



Aspire Achieve Thrive

**Autumn Term**  
**Term 1**

# **Hospitality and Catering**

**Year 11**

**Name:** \_\_\_\_\_

**Tutor:** \_\_\_\_\_

## Year 11 Homework Timetable

<b>Monday</b>	Science Task 1	Ebacc Option A Task 1	Option C Task 1
<b>Tuesday</b>	Sparx Science	Option B Task 1	Sparx Maths
<b>Wednesday</b>	English Task 1	Science Task 2	Option C Task 2
<b>Thursday</b>	Ebacc Option A Task 2	Option B Task 2	Sparx Catch Up
<b>Friday</b>	Sparx Science	English Task 2	Sparx Maths

### Sparx Science

- Complete 100% of their assigned homework each week

### Sparx Maths

- Complete 100% of their assigned homework each week

Option A (EBACC)
French
Geography
History

Option B
Art
Business Studies
Catering
Childcare
Triple Science
Travel and Tourism
Music
Sport
IT

Option C
Business Studies
Catering
Computer Science
Drama
Health & Social Care
Media Studies
Photography
Sport

### Half Term 1 (8 weeks) - Year 11

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 1 1st September 2025	<b>Cornell Notes</b> on Nutrients	<b>Answer the exam questions on</b> Describe the function of the 3 macronutrients with some food examples (6 marks)
Week 2 8th September 2025	<b>Revision Cards</b> on Nutrients	<b>Answer the exam questions on</b> Describe the function of the micronutrients with some food examples (6 marks)
Week 3 15th September 2025	<b>Cornell Notes</b> on Different life stages and nutritional needs	<b>Answer the exam questions on</b> Design a menu for a life stage, highlighting the nutrients that are needed for that group (6 marks)
Week 4 22nd September 2025	<b>Revision Cards</b> on Special Dietary needs	<b>Answer the exam questions on</b> Design a menu for a dietary need e.g vegan, highlighting the nutrients that are needed for that group (6 marks)
Week 5 29th September 2025	<b>Cornell Notes</b> on Cooking methods and how they affect nutrients	<b>Answer the exam questions on</b> Describe the most suitable cooking method/s to make chips for a person on a low fat diet (6 marks)
Week 6 6th October 2025	<b>Revision Cards</b> on Cooking methods	<b>Answer the exam questions on</b> Describe how boiling, roasting and frying affect the nutrients in food (6 marks)
Week 7 13th October 2025	<b>Cornell Notes</b> on Factors affecting menu planning	<b>Answer the exam questions on</b> How could a restaurant make its dishes more environmentally friendly? (6 marks)
Week 8 20th October 2025	<b>Revision cards</b> on Factors affecting menu planning	<b>Answer the exam questions on :</b> Describe the organoleptic qualities of a beef burger in a Brioche bun with chips, a side salad and mayonnaise (10 marks)

## Half Term 2 (7 weeks) - Year 11

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 9 3rd November 2025	<b>Cornell Notes on</b> Contracts, remuneration and pensions	Describe the different types of contract that can be offered to an employee, with an example of a job role for each (10 marks)
Week 10 10th November 2025	<b>Revision cards on</b> Contributing factors to the success of hospitality and provisions	Describe how technology can increase the profits of a hotel (8 marks)
Week 11 17th November 2025	<b>Cornell Notes on</b> Health and safety in hospitality and catering provision: Laws	What are personal and food safety risks with some examples and control measures (at least 3 of each) (9 marks)
Week 12 24th November 2025	<b>Mock Exams</b>	<b>Mock Exams</b>
Week 13 1st December 2025	<b>Mock Exams</b>	<b>Mock Exams</b>
Week 14 8th December 2025	<b>Cornell Notes</b> on the different sectors in the hospitality and catering industry	<b>Question:</b> Describe what the different sectors are within the industry and give 2 examples for each (8 marks)
Week 15 15th December 2025	<b>Revision Cards</b> on the different sectors in the hospitality and catering industry	<b>Question:</b> You have been asked to look into what kind of establishments could be built in a new theme park to provide places for people to eat. List 3 establishments and then choose the one you think would be the ebay and justify why you have picked it (8 marks)

## Level 1/2 Hospitality and Catering: Unit 2-2.1.1 - Understanding the importance of nutrition



### The importance of nutrition

Listed below are the macro-nutrients and micro-nutrients. You need to know their function in the body and know examples of food items for each. You need to know why they are needed in the diet and why there is a need for a balanced/varied diet.

