



Aspire Achieve Thrive

Summer Term
Term 3

Hospitality and Catering

Year 10

Name: _____

Tutor: _____

Year 10 Homework Timetable

Monday	English Task 1	Ebacc Option A Task 1	Option C Task 1
Tuesday	Option B Task 1	Modern Britain Task 1	Science Task 1
Wednesday	Sparx Maths	Option C Task 2	Sparx Science
Thursday	Ebacc Option A Task 2	Sparx Catch Up	Option B Task 2
Friday	Modern Britain Task 2	Science Task 2	English Task 2

Sparx Science

- Complete 100% of their assigned homework each week

Sparx Maths

- Complete 100% of their assigned homework each week

Option A (EBACC)
French
Geography
History

Option B
Art
Business Studies
Catering
Music
Sport
IT
Childcare
Triple Science
Travel and Tourism

Option C
Business Studies
Catering
Drama
Health & Social Care
Sport
Computer Science
Media
Photography
Sociology

Half Term 5 (6 weeks) - Year 10

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 1 15th April 2024	Cornell Notes on Hospitality and catering provisions to meet specific requirements	Question: “A local council has noticed that there have been a lot more old age pensioners visiting the area. Suggest 2 establishments that would be suitable for this group of people”
Week 2 22nd April 2024	Revision Cards on symptoms of food borne illnesses	Question: Describe the symptoms that two types of food borne bacteria can produce
Week 3 29th April 2024	Cornell notes on Macronutrients (Protein, fats, carbohydrates)	Question: Make a table of the 3 macronutrients, their function, their structure and foods that they are found in
Week 4 6th May 2024	Revision cards on Macronutrients (Protein, fats, carbohydrates)	Question: Design a dish that contains all of the macronutrients, make a list of the ingredients and highlight the foods containing the macronutrients
Week 5 13th May 2024	Cornell notes on Micronutrients	Question: Make a table of the 2 vitamins and 2 minerals to describe their function, their structure and foods that they are found in
Week 6 20th May 2024	Revision cards on Nutritional needs of adults and children	Question: Design a dish that would be good for adults or children in terms of the nutrients it contains and explain why you have chosen it.

Half Term 6 (7 weeks) - Year 10

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 7 3rd June 2024	Cornell Notes on factors affecting menu planning: seasonal foods	Question: You are opening a new restaurant with one head chef and an apprentice. Choose a starter, main and desert for the menu and explain why you have chosen it
Week 8 10th June 2024	Revision Cards on: how the type of provision affects menu planning	Question: Write a timeplan for one of the dishes above (P, M, D)
Week 9 17th June 2024	Cornell Notes on: How the type of customer affects menu planning	Question: Write a timeplan for one of the dishes above (P, M, D)
Week 10 24th June 2024	Cornell Notes: Mock Revision	Mock Exams
Week 11 1st July 2024	Cornell Notes: Mock Revision	Mock Exams
Week 12 8th July 2024	Cornell Notes: How do environmental factors affect menu planning for one of you chosen dishes	Question: Describe how you will address environmental factors for one of the dishes you have chosen above
Week 13 15th July 2024	Revision Cards Timeplans	Question: Evaluate one of the dishes you have cooked this term. What went well? What didn't go to plan? How could you improve it next time?



Successful hospitality and catering provisions change to meet their customers' needs and expectations. Customer needs can change depending on their lifestyle, dietary requirements and income. Customers have an expectation that a hospitality and catering provision will keep up with current trends. An example is mobile apps which can be used for everything from booking a room to ordering and paying for food.

Customer requirements/needs

Understanding customer needs and requirements helps hospitality and catering provisions to attract more customers and make more profit.

Lifestyle: Successful hospitality and catering provisions analyse the needs of their customers based on their lifestyles, budgets, eating patterns, and interests such as sports and hobbies.

Nutritional needs: Successful hospitality and catering provisions will offer a range of dishes to suit the nutritional needs of their customers. Many menus will include nutritional information available to help their customers make informed choices.

Dietary needs: Most menus will offer a range of dishes to suit special dietary needs such as coeliac disease. Most menus will include vegetarian and vegan options as well as children's menus.

Time available: Some customers will want fast food, and some will prefer a leisurely meal.

Customer expectations

Customers will visit a range of hospitality and catering provisions, from fast food to fine dining, with expectations of an enjoyable experience.

Service: Customers will expect polite efficient service regardless of the type of provision they are visiting.

Value for money: Customers will expect meals that are nutritious, filling and sold at the right price for the type of provision they are visiting.

Trends: Customers will expect hospitality and catering provisions to keep up with trends such as mobile ordering apps.

Awareness of competition from other providers: Customers will expect hospitality and catering provisions to adapt their menus to attract new customers.

Media influence/interest: Customers will expect hospitality and catering provisions to match reviews.

Environmental concerns: Customers will expect eco-friendly hospitality and catering provisions.

Seasonality: Customers will expect dishes made with seasonal, local ingredients.

Customer demographics

Successful hospitality and catering provisions conduct marketing research by asking questions to find out the requirements, needs and expectations of potential customers. The information is used by the provision to create a USP (unique selling point).

Age: Do potential customers want fast food or a luxury experience? Do they need child-friendly facilities?

Location: Is your provision located in a residential area? On a high street? In a business area?

Accessibility: Is there parking? Is it accessible to people with mobility issues?

Money available: Do potential customers have a large amount of disposable income? Are they on a tight budget?

Access to establishments/provisions: Are they competing with similar provisions? Is there limited competition in the area?



Symptoms and signs of food-induced ill-health:

An "upset tummy" is a familiar symptom for someone who thinks they might have food poisoning; this is known as a non-visible symptom. There are many other signs and symptoms that could show that a person might be suffering from ill-health due to the food they have eaten. Some of the symptoms can be seen (visible symptoms) such as a rash. It is important to be able to recognise visible and non-visible symptoms to help someone suffering from food-induced ill-health.

Visible symptoms

Visible symptoms of food poisoning, chemical poisoning, allergic reaction and food intolerance include:

- **Diarrhoea:** a common symptom of most types of food poisoning bacteria and can also be a symptom of lactose intolerance.
- **Vomiting:** a common symptom of most types of food poisoning bacteria, but may could also be caused by taking in chemicals accidentally added to food.
- **Pale or sweating/chills:** a high temperature is a common symptom of E-coli and Salmonella.
- **Bloating:** a symptom of lactose intolerance.
- **Weight loss:** a symptom of gluten intolerance (coeliac disease).

Allergic/anaphylactic reaction

- **Visible symptoms:** red skin, a raised rash, vomiting, swelling of lips and eyes and difficulty breathing.
- **Non-visible symptoms:** swelling of tongue and throat, nausea (feeling sick) and abdominal pain.
- **Anaphylaxis:** a severe reaction to eating an allergen that can lead to death. An injection of adrenaline (for example, an EpiPen) is the treatment for an anaphylactic reaction.






