

Year 10 LEVEL 1 / 2 HOSPITALITY AND CATERING

Summer Challenge

Mrs Etherton and Mrs Hyde

Task 1:

Find 5 recipes that use a variety of cooking methods (baking, grilling, roasting, steaming, stir-frying, boiling, poaching and whisking). Choose at least two to cook, take photographs and evaluate each dish. (You can use the WJEC knowledge organisers to help with your evaluation)

Task 2:

Create a folder of 5 healthy recipes suitable for breakfast, lunch, dinner and desserts. Explain what nutrients are in each dish and what they do for the body.

Task 3:

Visit a supermarket or market and identify 5 seasonal British fruits and vegetables. Record prices and suggest recipes using them.

Task 4:

Plan and cook three balanced meals using the Eatwell Guide and the recipes you have found in task 2. Cost each meal and evaluate nutrition.

Task 5;

Plan a family meal for four people costing under £10. Explain how you kept costs low while not compromising the nutritional values.

Task 6:

Revise food hygiene, food poisoning bacteria, safe temperatures and cross-contamination. Create your own revision cards.
Create revision posters on carbohydrates, proteins, fats, vitamins, minerals, fibre and water.

Task 7:

Investigate vegetarian, vegan, gluten-free or dairy-free diets.
Cook one suitable recipe
Create revision posters on carbohydrates, proteins, fats, vitamins, minerals, fibre and water.

Task 8:

Compare nutrition labels on five food products. Identify healthier choices and explain why.

Task 9:

Safely practise slicing, dicing, julienne, chiffonade and finely chopping vegetables. (High level skills for your practical exam.)

Practise rubbing-in, creaming, kneading, pastry making, sauce making and cake decorating.

Task 10:

Watch cooking programmes or online demonstrations and note down new skills and techniques you could try.

Create a Summer Food Portfolio including:

- Photographs of practical work
- Recipe evaluations
- Costings
- Nutritional analysis
- Food science investigations
- Food safety notes
- Skills checklist
- Personal targets for Year 11

Visit a restaurant and take notes on the menu prices and notes on the way the chef presents the dishes you have ordered

This will provide excellent evidence of practical development and make students are more confident when they begin their assessments in Year 11. The WJEC specification emphasises practical cooking skills, food science, nutrition, food provenance, hygiene, sustainability and evaluation, all of which these activities reinforce.