#### Macro-nutrients

**Carbohydrates** - Carbohydrates are mainly used in the body for energy. There are two types of carbohydrates which are:

- **Starch** - Examples include bread, pasta, rice, potatoes and cereals.
- **Sugar** - Examples include sweets, cakes, biscuits & fizzy drinks.

**Fat** - This is needed to insulate the body, for energy, to protect bones and arteries from physical damage and provides fat soluble vitamins. There are two main types of fat which are:

- **Saturated fat** - Examples include butter, lard, meat and cheese.
- **Unsaturated fat** - Examples include avocados, plant oils such as sunflower oil, seeds and oily fish.

**Protein** - Protein is mainly used for growth and repair in the body and cell maintenance. There are two types of protein which are:

- **High biological value (HBV) protein** - Includes meat, fish, poultry, eggs, milk, cheese, yogurt, soya and quinoa.
- **Low biological value (LBV) protein** - Includes cereals, nuts, seeds and pulses.

#### Micro-nutrients

##### Vitamins

- **Fat soluble vitamin A** - Main functions include keeping the skin healthy, helps vision in weak light and helps children grow. Examples include leafy vegetables, eggs, oily fish and orange/yellow fruits.
- **Fat soluble vitamin D** - The main function of this micro-nutrient is to help the body absorb calcium during digestion. Examples include eggs, oily fish, fortified cereals and margarine.
- **Water soluble vitamin B group** - Helps absorb minerals in the body, release energy from nutrients and helps to create red blood cells. Examples include wholegrain foods, milk and eggs.
- **Water soluble vitamin C** - Helps absorb iron in the body during digestion, supports the immune system and helps support connective tissue in the body which bind cells in the body together. Examples include citrus fruits, kiwi fruit, cabbage, broccoli, potatoes and liver.

##### Minerals

- **Calcium** - Needed for strengthening teeth and bones. Examples include dairy products, soya and green leafy vegetables.
- **Iron** - To make haemoglobin in red blood cells to carry oxygen around the body. Examples include nuts, beans, red meat and green leafy vegetables.
- **Sodium** - Controls how much water is in the body and helps with the function of nerves and muscles. Examples include salt, processed foods and cured meats.
- **Potassium** - Helps the heart muscle to work correctly and regulates the balance of fluid in the body. Examples include bananas, broccoli, parsnips, beans, nuts and fish.
- **Magnesium** - Helps convert food into energy. Examples include wholemeal bread, nuts and spinach.
- **Dietary fibre (NSP)** - Helps digestion and prevents constipation. Examples include wholegrain foods (wholemeal pasta, bread and cereals), brown rice, lentils, beans and pulses.
- **Water** - Helps control temperature of the body, helps get rid of waste products from the body and prevents dehydration. Foods that contain water naturally include fruits and vegetables, milk and eggs.

## Level 1/2 Hospitality and Catering: Unit 2-2.1.1 - Nutrition at different life stages & special dietary needs



### Nutrition at different life-stages

#### Adults:

- **Early** – Growth in regard to height of the body continues to develop until 21 years of age. Therefore, all micro-nutrients and macro-nutrients especially carbohydrates, protein, fats, vitamins, calcium and iron are needed for strength, to avoid diseases and to maintain being healthy.
- **Middle** – The metabolic rate starts to slow down at this stage, and it is very easy to gain weight if the energy intake is unbalanced and there isn't enough physical activity.
- **Elderly** – The body's systems start to slow down with age and a risk of blood pressure can increase as well as decrease in appetite, vision and long-term memory. Because of this, it is essential to keep the body strong and free from disease by continuing to eat a healthy, balanced diet.

#### Children:

- **Babies** – All nutrients are essential and important in babies, especially protein as growth and development of the body is very quick at this stage. Vitamins and minerals are also important. You should try to limit the amount of salt and free sugars in the diet.
- **Toddlers** – All nutrients remain very important in the diet at this stage as growth remains. A variety of foods are needed for toddlers to have all the micro-nutrients and macro-nutrients the body needs to develop.
- **Teenagers** – The body grows at a fast pace at different times at this stage as the body develops from a child to an adult, therefore all nutrients are essential within proportions. Girls start their menstruation which can sometimes lead to anaemia due to not having enough iron in the body.

### Special Dietary needs

#### Different energy requirements based on:

- Lifestyles / Occupation / Age / Activity level  
The amount of energy the body needs is determined with each of the above factors e.g. active lifestyle or physical activity level would need more energy compared to a person being sedentary.