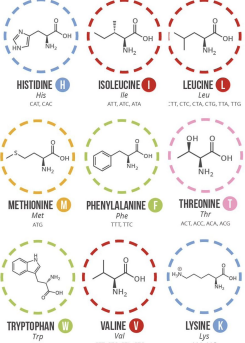


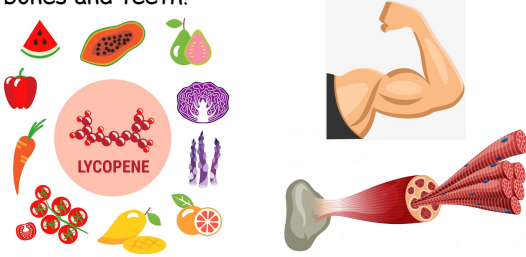

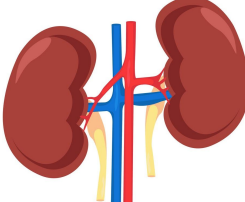


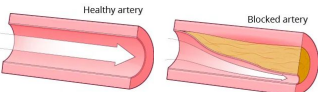




Non-visible symptoms

Non-visible symptoms of food poisoning, chemical poisoning, allergic reaction and food intolerance include:

- **Nausea (feeling sick):** the most common symptom for all types of food-induced ill-health.
- **Stomach-ache/cramps:** abdominal pain is common symptom of lactose intolerance as well as a sign of an allergic reaction. Cramps may happen at the same time as diarrhoea.
- **Wind/flatulence:** a common symptom of lactose intolerance.
- **Constipation:** a symptom of Listeria food poisoning.
- **Painful joints:** a symptom of E-coli food poisoning.
- **Headache:** a symptom linked to Campylobacter, E-coli and Listeria.
- **Weakness:** non-stop vomiting, and diarrhoea can leave a person feeling weak. Gluten intolerance (coeliac disease) can leave a person feeling tired because their bodies can't absorb the correct amount of nutrients.

Function of Nutrients in the Body

MACRONUTRIENTS

Nutrient	Types	Function	Effects too little (deficiency)	Effect of too much (excess)
<p>Carbohydrates 4kcal per gram</p> <p> Click here for video</p> <p></p>	<p>Starches (complex): found in cereal grains such as rice, wheat, oats, plus starchy tubers (potatoes and sweet potatoes) and vegetables (carrots, beets, corn). Digest slowly, long lasting energy. </p> <p>Sugars (simple): lactose found in milk and dairy, fructose found in honey, fruits and some vegetables (peppers, tomatoes). Digest and enter the bloodstream quickly for a burst of energy. </p>	<p>Carbohydrate is the body's main source of energy (fuel). Carbohydrate breaks down to glucose, which is the only form of energy the brain recognises. Basically, without carbohydrate, your brain wouldn't function!</p> <p>All carbohydrates, no matter what type, provide 4kcal of energy per gram. The difference is complex carbs take longer to break down and therefore satisfy hunger for longer, whereas simple sugars leave you feeling empty and wanting more. Complex carbs provide dietary bulk and fibre which makes us feel fuller for longer.</p> <p>Dietary fibre: complex carbohydrate found in the cell wall of fruits, vegetables and cereals. Aids with removal of waste from the body.</p>	<p>Deficiency of carbohydrates is extremely rare in the UK as we have good access to carbohydrate rich foods.</p> <p>Long term lack of carbohydrates in the diet can cause ketosis - a condition where the body switches to using protein as an energy source.</p> <p>Visible symptoms: Lack of energy and weight loss.</p> <p>Non-visible symptoms: Not enough fibre from wholegrains foods leads to constipation and other intestinal/bowel problems.</p>	<p>If not used for energy, excess carbohydrates are converted to glycogen and stored in the muscles and liver.</p> <p>Visible symptoms: Weight gain and obesity.</p> <p>Non-visible: Eating too much non-refined (white) carbohydrates leads to tooth decay, raised blood sugar levels and increased risk of developing type 2 diabetes. (See carbohydrates and glycemic index slides 7-8).</p>
<p>Proteins 4kcal per gram</p> <p> Click here for video</p> <p></p>	<p>High Biological Value (HBV) protein: Meat, fish, poultry, dairy foods (milk), eggs, soya. Contain all the essential amino acids the body cannot make itself. </p> <p>Low Biological Value (LBV) protein: Quorn, Tofu, peas, beans, lentils, nuts, seeds and cereals. </p> <p>Missing one or more of the essential amino acids. Mainly come from plant sources.</p> <p>Two or more LBV proteins can be combined to make a complete protein. This is called protein complementation. Example: beans on toast.</p>	<p>Protein is digested by the body into its component parts - called amino acids. There are 8 which are essential for adults and 10 for children.</p> <p>Protein is essential for the growth, maintenance and repair of body tissue.</p> <p>Protein is part of every living cell and some tissues like skin, muscle, hair and the core of bones and teeth!</p> <p></p>	<p>Visible symptoms:</p> <ul style="list-style-type: none"> Wasting of muscle & muscle loss Oedema - build up of fluids in the body Slow growth in children <p>Severe deficiency leads to kwashiorkor (bloating of the stomach).</p> <p>Non-visible symptoms: Weaker immune system, as it needs protein to function properly. This can lead to prolonged recovery from illness or getting ill more frequently.</p> <p></p>	<p>Visible symptoms: Excess stored as fat, which can lead to weight gain and obesity.</p> <p>Non-visible symptoms: Increased protein consumption leads to hyperfiltration - a state in which the kidney faces increased pressure in order to filter and remove waste from the body. Over the long term, hyperfiltration may lead to kidney damage.</p> <p></p>
<p>Fats 9kcal per gram</p> <p> Click here for video</p> <p> Click here for info</p> <p></p>	<p>Monounsaturated Fat:  Avocado, many nuts and seeds, olive oil, almond oil, sunflower oil.</p> <p>Polyunsaturated Fat:  Vegetable oil, corn oil, safflower oil, nuts, oily fish.</p> <p>Saturated Fat:  Mainly from animal sources. Meat, butter, cream, eggs.</p> <p>Omega 3, 6 and 9 Fatty Acids:  Oily fish, seeds and oils, flax seeds, pumpkin seeds, walnuts, soya beans, dark green vegetables, vegetable oils, margarines (polyunsaturated).</p>	<ul style="list-style-type: none"> Protection of internal organs Thermoregulation (temperature control) Insulation of nerve cells (conduct electrical messages) Uptake of fat soluble vitamins (A, D, E & K) Growth, development and repair of body tissues In women, storage and modification of reproductive hormones (oestrogen) <ul style="list-style-type: none"> Forms a vital part of cell membranes Supports mental health Improves heart health Supports health weight management Shown to reduce inflammation Supports infant brain development Promotes brain health 	<p>Visible symptoms: Weight loss over time as the body uses stores of fat. Person feels cold as fat under skin acts as insulator.</p> <p>Non-visible symptoms: Bruising of the bones as they are not protected. Lack of fat in the diet can lead to deficiencies of fat soluble vitamins A, D, E & K. Fat deficiency can also lead to impaired in fertility in women due to anovulation.</p> <p>*Anovulation - happens when an egg (ovum) doesn't release from the ovary during the menstrual cycle. An egg is needed to have a pregnancy.</p>	<p>Common issue in the UK: Over consuming foods high in fat can raise the blood cholesterol levels (fat in the blood). Cholesterol is a fatty substance that is needed for the body to function properly, however there are two types, LDL (bad) and HDL (good). LDL cholesterol comes from saturated fats, such as meat and cheese.</p> <p>Eating too much saturated fat can lead to obesity and higher 'bad' cholesterol levels as well as an increased risk of developing type 2 diabetes and heart disease.</p> <p>Unsaturated plant sources of fats are much healthier for us.</p>

AC2.1.1 Nutrition: Describe functions of nutrients in the human body.

