



HOSPITALITY & CATERING

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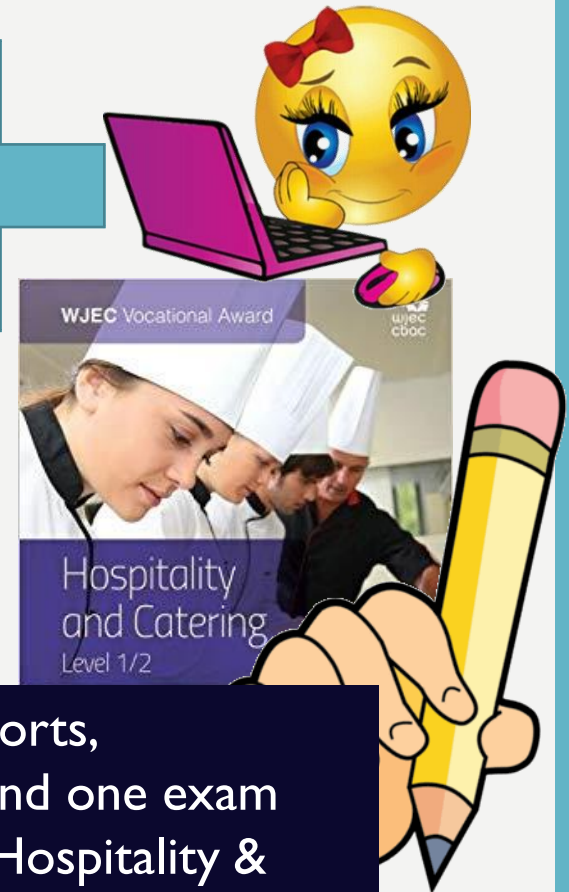
1. Researching nutrition and cooking techniques with lots of practical and technical tasks.



2. Working together to meet briefs



3. Written reports, investigation and one exam based on the Hospitality & Catering industry





1

• **40% Written
External Exam**



2

• **60% coursework**
(including 3hr food practical exam)

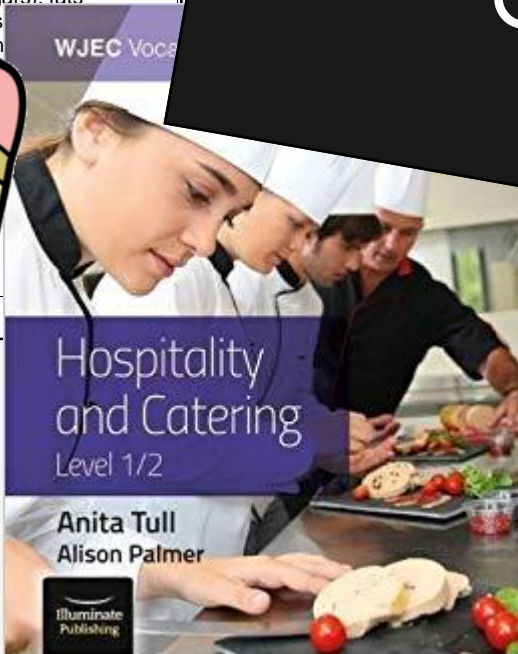
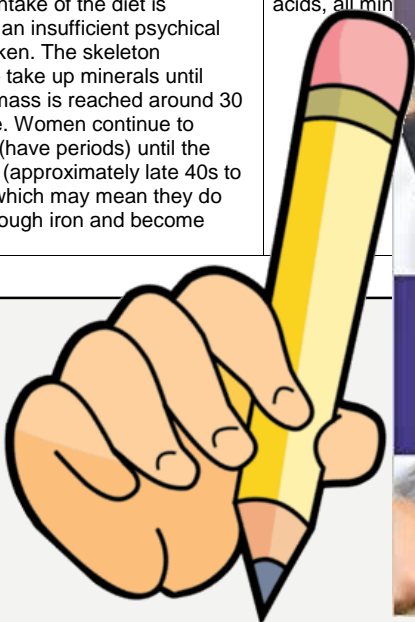


Lots of professional cooking!



Age group	Body requirements	Nutritional Needs
Pre-school children 1-4yrs	Body growth and development are rapid at this stage. A lot of energy is used in physical activity	All nutrients are important, especially protein, vitamins and minerals. Limit the amount of free sugars and salt in food and drinks
Children 5-12yrs	Growth continues in 'spurts' Children should be physically active most of the time, but increasing numbers become sedentary (inactive) if they use computers, social media or watch TV a lot, which can lead to them becoming overweight and obese.	All nutrients are important, especially protein, vitamins and minerals. Limit the amount of free sugars and salt in food and drinks
Adolescents (teenagers) 13-18yrs	The body grows rapidly at certain times and develops from a child into an adult. This is an important life stage when minerals are taken into the bones and teeth so that the skeleton reaches peak bone mass when they are adults. Girls start to menstruate (have periods), which may mean they do not have enough iron and become anaemic. Staying up late and pressures of school may lead to lack of energy, poor concentration and tiredness	Protein, vitamins A, B, C, D, E, carbohydrates (starch) and fibre; limit free sugars, fats – especially essential fatty acids, all minerals. Calcium and vitamin D Iron and vitamin C Vitamin B group, iron and vitamin C
Adults	The body doesn't grow after the age of 21. The body needs to be maintained to keep it free from disease, strong and active. The metabolic rate gradually slows down. Weight gain can occur if the energy intake of the diet is unbalanced and insufficient physical activity is taken. The skeleton continues to take up minerals until peak bone mass is reached around 30 years of age. Women continue to menstruate (have periods) until the menopause (approximately late 40s to early 50s), which may mean they do not have enough iron and become anaemic	Protein, vitamins A, B group, C, D, E, iron, calcium, carbohydrate (starch and fibre); limit free sugars, fats – especially essential fatty acids, all minerals

But lots of investigative writing too. Analysing the Hospitality & Catering industry and Nutrition



<p>Group 2 - Adults</p> <p>Protein: Protein is of course still important for an adult but they're not a major focus. Although excess protein can lead to weight gain and obesity. It can also put a strain on how well the liver and kidneys work. This can lead to major health problems which will significantly affect the person. Meat is high in protein so a balanced diet with meat is good to maintain a healthy body</p>	<p>Carbohydrates - sugars and starches: Again adults will still need sugars and starches but as adults have stopped growing, it's not a main focus. A deficiency of carbohydrates can lead to weight loss and severe weakness and not enough fibre from whole grain foods can lead to constipation and intestinal problems. Excess carbohydrates can lead to a raised blood sugar, obesity, tooth decay and type 2 diabetes. Adults can eat potatoes, bread, rice, pasta, etc. to maintain a healthy portion of carbohydrates.</p>
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Carbohydrates - sugars and starches: As the child is growing, everything is important for them to have so they can grow up without any issues. But this does mean that free sugars and salt have to be limited otherwise the excess sugars and salts could lead to the child having heart problems or gaining unnecessary weight. Foods that are starchy are potatoes, bread, rice, pasta, etc. these are good for a child to intake so they have minimal problems

HOSPITALITY & CATERING

LEVEL 1 & 2

FUTURE CAREERS INCLUDE...

Marketing

Dietician

Nutritionist

Consumerism

Environmental
Health

Sport Science

Product Development

Catering / Chef

Journalism

Hotel Manager

Food Science



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