#### Medical conditions:

- **Allergens** – Examples of food allergies include milk, eggs, nuts and seafood.
- **Lactose intolerance** – Unable to digest lactose which is mainly found in milk and dairy products.
- **Gluten intolerance** – Follows a gluten free diet and eats alternatives to food containing wheat, barley and rye.
- **Diabetes (Type 2)** – High level of glucose in the blood, therefore changes include reducing the amount of fat, salt and sugar in the diet.
- **Cardiovascular disorder** – Needing a balanced, healthy diet with low levels of salt, sugar and fat.
- **Iron deficiency** – Needing to eat more dark green leafy vegetables, fortified cereals and dried fruit.

#### Dietary requirements:

- **Religious beliefs** – Different religions have different dietary requirements.
- **Vegetarian** – Avoids eating meats and fish but does eat dairy products and protein alternatives such as quorn and tofu.
- **Vegan** – Avoids all animal foods and products but can eat all plant-based foods and protein alternatives such as tofu and tempeh.
- **Pescatarian** – Follows a vegetarian diet but does eat fish products and seafood.

## Level 1/2 Hospitality and Catering: Unit 2-2.1.2 - How cooking methods can impact on nutritional value



### Boiling

- Up to 50% of vitamin C is lost when boiling green vegetables in water.
- The vitamin B group is damaged and lost in heat.

### Poaching

- The vitamin B group are damaged in heat and dissolve in water.

### Roasting

- Roasting is a method of cooking in high temperatures and so this will destroy most of the group C vitamins and some of the group B vitamins.

### Frying

- Using fat whilst frying increases the amount of vitamin A the body can absorb from some vegetables
- Cooking in fat will increase the calorie count of food e.g deep fat frying foods.

### Stir-frying

- The small amount of fat used whilst stir-frying increases the amount of vitamin A the body can absorb from some vegetables.
- Some vitamin C and B are lost due to cooking in heat for a short amount of time.

### Steaming

- Steaming is the best cooking method for keeping vitamin C in foods.
- Only up to 15% of vitamin C is lost as the foods do not come into contact with water.

### Grilling

- Using this cooking method can result in losing up to 40% of group B vitamins.
- It is easy to overcook protein due to the high temperature used in grilling foods.

### Baking

- Due to high temperatures in the oven, it is easy to overcook protein and damage the vitamin C and B group vitamins.

## Level 1/2 Hospitality and Catering: Unit 2: 2.2.1 Factors affecting menu planning – Environmental issues



### Sustainability

Many diners are interested in hospitality and catering provisions that provide sustainable dining.

The aim of the three Rs of sustainability is to conserve natural resources and prevent excess waste. By following the rules of reduce, reuse, and recycle, hospitality and catering provisions can save money at the same time as attracting more diners and bringing in more profit.

Sustainability also means buying local produce, using organic ingredients, buying meat and poultry from farm assured producers who guarantee better welfare for the animals, using Marine Stewardship Council sustainable fish and offering meat-free versions of favourite dishes.

### Reduce

**Food waste:** If food and waste were its own country, it would be the third largest producer of greenhouse gas in the world! If it cannot be used to make new dishes or given away, then as much food waste as possible should be composted.

**Energy use:** Hospitality and catering provisions can save energy in many ways including using low-energy lighting, maintaining and upgrading equipment, putting lids on saucepans, batch baking and cooking.

**Food miles:** Using local suppliers means that the food does not have to travel as far from 'field to fork'.

**Water usage:** Use less in cooking by only just submerging vegetables or using a steamer. Use an energy and water efficient dishwasher.

### Reuse

Food that is past its best, for example a brown banana, or scraps such as bones can be used to create new dishes which in turn will decrease food waste. [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com) has a vast range of recipe ideas for using surplus food.

- Bread: breadcrumbs, bread and butter pudding, bread sauce and croutons.
- Meat and poultry: bones can be used to make stocks.
- Fruit: banana muffins, apple crumble, fruit coulis, smoothies.
- Vegetables: bubble and squeak, vegetable stock, vegetable bakes, omelettes.
- Eggs: whites can be used to make meringue; yolks can be used to make mayonnaise.

### Recycle

Many hospitality and catering provisions have separate bins for recyclable materials. Professional kitchens should also have areas to separate waste into recyclable, non-recyclable and compostable materials. All staff should be trained to know how to dispose waste correctly.

Coffee grounds can be composted. Compost can be used to grow fruit, vegetables and herbs for use in the kitchen.

Jars and plastic containers can be used for storage in the kitchen. Glass bottles can be used to hold flowers or candles as table decorations.