Nutritional Needs: Adults



The NHS recommends the average healthy adult has the following intakes of each nutrient per day.



Following a healthy, balanced diet helps make sure that adults get all the nutrients needed to work well from day to day and can also reduce the risk of diseases like heart disease, stroke, type 2 diabetes and some types of cancer in the longer term.



Nutrient	Amount	Calories per gram
Energy (calories) Male Female	2,500kcal 2,000kcal	
Carbohydrate of which sugars	At least 260g 90g	4kcal
Protein	50g	4kcal
Fat of which saturates	Less than 70g Less than 20g	9kcal

What is a calorie?

What are carbohydrates?

Protein and muscles

What is fat?

- The main principles of a health balanced diet for an adult are:
- including plenty of a range of fruit and vegetables - at least 5 A DAY
 - including plenty of fibre-rich foods, especially wholegrains
 - including a range of protein-sources especially beans, peas and lentils
 - including some dairy foods or fortified alternatives
 - choosing mainly unsaturated fats and oils, and
 - minimising foods and drinks that are high in fat, salt and sugars.

Fruit and vegetables provide a range of essential nutrients and fibre, as well as chemical compounds that occur naturally in plants that may have health benefits.

Different types and colours of fruits and vegetables contain different combinations of important nutrients like:

- **vitamin C** - important for maintaining healthy body tissues.
- **vitamin A** - important for maintenance of normal vision, skin and the immune system.
- **folate** - important for normal and healthy blood formation.
- **fibre** - helps to maintain a healthy gut.
- **potassium** - helps to maintain a healthy blood pressure and is also important for the normal functioning of the nervous system

Micronutrients are vitamins and minerals needed by the body in very small amounts, however a deficiency in any of them can cause severe and even life-threatening conditions! Notice males and females require different amounts of some nutrients.



Nutrient	Males	Females
Vitamin A	700mcg	600mcg
Vitamin D	10mcg	
Vitamin E	4mg	3mg
Vitamin K	1mcg per kg of body weight	
Vitamin B	Thiamin: 1mg Niacin: 16.5mg Riboflavin: 1.3mg Vitamin B12: 1.5mcg	Thiamin: 0.8mg Niacin: 13.2mg Riboflavin: 1.1mg Vitamin B12: 1.5mcg
Vitamin C	40mg *Vitamin C cannot be stored in the body, so you need it in your diet every day.	
Sodium (Salt)	Less than 6g	
Iron	All (M) 8.7mg	(F) 19-50yrs 14.8mg / 50yrs+ 8.7mg
Calcium	700mg	

How do vitamins work?

What are vitamins?

Key Words

Healthy diet	A diet low in fat, salt and sugar but high in fibre.
Energy needs	The average amount of energy required from food by individuals. Measured in calories (kcal). This can be different for different life stages and activity levels.
Reference intakes (RIs)	Guidelines about the approximate amount of particular nutrients and energy required for a healthy diet. Provided by the NHS.
Macronutrients	Nutrients needed by the body in large amounts.
Micronutrients	Nutrients needed by the body in smaller amounts.

Nutritional Needs: Children

Like adults, children should follow a healthy balanced diet to support their growth and development. However, there are some nutrients children should consume in smaller amounts to prevent becoming overweight, e.g., fat.

Children 3-7yrs	
Males	Female
Calories per day 1,300kcal increasing to 1,600kcal	Calories per day 1,250kcal increasing to 1,500kcal
Carbohydrate: 130g	Carbohydrate: 130g
Protein: 20g	Protein: 20g
Fats: 50g Saturates: 15g	Fats: 50g Saturates: 15g
Vitamins and Minerals Iron: 6.1mg/d Calcium: 450mg/d Sodium: 700mg/d	Vitamins and Minerals Iron: 6.1mg/d Calcium: 450mg/d Sodium: 700mg/d
Fibre: Male: 20g	Fibre: Female: 20g

Children need lots of:

- Protein for **growth** and **development**
- Calcium and vitamin D for growth of **bones and teeth**
- Food containing lots of energy such as **wholegrain foods**
- Vitamin C to help release iron from foods and for clear skin and to fight **infections**
- Milk to provide **calcium and fats**
- Many children diets vary but it is recommended they eat 1300kcal per day made up of the right balance of **nutrients**
- Avoid sweets as these **can cause tooth decay**
- Avoid fatty foods as this will **cause children to consume too many calories**
- Build up **good eating habits in early life.**

Children 7-10yrs	
Males	Female
1,649kcal	1,530kcal
1,745	1,625kcal
1,840	1,721kcal
2,032	1,936kcal

Children aged 7 to 10 years old need lots of energy and nutrients because they're **still growing**. Children in this age group need **slightly more calories** than children aged 3-7yrs. **A healthy, balanced diet for children aged 7 to 10 should include:**

- 5 portions of a variety of fruit and veg per day
- meals based on starchy foods, such as potatoes, bread, pasta and rice
- some milk and dairy products or alternatives
- some foods that are good sources of protein, such as meat, fish, eggs, beans and lentils

Carbohydrate Function: For energy. Starchy carbohydrates are the best source of energy for a growing child and will encourage healthy eating habits for life.

Food sources:

- Complex carbohydrates:** potatoes, bread, rice, pasta, breakfast cereals, oats, couscous and other grains.
- Simple carbohydrates:** fizzy drinks, juice drinks, sweetened drinks chocolate, sweets, cakes, breakfast cereals and biscuits.



Protein Function: For growth, maintenance and repair of the body. Protein foods also provide other important nutrients, such as iron, omega 3s, zinc, B vitamins, vitamin D, calcium and selenium. **Plant-based proteins** are a great addition and contain vitamins and minerals as well as extra **fibre**. Examples include beans, lentils and pulses such as chickpeas.

Food sources:

- HBV Protein:** lean meat, fish, dairy products, eggs and soya products.
- Some HBV proteins** are also high in saturated fat, such as red meat.
- LBV Protein:** peas, beans, nuts, lentils, cereals (rice, oats, barley, rye) and cereal products (bread, pasta), seeds. Protein alternatives are manufactured food products, with a high protein content, e.g. mycoprotein (Quorn), tofu, TVP and tempeh. They are used instead of meat in meals.

Fats Function: Some fat is needed in the diet, but it needs to be the right type of fat and in the right amount. Unsaturated fats are healthier than saturated fats, which are linked to long term ill health such as heart disease and obesity. Unsaturated fat is also a good source of Omega 3 and 6 fatty acids.

Children need fats to **fuel** the body and help **absorb** some **vitamins**. They also are the building blocks of **hormones** and they **insulate** the body.

Food Sources:

- Unsaturated fats:** olive, rapeseed, sunflower and corn oils, oily fish, nuts and seeds.
- Saturated fat:** animal products such as fatty meats, butter, lard, ghee, and dairy products and foods made with these such as cakes, biscuits and pastries.

