

# WHAT DO WE STUDY IN HOSPITALITY AND CATERING AT GCSE?



## Kitchen Hygiene

**Introduction**  
The microbes that sit on a floor can be kept fairly under control by sweeping and mopping the floor. However, they can spread easily around a kitchen environment and cause serious illness through cross-contamination.

**1. Washing up**  
Cooking, handling and chopping raw meat can become breeding grounds for bacteria. They can be washed away immediately following use.  
When washing up, use hot water and remember:  
**The hotter the better**  
Hot water kills the most germs. It also kills any bacteria or germs on your hands when you wash up by hand and use the hottest water you can get.  
**When using a dishwasher:**  
Always use the hottest cycle possible. Use the recommended amount of salt and detergent for effective cleaning.  
Also ensure that the dishwasher filter is clean and allows water to pass freely.  
**When washing up by hand:**  
Washing gloves will reduce you to use hot water and use a good amount of detergent.  
Remember to change the water regularly and to rinse items in clean hot water. The hotter the water and the longer you wash, the better.

**2. Cleaning materials**  
Know your detergents from your department. Detergents include washing up liquid, floor cleaners, oven and grease removers, etc.  
Detergents should be used as directed. Some are designed to kill germs. Use them with caution as they may contain powerful chemicals. Antiseptic cleaners are a type of disinfectant. They are also designed to kill germs and are used in a spray bottle. Always follow the instructions when using cleaning materials.  
Disinfectants and anti-bacterial cleaners will not work to full effect if they are not used properly.  
Surfaces should be cleaned with a detergent first to remove grease and dirt. Disinfectants and anti-bacterial cleaners can then be used to kill remaining germs.  
Always use separate cloths or sponges for different cleaning tasks. If possible, use disposable cloths to minimise the risk of cross-contamination. If you use cloths, make sure they are washed with hot, soapy water and then dried thoroughly. Make sure they are allowed to dry fully before using again.

**3. Waste disposal**  
Dispose of rubbish in an efficient manner. Pay particular attention to this task and the summer months as heat attracts pests in many areas.  
Use a bin with a lid and always use bin bags. Tie the bags securely.  
Don't throw anything from the bin to avoid spillage.  
Clean bins regularly with hot water and a suitable detergent.  
Use a disinfectant to kill any remaining germs.

**4. Pest control**  
Control cleaning your kitchen to ensure that there is no pest infestation. If food should come into contact with animals or any other pest, ensure that it is discarded if it is not safe to eat.  
To control flying insects such as wasps and bees, hang up an insecticide trap or use an essential oil trap. Dispose of traps on a regular basis.  
Never use essential oils in a kitchen.  
They can easily transfer dangerous chemicals onto food and are very toxic to humans.  
If you notice a pest and you have an infestation of cockroaches, ants or other pests, seek professional advice immediately.  
The number for your local environmental health department office and pest control services can be found in your phone book.



Kitchen Structure

Health and safety

Themes:

- Nutritional needs
- Cooking complex recipes
- Types of catering businesses

# HOW IS HOSPITALITY AND CATERING ASSESSED AT GCSE?

## **Exam – 40%**

### **80 minutes, on-screen (typing)**

- The hospitality and catering industry
- Food poisoning
- Kitchen equipment
- Customer service

## **Coursework (NEA) – 60%**

### **9 hours + 3-hour practical**

- Planning and preparing two dishes for two types of customer
- Time planning
- Evaluating

1

2

3

4

5

6

7

8

2. Terry works as an executive chef in a hotel restaurant. He has a full-time permanent contract. (a) Outline **two** benefits of a full-time, permanent contract. [4 marks]

(b) Give **two** examples of the job role and responsibilities of an executive chef. [2 marks]

(c) Identify **two relevant** qualifications that an executive chef working in a professional kitchen may have. [2 marks]

7. You work for Towers London Borough Council and have been asked to place an advert for an Environmental Health Officer (EHO). Complete the missing information in the advert for the role and responsibilities of the Environmental Health Officer (EHO). [8 marks]

**Environmental Health Officer required  
Towers London Borough**


**Pay:** £36500-£39500  
**Working pattern:** Full-time, permanent  
**Hours:** 9.00 am – 5.00 pm  
**DBS check:** Yes


**Role:** [2 marks]

**Responsibilities:** [6 marks]

4. (a) Identify the correct use for each piece of equipment. Drag and drop the correct image to the correct description in the spaces below. [2 marks]

Options





# WHAT DO YOU COOK IN YEAR 10?

- Knife Skill Practicals: Apple Swans, Onion fine dicing, carrot julienne & brunoise
- Pasta making
- Sweet potato fries
- Homemade pot noodle
- Mediterranean veg traybake
- Veggie samosas
- Pain au chocolat
- Strawberry cheesecake
- Macaroni cheese

- Chicken thigh de-boning
- Tandoori chicken flatbread
- Festive biscuits
- Fish cakes and wedges
- Duchess potatoes
- Chicken kiev
- Eton mess
- Bread
- Shortbread
- Viennese fingers
- Apple crumble + custard
- Quesadillas
- Ice cream

# WHERE CAN HOSPITALITY AND CATERING GCSE TAKE YOU?

## Key transferable skills:

Knowledge of nutrition

Cooking

Time management

Customer service

Organisation

Research skills

Motor skills

## Typical career paths:

Nutritionist

Hotel work/management

Chef

Food manufacturing

Food product development

Environmental health

# KEY STAGE 5 AND FURTHER STUDY

## Level 3 Food Science and Nutrition, which can lead to...

UK universities ranked by subject area: **nutrition and food science**

[Go to overall league table](#)

2026	Institution	Guardian score/100	Satisfied with teaching	Satisfied with feedback	Student to staff ratio	Spend per student/10	Average entry tariff	Value added score/10	Career after 15 months	Continuation
1	Ulster	100	93.8	84	11.4	7	134	8	86	98.6
2	Bath Spa	97.8	94.6	82.1	12.6	3	n/a	8	n/a	94.2
3	Reading	95.5	94.4	82.9	16.1	10	125	8	91	94.2
4	Chester	94.2	85.6	81.8	20.2	5	133	8	n/a	96.1
5	Cardiff Met	93.8	92.2	90.4	11	n/a	n/a	7	n/a	93.5
6	Plymouth	93.7	95	76.7	16.4	4	147	6	98	93.9
7	Surrey	90.5	94	84.5	15.2	6	133	2	93	98.8
8	Manchester Met	87.7	90.4	89.2	15.6	5	136	7	93	87.4
9	Hertfordshire	85.1	90.7	87.4	15.6	5	119	8	n/a	94.1
10	Nottingham	84	82	78.9	12.1	9	149	3	88	97.5

# FOR FURTHER INFORMATION OR QUESTIONS

- For further information, please discuss during the break this evening, or with your child's Art or Tech teacher during **Progress Evening, Thursday 5<sup>th</sup> February 2026.**
- [LReynolds@wren.excalibur.org.uk](mailto:LReynolds@wren.excalibur.org.uk)