*Too Good To Go*, *Karma* and *Olio* are apps used by restaurants and supermarkets. Customers can buy discounted food which would otherwise go into landfill.

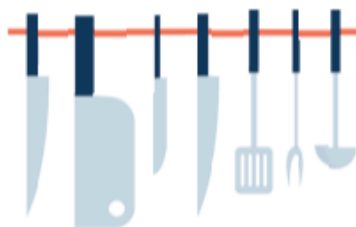
## Level 1/2 Hospitality and Catering: Unit 1-1.1.3 - Working conditions in the hospitality and catering industry



### Types of employment contracts and working hours

You need to know the following types of employment contracts and working hours.

- **Casual:** this type of contract could be provided through an agency and used to cover employees that are absent from work due to illness. There is no sick pay or holiday entitlement with this type of employment.
- **Full time (permanent):** working hours including start and finishing times are fixed and stated in this type of contract. A contract of this nature allows the employee to have sick pay and holiday entitlement.
- **Part-time (permanent):** working hours mean that the employee works on certain days of the week. Work times are stated in the contract, including the starting and finishing times that are fixed in this type of contract. The employee has sick pay and holiday entitlement in this type of contract.
- **Seasonal:** this type of contract is used when a business needs more staff due to busy times throughout the year, such as the Christmas period. The contract will state for the employee to work for a specific time frame only. Also, the contract would not expect further or regular work after the contract is complete.
- **Zero hours contract:** this type of contract is chosen between the employer and the employee. This means that the employee can sign an agreement to be available for work when the employer needs staff. No number of days or hours is stated in the contract and the employer doesn't require to ask the employee to work, and neither does the employee have to accept the work offered. No sick pay or holiday entitlement is offered for this type of contract.



### Pay and benefits in the industry

The following pay and benefits are what you should be aware of in the industry.

- **A salary:** this type of pay is a fixed amount of money paid by the employer monthly, but is often shown as an annual sum on the contract.
- **Holiday entitlement:** employees are entitled to 28 days paid a year. Part-time contracts are entitled less depending to their contract hours.
- **Pension:** on retirement age, an employee qualifies for a pension contribution by the employer and the government.
- **Sickness pay:** money paid to the employee with certain contracts when they are unable to go to work due to illness.
- **Rates of pay:** national minimum wage should lawfully be offered to all employees over 18 years of age. This rate is per hour and is reviewed each year by the government.
- **Tips:** money given to an employee as a 'thank you' reward for good service from the customer.
- **Bonus and rewards:** given from an employer to the employee as a way of rewarding all the hard work shown from the employee throughout the year, and helping make the business a success. Also known as remuneration.

### Working hours

The working hours directive in the UK states that employees on average cannot work more than 48 hours which is worked out over a period of 17 weeks. Employees can choose not to follow this and work more hours if they want to.

People under the age of 18 cannot work more than eight hours a day and 40 hours a week.

Employees that work six hours or more a day must have a break of 20 minutes, and have the right to have at least one day off every week.

## Level 1/2 Hospitality and Catering: Unit 1: Contributing factors to the success of hospitality and catering provision (AC1.4)



### Contributing factors

The hospitality and catering sector is very competitive, and many businesses fail in the first year of operation. There are many factors that must be managed carefully for hospitality and catering businesses to make a profit and continue to operate in the long term.

#### Basic costs

**Labour:** These costs include employee wages, National Insurance contributions and pension contributions.

**Material:** These costs include decoration, furnishings, kitchen and dining equipment, ingredients, printing and health and safety equipment.

**Overheads:** These costs include rent, rates, gas and electricity, insurance, licensing, training and maintenance.

#### Economy

The value of the pound (£) can affect the hospitality and catering sector. If the economy is good, people will be willing to spend more. If the economy is weak (recession), people may decide that eating out or going on holiday is a luxury and will spend less.

**VAT (Value Added Tax)** is added to the final cost of goods and services offered in the hospitality and catering sector. The money from VAT goes to the government to pay for services everyone uses for example the NHS.

#### Environmental impact

Running a hospitality or catering provision uses a lot of resources. Businesses are encouraged to **reduce**, **reuse**, and **recycle**. Energy efficient equipment such as low energy light bulbs can save a business money. Using local and seasonal ingredients reduces the amount of CO<sub>2</sub> released into the atmosphere during transport. All waste should be separated and recycled or composted when possible.

#### Profit

**Gross Profit:** The difference between how much a menu item costs to make and how much it sells for. Ingredient costs should not be more than 30% of the gross profit. If the ingredient cost for a chocolate brownie dessert is £1.50 and the menu price is £4.50, the gross profit is £3.00.

