**SUBJECT:**  

classification:

**CTL / HEAD OF DEPT:**  

**EXAM BOARD:** WJEC Hospitality and Catering Level 1/2

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### Assessment Methods:

<table>
<thead>
<tr>
<th>Unit 1</th>
<th>Unit 2</th>
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<tr>
<td>externally assessed: 48 hours.</td>
<td>internally assessed: 72 hours.</td>
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### Assessment Objectives:

(www.gov.uk/government/publications/assessment-objectives)

### Summary of key skills:

- Prepare and cook using basic skills
- Understand food and its functions in the body and in recipes.
- Gain a good understanding of the hospitality and catering industry.

<table>
<thead>
<tr>
<th>Term 1</th>
<th>Term 2</th>
<th>Term 3</th>
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</thead>
</table>
| **First term an introduction into what is hospitality**  
**The Hospitality Industry**
Gain an understanding of the different types of establishments and the types of foods that the produce for customers.  
- 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  

**Basic skills would be taught this first term:**
- knife skills e.g. soups, salads, vegetable cuts  
- methods of cake making – melting, whisking, rubbing and creaming  
- yeast doughs  
- pastry making to include short crust and choux  
- sauces - basic roux  
with emphasis on food safety and hygiene.  
Candidates should prepare and cook a range of high risk dishes and follow the principles they have learnt in the theory lessons.  
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.  

**Unit 1 LO4: Know how food can cause ill health.** Candidates should be aware of and be able to analyse, identify explain or describe:
- 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  

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.  
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:
- local hotels  
- restaurants  
- food suppliers  
- event services  
Guest speakers from:
- hotel management  
- event organisers  
- wedding planners  
- food suppliers  
- health and safety executive from local industry  
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. They could complete a portfolio of evidence to back up the choice of dishes made with

**Revision for the unit 1 exam**  
**Use revision guides**  
**Food mats**  
**Low stakes testing**  
**PAST PAPERS**  
**WALKING TAKING EXAM**

**Unit 2 LO1: Understand the importance of nutrition when planning meals.** LO2: Understand menu planning
Candidates should be able to:
- 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

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reference to the specific nutritional needs of the target group. They should also include environmental issues and food safety. Each candidate must produce an individual portfolio but the planning for the meal can be completed as a team. The meal/selection of dishes should include accompaniments and show excellent presentation skills. This should include: • meat/poultry/fish/vegetarian alternatives • eggs and dairy produce • cereals, rice, pasta, or flour • fruit and vegetables

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<td>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.</td>
<td>Complete of controlled task by February half term Complete 2 final practical’s Ensure all improvements are made and that deadlines are met</td>
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| **Nutrition and Health**  
Diet, nutrition and health  
To know and understand: • the relationship between diet, nutrition and health • the major diet related health risks.  
**How to carry out nutritional analysis**  
To know and understand how to plan and modify recipes, meals and diets to reflect the nutritional guidelines for healthy diet.  
**Energy needs**  
To know and understand: • the basal metabolic rate (BMR) and physical activity level (PAL) • the recommended percentage of energy intake provided by protein, fat and carbohydrates (starch and sugar).  
**Making informed choices for a varied and balanced diet**  
To know and understand: • the current guidelines for a healthy diet • portion size and costing when meal planning • how peoples’ nutritional needs change and how to plan a balanced diet for different life stages | Revision for the unit 1 exam Use revision guides Food mats Low stakes testing PAST PAPERS WALKING TAKING EXAM |