Curriculum Overview 2026-27

WJEC Hospitality and Catering

Term markers: HT (from 2-Nov), X-mas (from 4-Jan), HT (from 22-Feb), Easter (from 12-Apr), HT (from 7-Jun)

Week Beg.: 31-Aug, 7-Sep, 14-Sep, 21-Sep, 28-Sep, 5-Oct, 12-Oct, 2-Nov, 9-Nov, 16-Nov, 23-Nov, 30-Nov, 7-Dec, 14-Dec, 4-Jan, 11-Jan, 18-Jan, 25-Jan, 1-Feb, 8-Feb, 22-Feb, 1-Mar, 8-Mar, 15-Mar, 22-Mar, 12-Apr, 19-Apr, 26-Apr, 3-May, 10-May, 17-May, 24-May, 7-Jun, 14-Jun, 21-Jun, 28-Jun, 5-Jul, 12-Jul, 19-Jul

Survey Windows (all years): TEP Autumn Census (9-Nov – 23-Nov); TEP Spring Census (1-Mar – 15-Mar); TEP Summer Census (14-Jun – 28-Jun)

Year 7 (Class of 2031)

Data Entry Deadlines: EVE (12-Oct); Assessment Weeks (11-Jan – 18-Jan); Data (1-Feb); Asmt. Week (24-May); Asmt. Week (7-Jun); Data (21-Jun); EVE (12-Jul)

Learning Cycle 1 -

Lesson	Content
1	Theory 1 - The Eat Well Plate
2	Practical 1 - Fruit Smoothies
3	Theory 2- Carbohydrates, fruit and vegetables
4	Practical 2- Pasta Salad
5	Theory 3- Dairy, Protein and Fats
6	Practical 3- Banana Bread
7	Theory 1- Cross contamination
8	Assessment on Healthy Lifestyle Cycle (1-6)
9	Practical 1- Chicken Goujons
10	Theory 2- The environmental health officer

Learning Cycle 2 -

Lesson	Content
1	Practical 2- Savory herb swirls
2	Theory 3- Food around the world
3	Practical 3- Scones
4	Theory 1- Pre-exercise nutrition of a swimmer
5	Practical 1- Ham, tomato and pepper omelette
6	Assessment on Workplace and Kitchen Safety (7-3) followed by Theory 2- Training and competition nutrition of a swimmer
7	Practical 2- Homemade Pizza
8	Theory 3- Post-exercise nutrition of a swimmer
9	Practical 3- Healthy cookies
19-Jul	CEW Week

Year 8 (Class of 2030)

Data Entry Deadlines: Assessment Weeks (4-Jan – 11-Jan); Data (25-Jan); EVE (8-Feb); Assessment Weeks (7-Jun); Data (28-Jun)

Learning Cycle 1 -

Lesson	Content
1	Theory 1- How food makes your brain feel good – Food for Thought
2	Practical 1- Stir Fry
3	Theory 2- Sugar and Stress – Excessive Sugar and Anxiety
4	Practical 2- Macaroni Cheese
5	Theory 3- Eating your way to a better sleep
6	Practical 3- Banana Pancakes
7	Theory 1- Allergies and Intolerances
8	Assessment on Food and Mental Wellbeing (1-6)
9	Practical 1- One Pot Chilli Con Carne
10	Theory 2- Kitchen equipment

Learning Cycle 2 -

Lesson	Content
1	Practical 2- Chicken Fajitas
2	Theory 3- Seasonality of foods
3	Practical 3- Cheesecake
4	Theory 1- Pre-exercise nutrition of a gymnast
5	Practical 1- No Bake Oat Bar
6	Assessment on Workplace and Kitchen Safety (7-3) followed by Theory 2- Training and competition nutrition of a gymnast
7	Practical 2- Falafel
8	Theory 3- Post-exercise nutrition of a gymnast
9	Practical 3- Vegetable Chocolate Muffins
19-Jul	CEW Week

Year 9 (Class of 2029)

Data Entry Deadlines: Assessment Weeks (18-Jan); Data (22-Feb); EVE (8-Mar); Assessment Weeks (7-Jun); Data (12-Jul)