**Gross Profit %** =  $(3.00 \div 4.50) \times 100 = 66.6\%$

**Net Profit** = What is left from the gross profit once all costs (as listed above) are covered.

#### New technology

New technologies have benefitted the sector in positive ways. These include:

- **cashless systems** such as contactless cards and mobile payment apps
- **digital systems** such as online booking/ordering and key cards
- **office software** such as stock ordering systems.

#### Media

The hospitality and catering sector is very competitive, so most businesses try to make good use of the media to advertise. Most businesses will have their own **website**, which customers can use to view menus and make bookings.

- **Print Media:** Ads in magazines and newspapers, flyers and money-off vouchers.
- **Broadcast media:** Television, radio and online ads.
- **Social media:** Customer feedback and reviews.

Consumers are increasingly using smartphones to book, order, pay and review.

## Level 1/2 Hospitality and Catering: Unit 1-1.3.1 - Health and safety in hospitality and catering provisions



### Control of Substances Hazardous to Health Regulations (COSHH) 2002

What employers need to do by law	What paid employees need to do
Control substances that are dangerous to health.	Attend all training sessions regarding COSHH.
Provide correct storage for those substances and appropriate training for staff.	Follow instructions carefully when using the substances.
Some examples of substances that are dangerous to health include cleaning products, gases, powders & dust, fumes, vapours of cleaning products and biological agents.	Know the different types of symbols used to know different types of substances and how they can harm users and others when used incorrectly.

### Health and Safety at Work Act 1974 (HASAWA)

What employers need to do by law	What paid employees need to do
Protect the health, wellbeing and safety of employees, customers and others.	Take reasonable care of their own health and safety and the health and safety of others.
Review and assess the risks that could cause injuries.	Follow instructions from the employer and inform them of any faulty equipment.
Provide training for workers to deal with the risks.	Attend health and safety training sessions.
Inform staff of the risks in the workplace.	Not to misuse equipment.

### Personal Protective Equipment at Work Regulations (PPER) 1992

What employers need to do by law	What paid employees need to do
Provide PPE e.g. masks, hats, glasses and protective clothes.	Attend training and wear PPE such as chef's jacket, protective footwear and gloves when using cleaning chemicals.
Provide signs to remind employees to wear PPE.	
Provide quality PPE and ensure that it is stored correctly.	

### Report of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) 2013

What employers need to do by law	What paid employees need to do
Inform the Health and Safety Executive (HSE) of any accidents, dangerous events, injuries or diseases that happen in the workplace.	Report any concerns of health and safety matters to the employer immediately. If nothing is resolved, then inform the HSE.
Keep a record of any injuries, dangerous events or diseases that happen in the workplace.	Record any injury in the accident report book.

### Manual Handling Operations Regulations 1992

What employers need to do by law	What paid employees need to do
Provide training for staff.	Ask for help if needed.
Assess and review any lifting and carrying activities that cannot be avoided.	Squat with feet either side of the item. Keep back straight as you start to lift. Keep the item close to your body whilst walking. Make sure you can see where you're going.
Store heavy equipment on the floor or on low shelves.	
Provide lifting and carrying equipment where possible.	

Risks to health and security including the level of risk (low, medium, high) in relation to employers, employees, suppliers and customers

Review and assess level of risks in the workplace e.g. slips, trips, falls, burns etc by completing a risk assessment to avoid from happening.

## Level 1/2 Hospitality and Catering – Unit 1-1.3.1: Safety documents in hospitality and catering

Different documentation is required to be completed for potential health and safety risks and hazards to be avoided within the hospitality and catering industry. Accident forms and risk assessments are explained below, stating their importance and how to complete each document.

### Accident forms

If an accident happens, it is vital that an accident form is completed correctly to develop control measures for potential risks and to avoid them from happening again. It should be reviewed and used to manage any health and safety risk. It is law to complete an accident form for accidents in the workplace. Below is an example of an accident form and how it should be completed.