Omega 3 and 6 Fatty Acids Function: Function: Long chain omega 3's are essential for normal brain development. Our bodies cannot make this type of fat, so it is important we get it from the diet.

- Food sources:** Oily fish such as salmon, mackerel, trout and sardines.

Nutritional Needs:

Teenagers require more energy from food than adults because they are growing and often very active. Puberty is a time of rapid growth and changing energy requirements and therefore a risk period for developing obesity.

Teenagers often struggle to meet their daily recommended intake of **iron, calcium, vitamin D, and zinc**, so it's important to eat foods that are rich in these. Teenagers should also remember to eat foods containing **vitamin C and protein**, which are essential for supporting their immune system and muscles.

Teenagers 13-19yrs

Nutrient	Food Source
Iron	Meats (including beef, chicken, and pork), legumes and nuts, dried fruit, green leafy vegetables, and beans.
Vitamin C	Most fruits and vegetables, particularly citrus fruits, leafy greens, red and green peppers, tomatoes, and broccoli.
Calcium	Milk, cheese, tinned fish (such as sardines), green leafy vegetables, tofu, and beans.
Vitamin D	Egg yolks, oily fish, beef liver, and fortified foods (such as margarine and breakfast cereals).
Zinc	Shellfish, red meats, dairies, legumes (such as chickpeas and lentils), and fortified foods.
Protein	Meats, fish, poultry, eggs, beans and legumes, seeds and nuts, and tofu.

Teenagers need lots of:

- **Protein** for growth and repair
- **Calcium and vitamin D** to reach peak bone mass
- **Girls** especially need **iron** to replace that lost during their **periods**.
- **Vitamin C** to help absorb **iron** from foods and for clear skin and to fight infections
- Many teenagers vary their diet, but it is recommended they eat **1800kcal** per day made up of the right balance of nutrients.
- **Boys** need **extra iron** initially for growth and muscles, but this need decreases after age 19.
- Boys need more **protein and energy** than girls due to their later growth spurt
- Many **UK teenagers** are lacking in calcium, iron and vitamin A.



Vegetarian Teenagers

Teenagers who follow a vegetarian or vegan diet may experience a lack of iron, which is needed for healthy red blood cells, so it is important to find good alternatives.

Vegetarian sources of iron include:

- Leafy green vegetables
- Dried fruit
- Fortified cereal
- Beans
- Lentils



However, **vegetarian sources of iron aren't absorbed by the body as well as animal sources**. To help with this, a glass of vitamin C-rich orange juice could be taken at mealtimes to help the body absorb iron.

Vegetarians and vegans also need to make sure they get enough Omega 3, a fatty acid essential for keeping the brain and cells healthy, as the body cannot produce it on its own. Good food sources include a handful of walnuts, tofu or soya.



Healthy Hormones

Zinc is needed in the diet for making many enzymes and hormones, including growth hormones, insulin and testosterone. This is particularly important for teenagers who are developing fast and need the best nutrition they can get.

Zinc can be found in red meat, seeds, spinach, cocoa, mushrooms and oysters.

B-vitamins and Omega 3 can be found in oily fish, wholegrain bread, eggs, milk and vegetables and help to balance hormone production, which is particularly supportive for girls suffering with negative symptoms of PMS.

Alcohol, sugar, saturated fat and caffeine intake have a strong impact on the amount of testosterone in a teenage body, which can easily cause acne breakouts. Consumption of these types of food should be limited to improve skin conditions and mood swings.



20% of teenagers in England are currently overweight or obese!

Nutritional Needs: Older

Like adults, older adults should follow a healthy balanced diet to support the maintenance and proper function of the body. Many older adults experience a lowering or loss of appetite, and may need some nutrients in more or less amounts.

Diabetes

Elderly diabetics find it **difficult to control their blood sugar levels**, so they need to eat starchy foods at regular intervals. **They should avoid foods high in sugar.**

Low fat diets

Older adults **do not need as many calories** due to being less active. This could be due to retirement or from lack of mobility because of medical conditions such as arthritis.

Low salt diet

Older adults should **avoid foods high in salt** as this can cause heart problems.



The Elderly 65+yrs	
Males	Females
Calories per day Inactive males: 2,000kcal Somewhat active males: 2,200kcal	Calories per day Inactive females: 1,600kcal Somewhat active females: 1,800kcal
Carbohydrate: 130g - 260g	Carbohydrate: 130g - 260g
Protein: 50g	Protein: 50g
Fats: 70g Saturates: 20g	Fats: 70g Saturates: 20g
Vitamins and Minerals Iron: 8.7mg/d Calcium: 1,000 - 1200mg/d Sodium: 1600mg/d	Vitamins and Minerals Iron: 8.7mg/d Calcium: 1,000 - 1200mg/d Sodium: 1600mg/d
Fibre: Males: 30g	Fibre: Females: 21g

Women reach **peak bone mass** around the age of **25 to 30 years**, when the skeleton has stopped growing and bones are at their strongest and thickest.

The female hormone, **oestrogen**, plays an important role in maintaining bone strength. **Menopause** (the natural ending of periods that usually occurs between the ages of **45 and 55**) can increase your risk of developing osteoporosis, a condition in which bones become thin (less dense) and may fracture easily.

The drop in **oestrogen** levels that occurs around the time of menopause results in **increased bone loss**. It is estimated that, on average, women lose up to **10 per cent of their bone mass in the first five years after menopause**.

To reduce the risk of osteoporosis, post-menopausal women should eat a diet **rich in calcium** and do regular weight-bearing exercise.

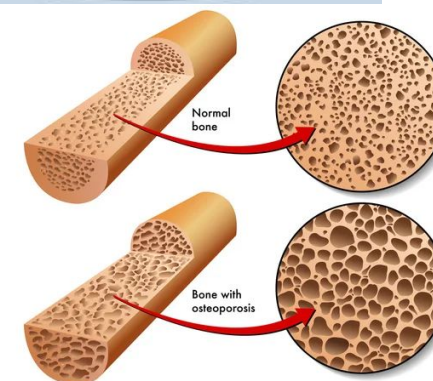
Before menopause, older female adults should have **1,000 mg of calcium daily**.

After menopause, older female adults should have up to **1,200 mg of calcium daily**.

Vitamin D is also very important for **calcium absorption** and bone formation.

SUMMARY

- Loss of appetite
- **Diabetes** - need to eat starchy foods at regular intervals. They avoid foods high in sugar.
- Need **less calories** - dishes should be **low in saturated fat**.
- **Low salt diet** - elderly people avoid foods high in salt as this can cause medical problems such as **high blood pressure**.
- Regular **exercise and activity** helps boost appetite, which some elderly people cannot manage.
- Many older adults **don't get enough fluids** and become **dehydrated** more easily because of age-related changes or **medications** they're taking.



Although **osteoporosis** is perceived as a female disease, **1 in 8 men over 50 years** will experience a fragility fracture during his lifetime;




Nutritional Needs:

Because the body becomes **more efficient at absorption during pregnancy**, normal nutritional requirements apply until the **last trimester of pregnancy**, when some **extra energy and calcium is required**. Pregnant and lactating women should eat a varied diet rich in fresh fruit and vegetables and wholegrains (**in line with the Eatwell Guide**).

