

Year 11 Countdown Plan

PERSONAL LEARNING CHECKLIST – Hospitality & Catering

BTEC WJEC Hospitality & Catering Level 1/2 Vocational Award Written exam = 12th June

Week	Curriculum Knowledge	Actions to take to secure knowledge	Complete?			Notes
Unit 2: The Importance of Nutrition						
Week 1 12th – 16th Jan	I know what the 3 macronutrients and 2 micronutrients are	CGP Revision guide – Pages 54-58 THIS WILL SUPPORT TASK 1B OF YOUR CA WRITE UP <ul style="list-style-type: none"> Make a mind map of nutrients and show the sub-groups for each. Make a table - for each nutrient list ingredients that provide that nutrient & what it provides the body. <ul style="list-style-type: none"> Copy out the Eatwell Guide from memory. Make revision cards with the name of vitamins and mineral on one side and ingredients and what they provide the body on the other. BBC Bitesize - Home Economics - The Eatwell Guide BBC Bitesize - Home Economics - Macronutrients 				
	I can explain why we need to eat Fat, Protein & Carbohydrates					
	I can vitamins and what they provide our bodies					
	I can explain the Eatwell Guide and use it to plan a meals					
Unit 2: Nutrition Through Life & Special Dietary Needs						
Week 2 19th – 23rd Jan	I know the basic, medium & complex preparation skills	CGP Revision guide – Pages 69-72 THIS WILL SUPPORT TASK 2B OF YOUR CA WRITE UP <ul style="list-style-type: none"> Make sure you have a Mise en Place on your Time Plan List all equipment to help you prepare at the start of the practical exam Overlap steps in the method to save time & make best use of the time available Include: Ingredients with quantities, C, HS&H, QP and add a different colour for each dish or accompaniment <ul style="list-style-type: none"> Complete Revision Summary on page 73 BBC Bitesize - Hospitality - Menu planning				
	I know the basic, medium & complex cooking skills					
	I know how I can present my dishes professionally					
Unit 2: COOKING EXAMS						
Week 3 2 nd – 6th Feb	I know what 2 dishes I am cooking	COOKING EXAM WEEK <ul style="list-style-type: none"> Off timetable for one day to do Cooking Exam (3 hours) Make sure you have a copy of your time plan to follow Check you have all ingredients – weighed out if necessary Make sure you have plates and decorations for presentation 				
	I have my Time Plan ready					
	I know what equipment and decorations are needed					
	I have arranged to buy ingredients so they are fresh & available on the correct day					
Unit 2: Preparing, Cooking & Presenting Food						
Week 4 9 th – 13 th Feb	I know how nutritional needs change as we get older	CGP Revision guide – Pages 74-80 THIS WILL SUPPORT TASK 3A,B&C - PRACTICAL EXAM <ul style="list-style-type: none"> Practice preparing, cooking and presenting your 2 chosen dishes. Consider how you will present it (can you add extra skills in the presentation?). <ul style="list-style-type: none"> How will you hot-hold dishes to serve them at the end. <ul style="list-style-type: none"> Complete Revision Summary on page 83 				
	I know how lifestyle affects our dietary needs					
	I know how medical conditions affect our dietary needs					
	I know how personal beliefs affect our dietary needs					
Unit 2: Menu Planning						
Mocks 23rd – 27th Feb	I know what equipment & ingredients I need for my practical exam	CGP Revision guide – Pages 59-63 THIS WILL SUPPORT TASK 2A OF YOUR CA WRITE UP <ul style="list-style-type: none"> Plan a day of food for each age group & explain why you chose those meals Make revision cards with BMR / PAL / Calories on one side and their meaning on the other. Make a table for each health condition – list foods they should choose and why & foods they should avoid and why. Make a table of moral (vegan), ethical (fairtrade) or religious beliefs (Muslim) and list foods they can / can't eat. <ul style="list-style-type: none"> Complete Revision Summary on page 64 BBC Bitesize - Home Economics - Nutrition and life stages BBC Bitesize - Home Economics - Priority health issues BBC Bitesize - Hospitality - Special diets				
	I have planned the steps to make my 2 dishes efficiently					
	I have added Contingencies, Health, Safety & Hygiene, Quality Points					
	I know what equipment & ingredients I need for my practical exam					
Unit 2: REVIEWING DISHES & PERFORMANCE						
Mocks 2 nd – 6th March	I have explained why I chose the dishes, WWW & EBI	CGP Revision guide – Pages 81-82 THIS WILL SUPPORT TASK 4A&B OF YOUR CA WRITE UP <ul style="list-style-type: none"> Discuss why your dishes were suitable for the task. Explain why each dish would suit the customer. <ul style="list-style-type: none"> What Went Well... & Even Better If... How did the presentation turn out? Describe the organoleptic qualities. What food waste did you have and how could this be reduced? <ul style="list-style-type: none"> How could your dishes be better for the environment? 				
	I have described the organoleptic qualities (taste, texture, aroma & appearance)					
	I have discussed health, safety, hygiene, environmental issues & food waste.					

