



# De La Salle School

## Food Technology & Catering Learning Journey



Unit 2: Revision and exam preparation

UNIT 1: Controlled assessment  
Catering in action

YEAR  
**11**

Four hour practical exam

Explore different types of food service and hospitality provisions, Job roles and responsibilities, contracts and qualifications.

Develop knowledge of environmental considerations, impact of reviews and nutrition.

Develop understanding of how to meet customer requirements and adapt a menu

Explore Food safety and bacteria



Students to understand the different types of hospitality and catering provisions

students will develop their knowledge of nutrients discussing functions as well as exploring government guidelines and their influence on our diet.

**Convenience foods** – Chicken and chickpea curry

Explore different types of equipment and kitchen layouts



Students look at different food movements that are having a larger impact on our intake and food fashions.

YEAR  
**10**

**Batch production** – Cookies

**Nutrients** – Lasagne

Food choice and influence – explore different food cultures from around the world, and dietary requirements and restrictions.

**Vegetarianism** – Quorn chilli

Students begin to explore different nutrients to further develop their knowledge of healthy eating and a balanced diet.



**Function of ingredients** – Carrot cake



**High risk ingredients** – Fish cakes

**Knife skills** – Mini vegetable tarts

Deepen their understanding of the potential risks of food preparation and storage.

**Convenience foods** – Layered pasta pot

**Function of ingredients** – Marble cake

Advanced food safety – this unit builds upon the fundamentals of food safety, including the scientific properties and terms linked with food deterioration.

**Batch production** – Sausage rolls

YEAR  
**8**

**Nutrients** – Chicken Korma

Students produce several high-risk dishes focusing on preventing food poisoning and reducing the risk of bacteria and contamination

**Knife skills** – Chicken stir fry



**Breakfast alternative** – Energy bars

Students explore the importance of breakfast analysing different breakfast options

**Parts of the cooker** - Chicken Goujon Wrap

**Seasonality** – Mini Pizza

**Food miles** - Quesadillas

Students explore the basics of healthy eating and nutrients identifying their uses and the effect they have on the human body.



**Use of equipment** – Apple crumble

YEAR  
**7**

Students are given the opportunity to discover where their food comes from and discuss the effects this has on our environment.

**Knife skills** – Cous cous salad

Healthy eating – Explore food preparation, the equipment and nutritional values linked with healthy eating.