High Risk Foods to Avoid:

- Unpasteurised milk products and undercooked meats/cured meat products - they may contain listeria which is harmful to unborn babies
- Pate, liver and liver products - due to high vitamin A content (Vitamin A is harmful to unborn babies if eaten in large quantities)
- Swordfish, marlin and shark as they are high in mercury which can be harmful to unborn baby

Differences to non-pregnant women	Possible deficiencies when pregnant:
<p>Avoid high risk foods when pregnant:</p> <ul style="list-style-type: none"> • raw or undercooked meat • liver and liver products • all types of pâté, including vegetarian pâté • game meats such as goose, partridge or pheasant • any other foods made from unpasteurised milk, such as soft ripened goats' cheese • pasteurised or unpasteurised soft blue cheeses • unpasteurised cows' milk, goats' milk, sheep's milk or cream • raw or partially cooked hen eggs that are not British Lion or produced under the Laid in Britain scheme • raw or partially cooked duck, goose or quail eggs • smoked fish, such as smoked salmon and trout • alcohol • no more than 200mg caffeine per day • More calories in 2nd and 3rd trimester 	<ul style="list-style-type: none"> • Iron • Vitamin B12 • Folate • Iodine • Zinc • Vitamin D • Vitamin C • Calcium • Fibre • Water 



FOLIC ACID IN PREGNANCY

It's recommended to take:

- 400 micrograms of folic acid every day - from before pregnancy until 12 weeks pregnant
- This is to reduce the risk of problems in the baby's development in the early weeks of pregnancy.

VITAMIN D IN PREGNANCY

Pregnant women need 10 micrograms of vitamin D each day and should consider taking a supplement containing this amount between September and March.

Vitamin D regulates the amount of calcium and phosphate in the body, which are needed to keep bones, teeth and muscles healthy.

Vitamin D can be found in the following foods:

- oily fish (such as salmon, mackerel, herring and sardines)
- eggs
- red meat
- Vitamin D is added to some breakfast cereals, fat spreads and non-dairy milk alternatives. The amounts added to these products can vary and might only be small.

Having more than 100 micrograms (4,000 IU) of vitamin D a day as it could be harmful.

IRON IN PREGNANCY

During pregnancy, a woman's blood volume increases to support the growing baby. This means more red blood cells are needed and therefore more iron to make them. Not having enough iron to meet this demand could lead to **tiredness and anaemia**. Lean meat, green leafy vegetables, dried fruit, and nuts contain iron.

Many breakfast cereals have iron added to them.

CALCIUM IN PREGNANCY

Calcium is vital for making the growing baby's bones and teeth.

Sources of calcium include:

- milk, cheese and yoghurt
- green leafy vegetables, such as rocket, watercress or curly kale
- tofu
- soya drinks with added calcium
- bread and any foods made with fortified flour
- fish where you eat the bones, such as sardines and pilchards

VEGETARIAN and VEGAN DIETS IN PREGNANCY

A varied and balanced vegan or vegetarian diet should provide enough nutrients for mother and baby during pregnancy, however it might be more difficult to get enough **iron and vitamin B12**.

Iron-rich foods for vegetarians and vegans include:

- lentils
- cannellini beans
- tofu
- fortified cereals
- dark chocolate
- baked potatoes
- spinach



Seasonal Foods

Seasonal food is fresh food that is ready to eat during its preferred season. For example, English strawberries are juicy and delicious in the summer and early autumn. They do not grow wild in England during winter as it is too cold. Some foods are not seasonal. Meat and dairy are available all year round. Cows are milked and chickens produce eggs from January all the way to December.



Tastes Better

Seasonal produce will be at its peak for both flavour and health benefits. It's harvested at exactly the right time, so the taste is riper, sweeter, and generally more delicious. The chef/cook won't need to use seasonings such as salt or spices. Out of season food gets picked before it's ripe and then gets spoilt during transport. This compromises freshness and flavour of the food, so the chef gets lower quality at a higher cost.

Local Economy

As well as getting food at its prime, you'll also be supporting your local economy. Money spent in local businesses is normally reinvested into other local stores; helping to generate jobs and support local producers. Buying directly from the farmer or producer also means you no longer have to wonder where your food came from.



Easter: Easter is the most important festival in the Christian calendar. It celebrates Jesus rising from the dead, three days after he was executed. An egg is a symbol of new life. For Christians, Easter eggs are used as a symbol for the resurrection of Jesus. Easter is often celebrated with the giving and receiving of chocolate eggs.

Environment

Seasonal food is often grown/reared much closer to you. Reducing the environmental damage done by carrying and shipping foods long distances and keeping them cold. This is called 'food miles'. Food grown locally will also need fewer fertilisers and pesticides, which lessens water, air, and soil pollution, supporting a healthier community. Buying seasonal food will help to reduce your own carbon footprint and support a more sustainable food economy.



Eid: Celebrated worldwide by Muslims to mark the end of **Ramadan**. Eid ul-Fitr takes place on the first day of the tenth month of the Islamic lunar calendar, and Muslims are not permitted to **fast** on that day.

Ramadan: During the month of Ramadan, Muslims won't eat or drink during the hours of daylight. This is called fasting. Children are not expected to fast until they reach puberty, usually around the age of 14.

Healthier

Foods grown out of season can't follow normal growing and ripening cycles, which our bodies are naturally in sync with. But by altering the menu to follow the seasons, dishes will have a better nutrient value. This is a great selling point for a food establishment, especially those catering to a wide variety of customers such as the young and elderly.

Produce that is flown thousands of miles also loses some of its nutritional and vitamin value. Fruit and vegetables that have been blanched, tinned or dehydrated to enhance the lifespan lose nutrients as well.



Christmas: Christmas is a Christian holy day that marks the birth of Jesus, who Christians believe to be the Son of God. Christmas dinners are an important part of the celebrations. Families and friends will share food together, eating traditional foods, such as turkey, mince pies and Christmas puddings.



Disadvantages

Some disadvantages of using seasonal foods are that you may have to change your menu according to the seasons, this might push customers away who prefer certain dishes. This is a similar challenge to the chef, who may struggle to make the dishes interesting with limited ingredients. The skills required to be able to prepare and cook seasonal food may be a disadvantage to a business as staff costs may be higher. Employing high skilled staff may create an increase in food costs.

Skills of Chefs

Catering jobs are available at various levels, ranging from trainee and apprenticeships to executive level. Here are a few examples of the different types of jobs that are available in the catering industry:



EXECUTIVE CHEF

An executive chef manages the kitchen. He or she is responsible for monitoring and maintaining the quality of all dishes that leave the kitchen, creating menus and inventing new dishes, and supervising the kitchen staff. Except in small establishments, an executive chef will generally spend more time on administrative and managerial tasks than on food preparation.

QUALIFICATIONS

- Formal culinary training
- Previous restaurant experience
- Extensive food and beverage knowledge
- Restaurant industry knowledge
- Knowledge of restaurant regulations

Because the executive chef is the most senior person in the kitchen, he or she is often required to have a minimum of 5 - 8 years of relevant experience.

+ The qualifications listed under Section Chef.

