

5. SUGGESTED ROUTE THROUGH THE SPECIFICATION

WJEC Level 1/2 Award in Hospitality and Catering Specification A

This document is a **suggestion** for delivery of the content for both units. It can be used as guidance for teachers who are new to delivering the course.

GLH: Unit 1 - externally assessed: 48 hours.

Unit 2 - internally assessed: 72 hours.

The delivery of the course should take two years of single time (3 hours a week or 5 hours a fortnight) or one year if you get double time.

Term 1: 12 weeks	
Theory work to be covered	Practical work to be covered (LO3)
<p>Unit 1 LO4: Know how food can cause ill health.</p>	<p>Unit 2 LO3: Be able to cook dishes.</p> <p>Developing and improving skills learnt at KS3.</p>
<p>One of the first things candidates should be aware of prior to cooking is food safety.</p> <p>Candidates could take an external food safety course, either online or through an external agency.</p> <p>Candidates should be aware of and be able to analyse, identify explain or describe:</p> <ul style="list-style-type: none"> • food-related causes of ill health • common types of food poisoning • symptoms of food induced ill health • food safety hazards in different situations • risks to food safety • control measures • food safety regulations 	<p>Basic skills would be taught this first term:</p> <ul style="list-style-type: none"> • knife skills e.g. soups, salads, vegetable cuts • methods of cake making • yeast doughs • pastry making • sauces <p>With emphasis on food safety and hygiene.</p> <p>Candidates should prepare and cook a range of high risk dishes and follow the principles they have learnt in the theory lessons.</p> <p>Candidates could develop skills by planning and preparing a range of dishes e.g. a starter one week, then a main course, then a dessert.</p>

Term 2: 12 weeks	
Theory work to be covered	Practical work to be covered (LO3)
<p>Unit 2 LO1: Understand the importance of nutrition when planning meals. LO2: Understand menu planning.</p>	<p>Use of commodities.</p>
<p>Candidates should be able to:</p> <ul style="list-style-type: none"> • describe the functions of nutrients • compare the nutritional needs of specific groups • explain what happens if you don't have a balanced diet • know how the different cooking methods impact on the nutritional value of foods • know the factors to consider when planning menus • be aware of environmental issues when cooking • explain how the dishes meet the customer needs • produce time plans for practical outcomes • be aware of how to check ingredients are of good quality 	<p>Producing dishes using a range of commodities:</p> <ul style="list-style-type: none"> • meat • fish • poultry • eggs • dairy • vegetarian alternatives <p>When working with commodities links could be made to the needs of specific groups, including special dietary needs and allergies.</p> <p>Candidates should continue to use a range of cooking techniques when preparing the dishes.</p>

Term 3: 12 weeks	
Theory work to be covered	Practical work to be covered (LO3)
<p>Unit 1 LO1: Understand the environment in which hospitality and catering providers operate.</p>	<p>Produce dishes to be served on a range of different menus.</p>
<p>Gain an understanding of the different types of establishments and the types of foods that the produce for customers.</p> <ul style="list-style-type: none"> • describe the structure of the hospitality and catering industry • be aware of and be able to describe the job roles and working conditions. • explain the factors affecting the success of providers <p>LO5: Be able to propose a hospitality and catering provision to meet specific requirements.</p> <p>Introduce learners to this type of activity.</p>	<ul style="list-style-type: none"> • they could also look at presentation techniques and accompaniments for a range of dishes including: <ul style="list-style-type: none"> ○ vegetarian, vegan dishes ○ dairy free ○ gluten free ○ low fat diets ○ healthy school meals

Term 4: 12 weeks	
Theory work to be covered	Practical work to be covered (LO3)
<p>Unit 1 LO1: Understand the environment in which hospitality and catering providers operate. LO2: Understand how Hospitality and catering providers operate. LO3: Understand how Hospitality and catering provision meets health and safety requirements.</p> <p>For this section arranging a range of speakers or visits to enable the candidates to see first-hand how the industry works is recommended. This could include visits to:</p> <ul style="list-style-type: none"> • local hotels • restaurants • food suppliers • event services <p>Guest speakers from:</p> <ul style="list-style-type: none"> • hotel management • event organisers • wedding planners • food suppliers • health and safety executive from local industry 	<p>In small groups (a groups of six is suggested) candidates plan, trial, prepare, cook and serve a three course meal or range of dishes for a target group, or target catering outlet.</p> <p>They could complete a portfolio of evidence to back up the choice of dishes made with reference to the specific nutritional needs of the target group. They should also include environmental issues and food safety.</p> <p>Each candidate must produce an individual portfolio but the planning for the meal can be completed as a team.</p> <p>The meal/selection of dishes should include accompaniments and show excellent presentation skills. This should include:</p> <ul style="list-style-type: none"> • meat/poultry/fish/vegetarian alternatives • eggs and dairy produce • cereals, rice, pasta, or flour • fruit and vegetables
Term 5: 12 weeks	
<p>This term would be used to further develop practical skills, finish any content not covered and complete the internal assessments for the course.</p> <p>Candidates may be given the task chosen, along with the mark scheme for unit 2 so they are aware of how marks are given. They should be given a breakdown of the time allowed to complete the tasks set. Preparation time should also be allowed along with opportunity for them to study exemplar work so that candidates are fully aware of the requirements of the tasks.</p> <p>Candidates will also need to practice examination papers in preparation for the examination.</p>	