Accident form	
Name of person in accident:	Date:
<b>Description of accident &amp; injury:</b>	Description should include as many details as possible about what happened and how, e.g. slipped/fallen on oil spillage and broken arm as a result.
<b>What was the hazard?</b>	Named hazards could be spillage/liquid on floor or broken handrail, etc.
<b>How could this accident have been prevented?</b>	Suggested prevention could include: <ul style="list-style-type: none"> <li>• correct storage</li> <li>• ensuring all staff had health and safety training</li> <li>• relevant health and safety posters visible in the workplace</li> <li>• correct usage of wet floor signs and clear spillages immediately.</li> </ul>
<b>Further action:</b>	Points could include: <ul style="list-style-type: none"> <li>• investigating the accident further</li> <li>• completing/updating risk assessment</li> <li>• reviewing storage of products</li> <li>• first aid that has been given to be logged</li> <li>• correct PPE to be worn, e.g. anti-slip footwear.</li> </ul>
<b>Signed:</b>	

### Risk assessment

A risk assessment should be completed and reviewed frequently for the document to be kept up to date. New risks should have control measures to reduce the risk of happening or not happen at all. Within the document hazards need to be identified, likelihood of the risk happening is stated and the control measure of how to avoid or reduce the risk is noted. Below are definitions of the main key words and an example of a risk assessment document.

**Hazard:** An object or something that can physically harm someone or cause harm to someone's health.

**Level of risk:** The likelihood of the hazard happening and being harmed or causing injury. Level of risks named could be low, medium or high.

**Control measure:** Steps or action taken to avoid or reduce the hazard from happening and causing injury.

Risk assessment			
Assessment carried out by:		Date of assessment:	Date of next review:
What are the hazards?	Level of risk	Control measure	Who needs to carry out action?
Examples could include, slips, trips, falls, burns from oven, electric shocks, etc.	<b>Low / medium / high</b> If it is a low risk, then the hazard is less likely to cause injury or harm compared to a high risk.	Examples could include providing training and PPE for employees, having appropriate safety posters and signs, e.g. wet floor signs.	Named employer and/or employees to reduce the hazard from happening.

**Remember:** Employers are responsible for the health and safety training needs of all staff.

# Level 1/2 Hospitality and Catering Knowledge Organiser: Unit 1: 1.1.1 - Types of Hospitality and catering provisions



## Hospitality and catering providers

You must understand, be able to name, and explain the two different provisions in hospitality and catering.

**Commercial:** the business aims to **make profit** from the hospitality and catering provision that they provide.

**Non-commercial:** the service provider **doesn't aim** to make a profit from the service they provide.



### Commercial (residential)

**Commercial (residential):** meaning the hospitality and catering provision aims to create a profit from the service they provide, but also offers accommodation.

For example:

- hotels, motels & hostels
- B&B, guest houses and Airbnb
- holiday parks, lodges, pods, and cabins
- campsites and caravan parks.

### Non-commercial (residential)

**Non-commercial (residential):** the hospitality and catering provision offers accommodation but does not aim to make a profit from the service they provide.

For example:

- hospitals, hospices, and care homes
- armed forces
- prisons
- boarding schools, colleges, and university residences.

### Commercial (non-residential)

**Commercial (non-residential):** catering establishments that aim to make a profit from their service, but no accommodation is provided.

For example:

- restaurants and bistros
- cafes, tea rooms and coffee shops
- takeaways
- fast food outlets
- public houses and bars
- airlines, cruise ships, long distance trains
- pop up restaurants
- food and drink provided by stadiums, concert halls and tourist attractions
- mobile food vans and street food trucks
- vending machines.

### Non-commercial (non-residential)

**Non-commercial (non-residential):** catering establishments with no accommodation provided and don't aim to make a profit from their service.

For example:

- schools, colleges, and universities
- meals on wheels
- canteen in working establishments (subsidised)
- charity run food providers.



## STEP 2: CREATE CUES

**What:** Reduce your notes to just the essentials.

**What:** Immediately after class, discussion, or reading session.

**How:**

- Jot down key ideas, important words and phrases
- Create questions that might appear on an exam
- Reducing your notes to the most important ideas and concepts improves recall. Creating questions that may appear on an exam gets you thinking about how the information might be applied and improves your performance on the exam.

**Why:** Spend at least ten minutes every week reviewing all of your previous notes. Reflect on the material and ask yourself questions based on what you've recorded in the Cue area. Cover the note-taking area with a piece of paper. Can you answer them?

## STEP 1: RECORD YOUR NOTES

**What:** Record all keywords, ideas, important dates, people, places, diagrams and formulas from the lesson. Create a new page for each topic discussed.