SKILLS

- | | |
|--------------------------|--------------------------|
| • Cooking skills | Menu planning skills |
| • Communication skills | Numerical skills |
| • Leadership skills | People management skills |
| • Time management skills | Positivity |
| • Attention to detail | Customer service skills |
| • Organisational skills | Self-motivated |
| • Problem solving skills | Work well under pressure |



SOUS CHEF

Works alongside head chef to manage daily kitchen activities, including overseeing staff, aiding with menu preparation, ensuring food quality and freshness, and monitoring ordering and stocking. Provides meal quality and consistency by following designated recipes.

QUALIFICATIONS

- Formal culinary training
- Previous restaurant experience
- Extensive food and beverage knowledge
- Restaurant industry knowledge
- Knowledge of restaurant regulations
- + The qualifications listed under Section Chef.

SKILLS

- Cooking skills
- Communication skills
- Numerical skills
- Leadership and teamwork skills
- Organisational skills
- Problem solving skills
- Work well under pressure
- Self-motivated
- Customer service skills
- Positivity
- People management skills
- Attention to detail



SECTION CHEF

The chef de partie or section chef preps, cooks and assembles dishes and makes sure that they go out on time. They are in charge of a specific section of the kitchen such as sauces, fish or pastry, so need to have a sound knowledge of cooking. The chef de partie also assists the sous chef or head chef in developing menus.

QUALIFICATIONS

- City & Guilds 706/1 | 706/2 Catering
- NVQ Level 2
- Level 1 and 2 Food Safety Awards
- Minimum 1 years relevant experience
- Awareness of manual handling techniques
- Awareness of Control of Substances Hazardous to Health Regulations (COSHH) and chemical safety

SKILLS

- Cooking skills
- Work independently
- Manage Commis Chefs
- Communication
- Team management
- Communication skills
- Attention to detail
- Numerical skills
- Adaptability
- Positivity
- Team player

Equipment

Chef's Knives

**Chef's Knife**

All purpose knife generally used for cutting meat, dicing vegetables, disjointing some cuts, slicing herbs, and chopping nuts.

**Bread Knife**

The serrated edge cuts through the crust without flattening the bread.

**Pairing Knife**

Very versatile, often used to peel or cut fruit and vegetables into small pieces, or to carry out other similar precision work.

**Carving Knife**

Used for carving large roasts, poultry, and filleting large fish. The blade edge of a carving knife is either smooth or bevelled. The blade should be large enough to carve across the cut of meat, poultry, or fish in one sweep.

**Cleaver/Butcher Knife**

A cleaver is a large knife that varies in its shape but usually resembles a rectangular-bladed hatchet. It is largely used as a kitchen or butcher knife and is mostly intended for splitting up large pieces of soft bones and chopping through thick pieces of meat.

**Boning Knife**

Boning knives have long, thin, flexible blades with a sharp tip to make piercing meat easier and safer. The blade is designed to cut through ligaments and connective tissue to remove raw meat from the bone. Boning knives have to be extremely sharp.

**Filleting Knife**

A filleting knife gives good control and aids in filleting fish. It is a very flexible member of the boning knife family. Fillet knife blades are typically 15 to 28 cm.

**Salmon Knife**

A salmon knife is used to slice, fillet and remove the skin from larger fish, like salmon. They're slender enough to fit between the skin and flesh without damaging the delicate fish, allowing the chef to create clean, tidy fillets.

**Santoku Knife**

Santoku bocho knives, which translates as 'three uses', are ideal for mincing, dicing and slicing, as they feature a straight edge with a narrow sheep's foot blade. These knives have evolved from the traditional Japanese vegetable knife which has a rectangular blade.

**Tomato Knife**

The serrated edge allows the knife to penetrate the tomato skin quickly and with a minimum amount of pressure without crushing the flesh.

**Peeling Knife**

A peeling knife is primarily used to peel vegetables, potatoes and fruit, and it's also sharp enough to easily slice through tough skins.

**Cheese Knife**

The blades of cheese knives are usually made of a material such as stainless steel, which is resistant to the stickiness of cheese. Another design feature often found is the presence of holes in the blade to help to prevent the cheese from sticking to it.

Other Cutting Equipment

Food processors, mincer, mandolins, graters, peelers, corers, cutters, can openers, scissors, shears and gravity feed slicer.

Large Scale Equipment



Combi Oven

Simple and quick operation, all at the touch of a button. This oven allows pre-prepared settings, has a wide range of cookery options and even cleans itself. These functions support the chef in their daily duties.



Commercial Range

Many commercial ranges have boost burners which generate 25% more power. They have semi-sealed hobs and drip trays to facilitate ease of cleaning. These ovens allow the chef to prepare and cook large scale operations due to the power and size.



Deep Fat Fryer

Free standing fryers are extremely large and allow large batch cooking as well as the option to cook separately in either basket. Training must be given before they can be used as they can be extremely dangerous.



Blast Chiller

Blast chilling is a method of cooling food quickly to a low temperature that is relatively safe from bacterial growth. By reducing the temperature of cooked food from +70°C to +3°C or below within 90 minutes, the food is rendered safe for storage and later consumption.



Commercial Fridge/Freezer

Large scale fridges and freezers allow you to safely store food at the correct temperature and comply with HACCP 2006.
Fridge temperature: 1-5°C
Freezer temperature: -18°C



Four Pot Bain Marie

These are used for keeping sauces, gravy and pre-cooked foods for up to two hours at serving temperature above 63°C. These are very useful when wanting to serve customers quickly or store foods safely without fear of them burning. You have most likely seen this piece of equipment in your school's canteen!



Rotisserie Oven

Rotisserie grilling produces superb duck, crisping the skin and melting out the fat. Rib roast comes out dark and crusty on the outside, red and juicy inside, with a live fire flavour better than that of a roast cooked in the oven. Poultry produces good results when cooked in a rotisserie.

Type of Provision

Different occasions suit different types of menu. For example, if you go to a wedding you would expect a sit down meal, often silver service. If you go to a party you would probably expect a buffet. Most importantly, the style of service, menu and event needs to suit what the **customer expects and wants**.

When planning your menu you should consider:

Time of year, weather, types of customer, time available, price, portion control, ability of the cook, ability of the waiting staff, equipment available (for preparation, serving, cooking), balance (colour, flavour, texture, shape, variety of ingredients), presentation.



Children's Menu

Should be fun and include healthy alternatives to children's favourites, e.g. potato wedges instead of chips. Children could have more choice by offering smaller portions of main meal dishes from the adult menu. Children's menus should not be excessively high in fat, salt and sugar and demonstrate smaller portion sizes.



Breakfast

Breakfasts usually offer a choice of hot (bacon, egg, sausage, tomato etc.) and cold continental (rolls, croissants, cheese, cold meats, fruits and yoghurts). Hot and cold drinks and a tasty selection of preserves are also often offered.



Specials

Many restaurants have 'specials boards', which is a good way of adding seasonal dishes to the menu.



Lunch

Often needs to be served quickly for customers who have limited time. Sandwiches, wraps and baguettes are ideal. An ideal menu will offer a variety of breads with a selection of hot and cold fillings, together with snack items such as jacket potatoes, salads, pastries, cakes and muffins.



Evening meal

Vegetarian and healthy choices should be offered as well as dishes using a variety of cooking methods. In the UK, the most popular menus offer hot and cold starters, a variety of main courses and a selection of desserts that include chocolate and fruit.

