



KS4 Knowledge Organiser

Subject: HOSPITALITY AND CATERING

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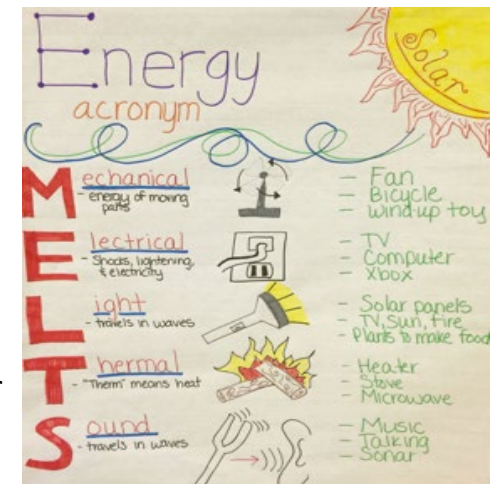
Also, please remember, you should spend 20 minutes on the following apps and websites:

- GCSE Pod
- PIXL Lit
- PIXL Maths App
- Tassomai
- BBC Bitesize
- Onmaths
- Corbett Maths
- English Instagram @greenacreenglish
- Quizlit

If you would like support with any of the apps, please email

How to use the Knowledge Organiser:

- Your teacher will direct you to what topics to revise for each week
- You will be expected to revise for at least 30 minutes each evening
- Ask someone to quiz you on the key information
- Remember to APPLY the information using the tasks included in each Knowledge Organiser

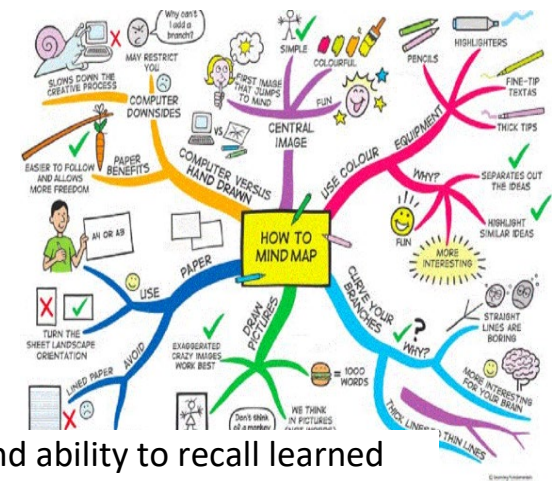
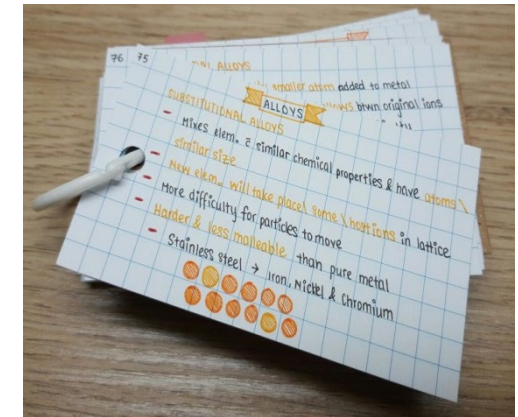


Revision techniques and strategies

1. Turn your huge amount of revision notes into small and easy to handle
2. Put a question on the front of your flash cards and write the answer on the reverse – then ask someone to quiz you
3. Mind map – what is the topic and what are the key points you need to remember? You could use different colours for different ideas/characters
4. A question a day – complete an exam question, under timed conditions, each day
5. Record yourself reading your notes and listen back to yourself
6. BUG the question – write out exam questions, examine the key words and plan an answer
7. Use of post-it notes – place post-it notes in key places so you are constantly reading key information
8. Make lists of important facts and figures
9. Draw diagrams to help you visually remember your notes
10. 'Look, cover, say, write, check' – use this method to make sure that you are remembering key information

Revision tips

- Make sure you get some sleep – cognition (acquiring and understanding information) and ability to recall learned facts is limited when you are sleep deprived.
- Eat a healthy, balanced diet - lots of fruit and veg, meats for protein, limit sugary fatty foods.
- Switch off social media/distractions - ignore your phone for a few hours! It will help you keep focused. Social networking, while it's fun, is a big distraction from your revision.



- Give yourself a nice space to work in - have a nice, organised study space with lots of stationary to help you make quality notes/highlight.
- Make a plan - schedule dedicated study time into your daily schedule. Be organised with your time. Stick to your plan. Sacrifice some of your social time for study time. No pain, no gain!
- Start your revision early - start now, if you have not already done so, not days before your exam.
- Do small chunks of revision. Your brain is not capable of mass storing information in a short space of time. Digesting small chunks of information, over a longer period of time, means you are more likely to remember it

Click on the QR code below which will take you to the revision support page on our website:





Level 1/2 Hospitality and Catering:

Unit 2-2.1.1 - Understanding the importance of nutrition

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.

vocabulary	Wider Research	Apply topic1
Iron Iodine Protein Vitamin Sodium Phosphorus Fluoride Carbohydrate Fat Nutrient Vegetarian Function Source Balanced diet Whole foods High biological value Low biological value Amino acids Protein complementation Essential Complex Energy Simple Free sugars Starch	Wider thinking/further reading: www.wjec.co.uk/qualifications/hospitality-and-catering/ www.food.gov.uk www.foodafactoflife.org.uk https://www.nhs.uk/	<p>Task 1</p> <ol style="list-style-type: none"> 1. Explain what a balanced diet means (1 mark) 2. Why are whole foods described as being nutrient dense? (1 mark) 3. Give three reasons why water is essential in the diet (3 marks) <p>Task 2</p> <ol style="list-style-type: none"> 1. Explain, with reasons, why a person might not realise that they are consuming a lot of fat, when they choose to eat biscuits, cakes, chips and pastries. (3 marks) 2. Explain, with reasons, how you can ensure that a vegetarian meal provides all of the essential amino acids. Give two examples in your answer (4 marks) 3. There are two vitamins which each help the body to absorb a different mineral during digestion. Which ones are they and what do they do in the body? (4 marks) <p>Task 3 Put into practice</p> <p>Plan a two-course lunch for 2 people in their early twenties. One of the people has iron deficiency anaemia and has been advised by their doctor to try and obtain more iron in their diet. Explain how you will ensure the meal is nutritionally balanced and how you have catered for the person with anaemia.</p>