**When:** During class lecture, discussion, or reading session.

**How:**

- Use bullet points, abbreviated phrases, and pictures
- Avoid full sentences and paragraphs
- Leave space between points to add more information later

**Why:** Important ideas must be recorded in a way that is meaningful to you.

## STEP 3: SUMMARISE & REVIEW

**What:** Summarise the main ideas from the lesson.

**What:** At the end of the class lecture, discussion, or reading session.

**How:** In complete sentences, write down the conclusions that can be made from the information in your notes.

**Why:** Summarising the information after it's learned improves long-term retention.

## WEEK 1: Cornell Notes (Homework task 1)

<b>Topic:</b> Nutrients	Revision guide page: 114
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## Summary

## WEEK 1: Exam Question (Homework task 2)

**Question:** Describe the function of the 3 macronutrients with some food examples (6 marks)

Answer:

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## WEEK 1: Exam Question review and improvement (Classwork)

**Question:** Describe the function of the 3 macronutrients with some food examples (6 marks)

Answer:

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## WEEK 2: Exam Question (Homework task 2)

**Question:** Describe the function of the micronutrients with some food examples (6 marks)

Answer:

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## WEEK 2: Exam Question review and improvement (Classwork)

**Question:** Describe the function of the micronutrients with some food examples (6 marks)

Answer:

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### WEEK 3: Cornell Notes (Homework task 1)

<b>Topic:</b> Different life stages and nutritional needs	Revision guide page 121
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## Summary

## WEEK 3: Exam Question (Homework task 2)

**Question:** Design a menu for a life stage, highlighting the nutrients that are needed for that group (6 marks)

Answer:

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## WEEK 3: Exam Question review and improvement (Classwork)

**Question:** Design a menu for a life stage, highlighting the nutrients that are needed for that group (6 marks)

Answer:

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## WEEK 4: Exam Question (Homework task 2)

**Question:** Design a menu for a dietary need e.g vegan, highlighting the nutrients that are needed for that group (6 marks)

Answer:

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## WEEK 4: Exam Question review and improvement (Classwork)

**Question:** Design a menu for a dietary need e.g vegan, highlighting the nutrients that are needed for that group (6 marks)

Answer:

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## WEEK 5: Cornell Notes (Homework task 1)

<b>Topic:</b> Cooking methods and how they affect nutrients	Revision guide page 149
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[illegible]

## Summary

## WEEK 5: Exam Question (Homework task 2)

**Question:** Describe the most suitable cooking method/s to make chips for a person on a low fat diet (6 marks)

Answer:

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## WEEK 5: Exam Question review and improvement (Classwork)

**Question:** Describe the most suitable cooking method/s to make chips for a person on a low fat diet (6 marks)

Answer:

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## WEEK 6: Exam Question (Homework task 2)

**Question:** Describe how boiling, roasting and frying affect the nutrients in food (6 marks)

Answer:

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## WEEK 6: Exam Question review and improvement (Classwork)

**Question:** Describe how boiling, roasting and frying affect the nutrients in food (6 marks)

Answer:

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## WEEK 7: Cornell Notes (Homework task 1)

<b>Topic:</b> Factors affecting menu planning	Revision guide page 128
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[illegible]

## Summary

## WEEK 7: Exam Question (Homework task 2)

**Question:** How could a restaurant make its dishes more environmentally friendly? (6 marks)

Answer:

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## WEEK 7: Exam Question review and improvement (Classwork)

**Question:** How could a restaurant make its dishes more environmentally friendly? (6 marks)

Answer:

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## WEEK 8: Exam Question (Homework task 2)

**Question:** Describe the organoleptic qualities of a beef burger in a Brioche bun with chips, a side salad and mayonnaise (10 marks)

Answer:

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## WEEK 8: Exam Question review and improvement (Classwork)

**Question:** Describe the organoleptic qualities of a beef burger in a Brioche bun with chips, a side salad and mayonnaise (10 marks)

Answer:

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## WEEK 9: Cornell Notes (Homework task 1)

<b>Topic:</b> Contracts, remuneration and pensions	Revision guide page 19
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[illegible]

## Summary

## WEEK 9: Exam Question (Homework task 2)

**Question:** Describe the different types of contract that can be offered to an employee, with an example of a job role for each (10 marks)

Answer:

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## WEEK 9: Exam Question review and improvement (Classwork)

**Question:** Describe the different types of contract that can be offered to an employee, with an example of a job role for each (10 marks)

Answer:

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## WEEK 10: Exam Question (Homework task 2)

**Question:** Describe how technology can increase the profits of a hotel (8 marks)

Answer:

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## WEEK 10: Exam Question review and improvement (Classwork)

**Question:** Describe how technology can increase the profits of a hotel (8 marks)

Answer:

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# WEEK 11: Cornell Notes (Homework task 1)