Menu Type	Description	Advantages	Disadvantages
Table d'hôte or set-price menu	A fixed or set-price menu with a limited selection of dishes for every course.	Faster service and less wastage as less items on the menu for the chef team to prepare.	Limited choice
A la Carte menu	All dishes are individually priced. Menu comprises of starters, mains, desserts and side dishes. A type of menu often used in restaurants.	Wide variety and choice. Food items and dishes listed and priced individually so the customer can make their own meal from a selection of dishes.	Creates longer wait times for customers as dishes are cooked to order, slowing down the chef team. Can generate a lot of waste for the establishment if a dish is not popular.
Rotating menu cycle	Often used in schools and hospitals. A fixed pattern of menus is used to cover a fixed number of days. The minimum number of days is eight, so that menus are never repeated on the same day each week.	Chef/catering team will be familiar with the menus and therefore able to cook to a high standard consistently.	Food is often made with cheaper ingredients, resulting in poorer quality as focus is not on awards or reviews.
Ethnic or Specialty menu	Can be fixed price or A La Carte. Some offer dishes from particular countries, e.g. China, Italy. Others offer specialised food, e.g. fish or vegetarian dishes.	Chefs who are familiar with the type of cuisine are often employed, therefore dishes cooked to a high standard. Very popular in modern dining.	Limited choice other than the theme of menu on offer. Menu may not suit a wide variety of customers.
Fast-Food menu	This is similar to a specialty menu. Food tends to have 'themes' such as burgers, chicken or baked potatoes. Items are priced individually.	Low skilled staff can be employed to cook food as it is often prepared and delivered from a larger manufacturer. Makes staff wages lower, saves money.	Food is seen as 'cheap' and therefore prices must reflect this. Restaurant would have to sell in high volumes to make a profit.
Party or Function menu	Usually a fixed-price menu offered for parties or functions such as wedding receptions. Some party's menus offer a limited choice. Price is set per head (per person) rather than by dish.	Costing the menu per person helps the chef to budget for ingredients and staff. Food can be prepared and chilled ahead of time as menu items are already decided.	Limited choice, especially for customers with allergens and intolerances.

Type of Provision

When an planning your menu you must consider the following factors:

- Type of function/event
- Date and time
- Type of venue
- Number of guests
- Risk Assessment (allergens and intolerances)

Type of function: The most important factor to consider is what type of event are you planning? Common functions/events in the hospitality industry are: weddings, charity fundraisers, school proms, awards nights (the Oscars), business networking, opening of a new business, staff Christmas party, christenings, birthdays, confirmations, bar mitzvah, sporting events e.g. football hospitality (private boxes), horse racing (The Grand National). The menu may have to suit the theme, sports club, company or brand. If the event is a special occasion/luxury a silver service may be expected, however work parties and discos may only require a buffet service. The type and purpose of the event will determine every other factor and decision.

Date: Time of year, e.g. Christmas, Easter, Summer, Spring. The time of year might have an impact on the theme you choose or ingredients that are in season. The date may be specific to the client, e.g. a wedding day, date of the school prom, that cannot be changed.

Time: Morning = Breakfast Dishes such as cooked breakfast (Full English), light snacks, fruit, pastries, Danishes, yoghurt.

Daytime = Lunch/Snacks such as sandwiches, baked potatoes, wraps, salads, pasta dishes.

Evening = 2 or 3 course dinner, starters, mains, desserts, vegetarian options.

The time may dictate the type of food you serve or style of service, e.g. in the evening guests would not expect a breakfast course, in the morning, guests probably don't expect a 3-course meal. When planning a menu always think about the time of **day or year!**



Venues

Once you have chosen your brief, you can begin to think about the style of menu that will suit the occasion. For example, children's parties may take place at a soft play area where a small buffet style meal would be suitable. You could even create a dinosaur or superhero themed menu with set items. The menu would have to consider the equipment available at a soft play area, which is unlikely to have a fully functioning commercial kitchen onsite. An adult's party may take place at a restaurant where a wider variety and choice is expected. You may even be asked to design a menu for a holiday park bistro, where all ages must be catered for!



Number of Guests

The number of guests is **VERY important!** The catering manager/chef needs to make sure that if 60 guests are expected, 60 guests are catered for, plus some extra in case people turn up unexpectedly. A wedding is a great example of where the number of guests must be correct, as the cost per person is often expensive (around £70 per guest)! If an event expected lots of guests (over 200) the chef may suggest serving a buffet as a 3-course meal for over 200 people may be time consuming (unless there are many chefs and wait staff employed for the event). All these things must be considered so the event runs smoothly, and everyone is catered for.

Portion Control

Portion control is extremely important. Customers need to feel they are getting 'value for money' and having the same size portion as everyone else.

It helps the caterer when planning to know how many portions the ingredients will make? The caterer can then determine a selling price (how much should be charged to cover costs and make a profit?) and avoids waste.

Using standard recipes can help a caterer by determining how many ingredients will make 10, 20, 30 or more portions. **Equipment can also be used to control portions:**



Environmental Considerations

When planning your menu, you must consider the impact your choice of dishes and preparation methods will have on the environment.

Environmental issues you must consider also include:

- Conserving energy and water when preparing food
- 3 Rs Reduce, Reuse, Recycle
- Food sustainability and provenance



**REUSE
REDUCE
RECYCLE**

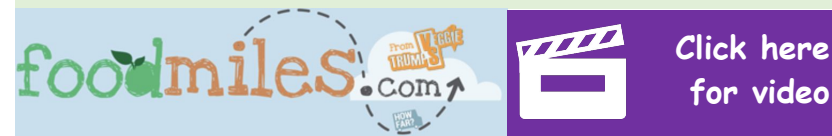
Buying ingredients – what to consider?

- Have the ingredients travelled from far away by environmentally damaging transport?
- Have the ingredients been processed and purified using a lot of energy carbon footprint
- Ingredients locally produced – saving food miles and environmental damage
- Organic ingredients not using excess fertiliser, pesticide or artificial hormones for animals
- Animal welfare e.g. free range or barn eggs, free range meats, organic meats
- Fruits and vegetables and meat produced locally or sustainably
- Ingredients such as cocoa, coffee, syrup produced by fair trade farmers.

Food miles/Carbon footprint

The distance the food or ingredients travel from production/growing to where it is consumed or sold. Transporting food long distances is harmful to the environment. Some foods can't be grown in this country due to the climate and therefore must be transported overseas to reach us.

Visit foodmiles.com to calculate the food miles of your chosen ingredients:



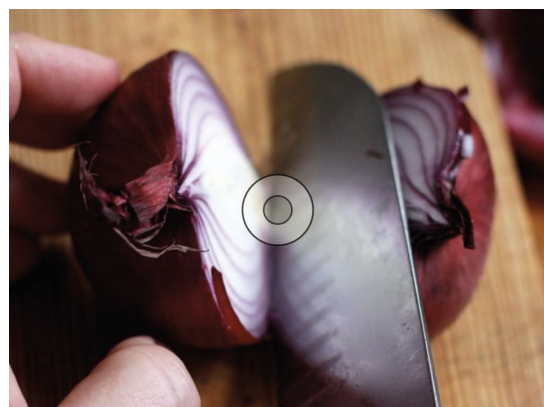
Choose **sustainable food**. By this we mean buy local, seasonal and environmentally friendly food. For example, try local farmer's markets, choose products with a Fairtrade stamp, select fish that has been sustainably farmed. By buying locally your ingredients will travel less miles to reach the kitchen, reducing carbon footprint.

