

WJEC Hospitality and Catering

Year 11 - Autumn term

Theory work to be covered	Practical work to be covered
Unit 2 LO1: Understand the importance of nutrition when planning meals. LO2: Understand menu planning.	Produce dishes to be served on a range of different menus.
Candidates should be able to: <ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• They could also look at presentation techniques and accompaniments for a range of dishes including:<ul style="list-style-type: none">○ vegetarian, vegan dishes○ dairy free○ gluten free○ low fat diets○ healthy school meals

Please use your revision guides as issued to all students for support where needed on Unit 2 Theory work.

Recommended online resources:

Google Classroom: Code issued by class teacher.

https://www.wjec.co.uk/qualifications/hospitality-and-catering-level-1-2/?sub_nav_level=digital-resources#tab_resources

British Nutrition Foundation

Eatwell guide – GOV.UK

