Level 1 / 2 Hospitality and Catering



Year 11

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| Торіс | Content |
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| AC1.1 Describe the functions of nutrients in the human body | Discuss the function of both Macro and Micronutrients including: Protein, Carbohydrates, Fats Vitamin C B1, B2, B12 Vitamins A, D, E, K Calcium, Iron, Sodium, Fibre and Water |
| AC1.2 Compare Nutritional needs of specific groups | Specific groups could include: Different life stages, Childhood, Adulthood, Later adulthood, Special diets, Medical conditions, Activity levels |
| AC1.3 Explain characteristics of unsatisfactory nutritional intake | Characteristics: Visible, Non-visible Unsatisfactory: Nutritional deficiencies, Nutritional excesses |
| AC1.4 Explain how cooking methods impact on nutritional value | Cooking methods: Boiling, Steaming, Baking, Grilling, Stir-fry, Roasting, Poaching |
| AC2.1 Explain factors to consider when proposing dishes for menus | Describe how factors can influence or limit dishes on a menu such as: Equipment, Time of year, Skills of staff, Time Available, Customer types, Type of provision |
| AC2.2 Explain how dishes on a menu address environmental issues. | Describe how a chef could be environmentally aware including areas such as: Energy use, Water conservation, Transport/Food miles, Carbon footprint, Food Waste |
| AC2.3 Explain how menu choices meet customer needs | Including nutritional requirements of customers, Organoleptic needs, sight, smell, taste, colours, seasons and textures, guests who can and cannot eat the dishes. Availability and price of ingredients, healthy eating, meeting your target customer needs |
| AC 2.4 Time plan | Dovetailing all dishes production ensuring service is timely and coordinated. |
| AC 3 Practical cooking exam | Prepare and serve a two course meal for your selected customer type demonstrating 3 preparation skills and 3 cooking methods |