Week	Curriculum Knowledge	Actions to take to secure knowledge	How secure?			Revisited
Unit 1: Section 1 Hospitality & Catering Provisions						
Week 5 9th – 13th March	I can list some examples of non/commercial & non/residential provisions	<p>CGP Revision guide – Pages 3-22</p> <p><u>THIS WILL SUPPORT LEARNING FOR WRITTEN EXAM</u></p> <ul style="list-style-type: none"> • Make a list of commercial, non-commercial, residential, non-residential H&C providers. • Make a mind map of the different styles of service – add examples of H&C providers that would use each • Make a list of the different rating systems used – what is a high rating for each? • Make a list of different roles (kitchen brigade & front of house) what personal attributes should employees have? <ul style="list-style-type: none"> • Complete Revision Summary on page 23 <p>BBC Bitesize - Hospitality - What is hospitality? BBC Bitesize - Hospitality - Star rating BBC Bitesize - Hospitality - Interpersonal skills and professional qualities</p>				
	I can explain the difference between different styles of service					
	I can recall the different standards & ratings used					
	I can recall the different roles in H&C and types of contract					
Unit 1: Section 2 How Providers Operate						
Week 6 16th – 20th March	Recall the different areas of the kitchen & Front of House	<p>CGP Revision guide – Pages 24-37</p> <p><u>THIS WILL SUPPORT LEARNING FOR WRITTEN EXAM</u></p> <ul style="list-style-type: none"> • Make a flowchart of the order of events serving a customer in a restaurant • Make a plan of the layout of a kitchen to help safety & workflow <ul style="list-style-type: none"> • Find photos of large kitchen equipment and label them • Make a table of different customers and then say how you could meet their specific needs <p>BBC Bitesize - Hospitality - Hospitality outlets BBC Bitesize - Hospitality - Products and services</p>				
	I can plan the layout of a kitchen					
	I understand how stock is controlled					
	I can list some examples of how to meet customers' needs					
Unit 1: Section 3 Health & Safety						
Week 7 23rd – 27th March	I can list several hazards in a kitchen	<p>CGP Revision guide – Pages 39-44</p> <p><u>THIS WILL SUPPORT LEARNING FOR WRITTEN EXAM</u></p> <ul style="list-style-type: none"> • Make a mind map of different kitchen hazards – add how to avoid them • Fill in a blank Accident Form for a member of staff slipping over on a wet floor • Use a blank table to make a HACCP for McDonalds buying, making & serving a beef burger <p>BBC Bitesize - Hospitality - Health and safety</p>				
	I can fill in an Accident Form					
	I understand what a Risk Assessment is					
	I know what HACCP stands for and can fill a form in					
Unit 1: Food Safety						
Week 8 30th – 3rd April	I can recall the 4 types of food contamination	<p>CGP Revision guide – Pages 45-52</p> <p><u>THIS WILL SUPPORT LEARNING FOR WRITTEN EXAM</u></p> <ul style="list-style-type: none"> • Make mind map of common types of food illness and what causes them <ul style="list-style-type: none"> • Explain what we do to prevent food poisoning • Label an image of food packaging with what information must appear by law <ul style="list-style-type: none"> • Explain the role of the EHO <p>BBC Bitesize - Home Economics - Food labelling BBC Bitesize - Home Economics - Food safety BBC Bitesize - Home Economics - Food safety 2</p>				
	I can list some visible and non-visible symptoms of food related illness					
	I can make a list of food intolerances & allergens					
	I can list common bacteria and where they are found					
Now repeat revision in more detail until written exam 12th June 2026						