<b>Topic:</b> Health and safety in hospitality and catering provision: Laws	Revision guide page:55
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<b>Links</b>	<b>Notes</b>
<b>Questions</b>	

Summary

## WEEK 11: Exam Question (Homework task 2)

**Question:** What are personal and food safety risks with some examples and control measures (at least 3 of each) (9 marks)

Answer:

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## WEEK 11: Exam Question review and improvement (Classwork)

**Question:** Design a dish that uses complex and medium cooking skills and highlight those skills (9 marks)

Answer:

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## WEEK 12: Assessment Week Revision (Homework task 1)

Topic
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[illegible]

## WEEK 12: Assessment Week Revision (Homework task 2)

Topic
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[illegible]

## WEEK 13: Assessment Week Revision (Homework task 1)

Topic
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[illegible]

## WEEK 13: Assessment Week Revision (Homework task 2)

Topic
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[illegible]

# WEEK 14: Cornell Notes (Homework task 1)

<b>Topic:</b> The different sectors in the hospitality and catering industry	Revision guide page 6-7
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<b>Links</b>	<b>Notes</b>
<b>Questions</b>	

Summary

## WEEK 14: Exam Question (Homework task 2)

**Question:** Describe what the different sectors are within the industry and give 2 examples for each (8 marks)

Answer:

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## WEEK 14: Exam Question review and improvement (Classwork)

**Question:** Describe what the different sectors are within the industry and give 2 examples for each (8 marks)

Answer:

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## WEEK 15: Exam Question (Homework task 2)

**Question:** You have been asked to look into what kind of establishments could be built in a new theme park to provide places for people to eat. List 3 establishments and then choose the one you think would be the ebay and justify why you have picked it (8 marks)

Answer:

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## WEEK 15: Exam Question review and improvement (Classwork)

**Question:** You have been asked to look into what kind of establishments could be built in a new theme park to provide places for people to eat. List 3 establishments and then choose the one you think would be the ebay and justify why you have picked it (8 marks)

Answer:

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## Week 2

Revision Card on Nutrients	Answers
<ol style="list-style-type: none"><li>1. What are the 2 groups of nutrients and how are they different?</li><li>2. Which nutrient is needed for growth and repair?</li><li>3. What molecules are carbohydrates made of?</li><li>4. What are the two types of fat/lipids?</li><li>5. Which mineral is needed for healthy red blood cells?</li></ol>	



## Week 4

Revision Card on Special dietary needs	Answers
<ol style="list-style-type: none"><li>1. Which nutrients should both children and adults try to reduce in their diet?</li><li>2. Why should adults especially try to limit the amount of saturated fat in their diets?</li><li>3. Why do teenage girls and women need more iron in their diet?</li><li>4. Which group has a quicker rate of growth?</li><li>5. Which mineral do children need to make sure they have as their bones and teeth are developing?</li></ol>	



## Week 6

Revision Card on Cooking methods	Answers
<ol style="list-style-type: none"><li>1. Which method is it called when the ingredients are placed in water at 100°C?</li><li>2. Which method is it called when the ingredients are placed under a heat source to cook?</li><li>3. Which method is it called when the ingredients are submerged in hot oil?</li><li>4. What is the healthiest way to cook vegetables?</li><li>5. Which cooking method is the least healthy?</li></ol>	



## Week 8

Revision Card on Factors affecting menu planning	Answers
<ol style="list-style-type: none"><li>1. What should a menu tell the customer?</li><li>2. Name 2 things the restaurant owner should consider when planning a menu</li><li>3. Give two benefits of careful menu planning</li><li>4. How can a takeaway become more environmentally friendly (2 ways)?</li><li>5. Describe the taste and appearance of a chocolate brownie</li></ol>	



## Week 10

Revision Card on Contributing factors to the success of hospitality and provisions	Answers
<ol style="list-style-type: none"><li>1. Name 2 costs for a hotel</li><li>2. How could a takeaway reduce their waste?</li><li>3. Name one way technology is used by pubs to reduce costs?</li><li>4. Give one way the media can have a positive impact on a business</li><li>5. Give one way the media can have a negative impact on a business</li></ol>	



## Week 15

Revision Card on the different sectors in the hospitality and catering industry	Answers
<ol style="list-style-type: none"><li>1. What does commercial mean?</li><li>2. What does non-residential mean?</li><li>3. Which sectors does a pub fall into?</li><li>4. Which sectors does a glamping site fall into?</li><li>5. Which sectors does a boarding school fall into?</li></ol>	





# Aspire (ACHIEVE) Thrive

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