Learning Cycle 1 -

Lesson	Content
1	Theory 1- Macronutrients
2	Practical 1- Chicken Kiev
3	Theory 2- Micronutrients
4	Practical 2- Mini Quiche
5	Theory 3- Cooking methods
6	Practical 3- Fruit Fritters
7	Theory 1- Bacteria in the kitchen
8	Assessment on macronutrients, micronutrients and cooking methods (1-6)
9	Practical 1- Fish and Chips
10	Theory 2- Food waste and sustainability

Learning Cycle 2 -

Lesson	Content
1	Practical 2- Spaghetti Bolognese
2	Theory 3- Ethical issues in food
3	Practical 3- Swiss Roll
4	Theory 1- Pre-exercise nutrition of a weightlifter
5	Practical 1- Breakfast Burrito
6	Assessment on Workplace and Kitchen Safety (7-3) followed by Theory 2- Training and competition nutrition of a weightlifter
7	Practical 2- one pot chicken curry
8	Theory 3- Post-exercise nutrition of a weightlifter
9	Practical 3- High protein lemon and blueberry cake
19-Jul	CEW Week

YEAR 10 (Class of 2028)

Data Entry Deadlines: PPEs (15-Mar – 22-Mar); Data (19-Apr); EVE (3-May)

Learning Cycle 1 - Component 1 (lessons 1–38) / **Learning Cycle 2 - Component 1 (PSA)** (lessons 39–74)

Week Beg.	Lesson	Content
7-Sep	1	Demonstration 1
7-Sep	2	Recipe 1 - Cheesy Bean Burger
14-Sep	3	Masterclass Review
14-Sep	4	Demonstration 2
21-Sep	5	Recipe 2 - Carrot Cake
21-Sep	6	Masterclass Review
28-Sep	7	Demonstration 3
28-Sep	8	Recipe 3 - Foccacia Bread
5-Oct	9	Masterclass Review
5-Oct	10	Demonstration 4
12-Oct	11	Recipe 7 - Ice Cream
12-Oct	12	Recipe 4 - Chicken Rosemary Kebabs
2-Nov	13	Recipe 5 - Chocolate Rocky Road
2-Nov	14	Theory extra contingency lesson
9-Nov	15	Recipe 6 - Fresh Pasta
9-Nov	16	Recipe 8 - Fruit Tartlets
16-Nov	17	Recipe 9 - Fishcakes
16-Nov	18	Theory extra contingency lesson
23-Nov	19	Recipe 10 - Debone Chicken
23-Nov	20	Recipe 11 - Chicken Curry
30-Nov	21	Recipe 12 - Chocolate Cheesecake
30-Nov	22	Recipe 13 - Sauce Making
7-Dec	23	Recipe 14 - Chocolate Shapes/Meringue
7-Dec	24	Recipe 16 - Sweet and Sour Chicken Noodles
14-Dec	25	Recipe 17 - Spiced Apple Trifle
14-Dec	26	Contingency
4-Jan	27	Recipe 18 - White Chocolate Churros
4-Jan	28	Recipe 19 - Scotch Eggs
11-Jan	29	Demonstration 5
11-Jan	30	Recipe 15 - Strawberry Choux ring
18-Jan	31	Masterclass Review
18-Jan	32	Demonstration 6
25-Jan	33	Recipe 20 - Apple Turnover
25-Jan	34	Masterclass Review
1-Feb	35	Contingency
1-Feb	36	Contingency
8-Feb	37	Project 1
8-Feb	38	Project 2
22-Feb	39	Project 3
22-Feb	40	Project 4
1-Mar	41	Project 5
1-Mar	42	Project 6
8-Mar	43	Project 7
8-Mar	44	Project 8
15-Mar	45	Project 9
15-Mar	46	Project 10 - Mindmap / Ideas
22-Mar	47	Project 11 - Recipes
22-Mar	48	Project 12 - Time Planning
12-Apr	49	Project 13 - Time Planning - Cook(?)
12-Apr	50	Project 14 - Cook(?)
19-Apr	51	Macro/Micro Nutrients Lesson
19-Apr	52	Explore the Brief and Choose Dishes
26-Apr	53	Pre Teach - Task 1a
26-Apr	54	PSA - Type-Up Task 1
3-May	55	PSA - Type-Up Task 1
3-May	56	PSA - Type-Up Task 1
10-May	57	Pre Teach & Type-Up - Task 1b
10-May	58	Factors that may effect the choice of dish
17-May	59	PSA - Type-Up Task 2a
17-May	60	PSA - Type-Up Task 2a
24-May	61	Pre-Teach - Timeplan and Half Type
24-May	62	PSA - Type-Up Task 2b
7-Jun	63	PSA - Type-Up Task 2b
7-Jun	64	PSA - Type-Up Task 2b
14-Jun	65	Practice Elements of Dish
14-Jun	66	Practice Elements of Dish
21-Jun	67	Actual Practical Cook
21-Jun	68	Actual Practical Cook
28-Jun	69	Pre-Teach - Task 4b
28-Jun	70	PSA - TASK 4b
5-Jul	71	PSA - TASK 4b
5-Jul	72	Pre-Teach - Task 4a
12-Jul	73	PSA - TASK 4a
12-Jul	74	PSA - TASK 4a
19-Jul		CEW Week

