food for cold presentation or cooking</b></p> <ul style="list-style-type: none"> <li>• <b>Why is it important to maintain good hygiene</b></li> <li>• <b>Choose correct equipment</b></li> <li>• <b>Follow a basic recipe</b></li> <li>• <b>Food presentation</b></li> </ul> <p><b>Trip</b> – café, restaurant, Waitrose, tesco</p>	<p><b>1 – prepare food for cold presentation or cooking</b></p> <ul style="list-style-type: none"> <li>• <b>Why is it important to maintain good hygiene</b></li> <li>• <b>Choose correct equipment</b></li> <li>• <b>Follow a basic recipe</b></li> <li>• <b>Food presentation</b></li> </ul> <p><b>Trip</b> – café, restaurant, Waitrose</p>

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BTEC level 2 home cooking skills	<p><b>1 – home cooking skills :</b></p> <ul style="list-style-type: none"> <li>• Why is it important to maintain good hygiene</li> <li>• Select correct ingredients</li> <li>• Select correct equipment</li> <li>• Assessment of dishes and improvements</li> <li>• Prepare food attractively</li> </ul> <p><b>Trip</b> – café, restaurant, Waitrose</p>	<p><b>Home cooking skills</b></p> <ul style="list-style-type: none"> <li>• Demonstrate skills in cooking</li> <li>• Follow a recipe accurately</li> <li>• Assessment and improvements</li> <li>• Ways to economise when cooking</li> </ul> <p><b>Trip</b> – Waitrose, Tesco, Asda</p>	<p>Home cooking skills</p> <ul style="list-style-type: none"> <li>• Follow a recipe at home and cook a dish for friends or family</li> <li>• Prepare food safely and hygienically</li> <li>• Present a dish attractively</li> <li>• Show skills in cooking</li> </ul> <p><b>8- recap on units</b></p>

Home Opportunities	<ul style="list-style-type: none"> <li>• Home Cooking</li> </ul>	<ul style="list-style-type: none"> <li>• Home Cooking</li> </ul>	<ul style="list-style-type: none"> <li>• Home Cooking</li> </ul>
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<b>Out and about:</b> (The cost must not exceed £30 and each phase needs to be comparable)	All opportunities listed which will be in the wider community and the cost (£)  NCFE L2 Hospitality and Catering: <ul style="list-style-type: none"><li>• Café</li><li>• Restaurant</li><li>• Waitrose</li></ul>	NCFE L2 Hospitality and Catering:  <b>Trip -</b> <ul style="list-style-type: none"><li>• Waitrose,</li><li>• professional kitchen</li></ul>	NCFE L2 Hospitality and Catering:  <b>Trip -</b> <ul style="list-style-type: none"><li>• Waitrose,</li><li>• professional kitchen</li></ul>
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