

Year 10 Hospitality and Catering Level 1/2 Vocational Award Learning Programme 5

<p>The LORIC skill focus for his LP is: COMMUNICATION. The Moral Virtues focus for this LP are: COURAGE and HUMILITY.</p> <p>Courage - Acting with bravery and overcoming fears. Humility - Having a modest view of oneself.</p> <p>What will I be learning about in this Learning Programme? The importance of nutrition and the function of nutrients in the body. The nutritional need of specific groups of people. How cooking methods can impact on the nutritional value of foods. Which factors affect menu planning.</p> <p>Where have I seen this learning before? During the key stage 3 cooking and nutrition curriculum, as well as the Year 10 curriculum, you have learnt about the nutritional needs of specific groups. This LP will not only be a retrieval of this knowledge but will enable you to understand in greater depth the function and source of nutrients and dietary needs.</p> <p>What could I use it for? You will be able to apply your knowledge to your final examination and apply your understanding in the externally set Unit 2 non-examined assessment.</p>		<p>Literacy:</p> <ul style="list-style-type: none"> Capital letters must be used at the start of sentences and for the first letter of proper nouns Full stops must be used at the end of a sentence Question marks must be used at the end of a question Apostrophes should only be used for possession or omission Days of the week and months must be spelled correctly Key words must be spelled correctly
<p>In LP5.1, I will know: 11/05/26 - (WK 1)</p> <p>what the Year 11 course entails and the expectations whilst studying Hospitality and Catering; how to analyse a Unit 2 assignment brief and identify key information.</p>	<p>Key Vocabulary</p> <p>Nutrients</p>	<p>Homework</p> <p>Analyse a Unit 2 Assignment brief.</p>
<p>In LP5.2, I will know: 18/05/26 - (WK 2)</p> <p>what the function of macronutrients (carbohydrates, protein, fats) are in the body; that carbohydrates, proteins and fats can be grouped into different types.</p>	<p>Key Vocabulary</p> <p>Macronutrients</p>	<p>Homework</p> <p>Complete a task on the sources of macronutrients.</p>
<p>LP5 RLW, I will: 01/06/26 - (WK 1)</p> <p>review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.</p>	<p>Key Vocabulary</p> <p>Revision</p>	<p>Homework</p> <p>Use revision techniques to prepare for the summative assessment.</p>
<p>In LP5.3, I will know: 08/05/26 - (WK 2)</p> <p>what the function of micronutrients (vitamins and minerals) are in the body; which foods micro and macronutrients are sourced.</p> <p>Extended Task.</p>	<p>Key Vocabulary</p> <p>Micronutrients</p>	<p>Homework</p> <p>Complete a task on the sources of micronutrients.</p>
<p>In LP5.4, I will know: 15/06/26 - (WK 1)</p> <p>which nutrients are needed for specific groups of people at different life stages; which foods can or cannot be eaten due to people's different food choices and medical conditions; what the nutritional needs are for different activity levels.</p>	<p>Key Vocabulary</p> <p>Life stages</p>	<p>Homework</p> <p>Complete a task to describe the foods that a person with an iron deficiency can, or can't eat.</p>
<p>In LP5.5, I will know: 22/06/26 - (WK 2)</p> <p>how different cooking methods can affect the nutrients in food; how we can reduce the damage to nutrients in food in different ways, through storage, preparation and cooking.</p>	<p>Key Vocabulary</p> <p>Denatured</p>	<p>Homework</p> <p>Complete a task on the affect of different cooking methods on food.</p>
<p>In LP5.6, I will know: 29/06/26 - (WK 1)</p> <p>which factors need to be considered when planning a menu for a hospitality & catering establishment; how the environmental considerations affect menu planning.</p> <p>Extended Task.</p>	<p>Key Vocabulary</p> <p>Factors</p>	<p>Homework</p> <p>Complete a task to explain how equipment, skills of chef and time can affect menu planning.</p>
<p>In LP5.7, I will know: 06/07/26 - (WK 2)</p> <p>how customer needs affect menu planning (nutritional, organoleptic, cost).</p>	<p>Key Vocabulary</p> <p>Organoleptic</p>	<p>Homework</p> <p>Complete a task to explain how customer needs can affect menu planning.</p>
<p>Resources to support learning: The following websites contain extensive revision material and information to increase Hospitality and Catering subject knowledge: www.food.gov.uk; www.bbc.co.uk/bitesize; www.foodafactoflife.org.uk; www.britishnutritionfoundation.co.uk; www.bbcgoodfood.co.uk</p>		
<p>FFET Award Challenge for this Learning Programme: Create a health and safety poster that promotes one of the appropriate laws or legislations for an establishment.</p>		