YEAR 11 (Class of 2027)

Data Entry Deadlines: INFO (14-Sep); PPES (16-Nov – 23-Nov); Data (14-Dec); EVE (11-Jan); PPE (8-Mar)

Week Beg.	Lesson	Content
7-Sep	1	Maco/ Micro nutrients Lesson
7-Sep	2	Explore the brief and choose dishes
14-Sep	3	Pre Teach Task 1a
14-Sep	4	Task 1 type up
21-Sep	5	Task 1 type up
21-Sep	6	Task 1 type up
28-Sep	7	Task 1b Pre teach and Type up
28-Sep	8	Factors that may effect the choice of dish
5-Oct	9	Task 2a type up
5-Oct	10	Task 2a type up
12-Oct	11	Timeplan and half type
12-Oct	12	Task 2b type up
2-Nov	13	Task 2b type up
2-Nov	14	Task 2b type up
9-Nov	15	Practice elements of dish
9-Nov	16	Practice elements of dish
16-Nov	17	PPEs
16-Nov	18	PPEs
23-Nov	19	PPEs
23-Nov	20	PPEs
30-Nov	21	ACTUAL PRACTICAL COOK
30-Nov	22	ACTUAL PRACTICAL COOK
7-Dec	23	Task 4b pre teach
7-Dec	24	Task 4b
14-Dec	25	Task 4b
14-Dec	26	Task 4a pre teach
4-Jan	27	Task 4a
4-Jan	28	Task 4a
11-Jan	29	Contingency
11-Jan	30	Contingency
18-Jan	31	Contingency
18-Jan	32	Contingency
25-Jan	33	Unit 1- Lesson 1 - Hospitality and catering providers
25-Jan	34	Unit 1- Lesson 2 - Hospitality and catering providers
1-Feb	35	Unit 1- Lesson 3 - Working in the industry
1-Feb	36	Exam Revision - Questions from pupil workbook
8-Feb	37	Unit 1- Lesson 4 - Working conditions
8-Feb	38	Unit 1- Lesson 5 - Factors for success
22-Feb	39	Unit 1- Lesson 6 - Front and back of house
22-Feb	40	Exam Revision - Questions from pupil workbook
1-Mar	41	Unit 1- Lesson 7 - Front and back of house
1-Mar	42	Unit 1- Lesson 8 - Customer requirements
8-Mar	43	Exams Week
8-Mar	44	Exams Week
15-Mar	45	Unit 1- Lesson 9 - Meeting requirements
15-Mar	46	Exam Revision - Questions from pupil workbook
22-Mar	47	Unit 1- Lesson 10 -Health and Safety
22-Mar	48	Unit 1- Lesson 11 -Health and Safety
12-Apr	49	Exam Revision - Questions from pupil workbook
12-Apr	50	Unit 1- Lesson 12 - Food safety
19-Apr	51	Unit 1- Lesson 13 - Causes and symptoms of ill health
19-Apr	52	Unit 1- Lesson 14 - Causes and symptoms of ill health
26-Apr	53	Exam Revision - Questions from pupil workbook
26-Apr	54	Unit 1- Lesson 15 - Causes and symptoms of ill health
3-May	55	Unit 1- Lesson 16 - Prevention and control
3-May	56	Unit 1- Lesson 17 - Environmental health officer
10-May – 24-May	57–62	GCSE Exams
7-Jun – 19-Jul	63–75	