Using **organic foods** is also extremely environmentally friendly as these products don't use any pesticides and fertilisers. However, many supermarkets reject these due to their shape and size being 'non-uniform'. These are often wasted or used as animal feed.



To conserve energy, it's best to keep your pans covered while cooking. Covering your pans will require less cooking time. This is also a good way to prevent grease splatters that will require you to use additional water or cleaning products to remove. While cooking, you can lift the covers briefly to stir or flip over food so that it doesn't burn. **This style of cooking speeds the foods cooking time by 25%.**

As induction hobs are more energy efficient than gas hobs, a chef could consider switching to induction hobs, however gas hobs allows better control over cooking temperatures. You could plan your menu around faster cooking methods such as sautéing and stir frying to minimise the amount of energy used.



Cutting your food into smaller pieces has long been an effective green cooking method. Smaller meat and vegetable pieces can be heated faster so that **less energy** will have to be used. This will also make it easier for you to see how well your food is cooking so that you can manage your cooking time more effectively without burning anything.

Cutting meat into smaller portions can also **reduce the chances of food borne illness** from raw or undercooked meat dishes. Additionally, if you use this method on meat, you should also be able to avoid overcooking and **therefore prevent food wastage.**

Key Words

Reduce	lowering the amount of waste produced
Reuse	using materials repeatedly
Recycle	using materials to make new products
Sustainable	able to be maintained or continue

Environmental Considerations



Each time that you cook, you should prepare a larger food portion so that you can use it again. Since reheating will require less energy use, preparing a larger portion will save you from having to use more heating power to prepare new meals. This can also help you reduce your clean up times and cut down on your water use. A great example of this is to make 20 portions of lasagne and once cooled, you can portion, freeze and reheat when required.



When using water to boil anything in a pan, make sure that you only use as much water as is needed to cover the amount of food you're cooking - one of the most common forms of energy wastage is the energy it takes to boil water you don't need. Use the kettle to boil water quickly and transfer to a pan on the hob for steaming and boiling vegetables or pasta. Always use a pan which is the right size for the amount of food you are cooking to ensure that you use less energy in heating a bigger surface area when you don't necessarily need to.

Use a double steamer to cook vegetables so you can layer vegetables on top of each other and still use one ring. Turn down the level of the ring or burner once the cooking temperature or state is reached; most dishes need to simmer, not boil.



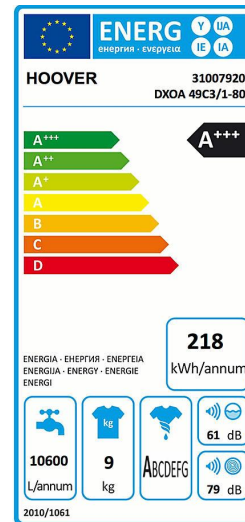
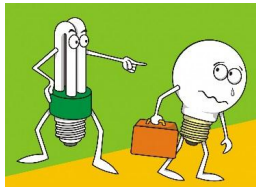
Check your fridge regularly to see what food you have, what's going off soon, what can be frozen, what vegetables are on the turn that can be made into a quick side dish? Or even cook to destroy spoilage bacteria and preserve the foods shelf life. By also checking that food has been stored correctly you can prevent food wastage by preventing food spoilage.

Avoid over purchasing ingredients, buy ingredients with your menu in mind and the number of customers you are likely to serve. Avoid serving large portions to prevent food wastage by customers. Don't forget, food waste can be composted and used to grow more crops. You could even serve some fruits and vegetables with the skin on to prevent waste and increase the fibre content of the dish!

Cattle Farming



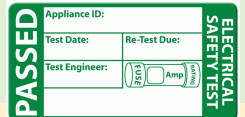
Reduce how much meat and dairy you use! By using less beef and dairy products you can reduce health risks and greenhouse gases. Beef's environmental impact exceeds that of other meat including chicken and pork, experts believe that eating less red meat would be a better way for people to cut carbon emissions than giving up their cars. The heavy impact on the environment of meat production, research shows a new scale and scope of damage, particularly for beef. **The popular red meat requires 28 times more land to produce than pork or chicken, 11 times more water and results in five times more climate-warming emissions.** When compared to staples like potatoes, wheat, and rice, the impact of beef per calorie is even more extreme, requiring 160 times more land and producing 11 times more greenhouse gases, in particular 'methane'.



Energy Efficient Equipment

Energy efficiency simply means using less energy to perform the same task - that is, eliminating energy waste. Energy efficiency brings a variety of benefits:

- reducing greenhouse gas emissions,
- reducing demand for energy imports
- lowering our cost



ENERGY SAVING TIPS FOR CHEFS

• STAFF INVOLVEMENT

Raise energy awareness among kitchen and waiting staff and appoint "Energy Champions", staff members responsible for turning off lights, ovens and equipment when not in use and making sure that heating and hot water are set at the right temperature.

• REFRIGERATION

Fridges and freezers should be located away from the hot kitchen. Ensure refrigeration temperatures are set correctly and review the condition of the door seals. Keep fridge doors closed as much as possible - install door closers or alarms to prevent staff members accidentally leaving the fridge/freezer doors open.

• REVIEW EQUIPMENT

A new machine could save money and energy. A [combi oven](#), for example, which offers convection, steam and combination cooking, can save energy, while [induction hobs](#) are more energy efficient than a traditional [electric hob](#).

• REVIEW YOUR DISHWASHER

Don't set the dishwasher away half full, wait until a full load is ready to save water and energy.



Over Fishing

Occurs when humans take fish from the marine and freshwater sources at a rate faster than fish can repopulate. It's the reason seafood is expected to be depleted from the oceans by 2048.

Overfishing is a result of modern advancements in the fishing techniques such as trawling and dredging, which disrupt the physical habitat and biologic structure of ecosystems in the ocean. Fish such as cod, salmon and tuna are in danger as these make up the vast majority of species fished for.



Conserving Energy

Conserving energy by:

- Keep equipment clean and maintained so it uses less energy including filters on ventilation and refrigeration
- Descale equipment used for boiling
- Keep lids on saucepans
- Energy efficient lighting, auto switch off
- Turn off equipment and lights when not in use
- Don't put hot food in fridges, uses more energy to cool down
- Energy efficient boilers etc for hot water, don't have water too hot (above 55°C for legionella)
- Replace old equipment with more energy efficient models
- Gas heats up and cools down more rapidly but needs ventilation



Conserving water by:

- Taps that disperse only short bursts of water
- Motion sensor taps
- Only use minimum water to cook food
- Use a steamer instead of boiling in water
- Reduce flow of taps, use a spray head for washing
- Have taps which turn themselves off
- Use a bowl, keep the plug in when washing up
- Full loads for washing machines and dishwashers
- Serve water on tables at customer's request
- Reduce flow rate to equipment such as potato peelers
- Water metering



REDUCE

- Only buy what is needed for preparation
- **Storage** - check temperatures, use airtight containers label food with dates, use first in first out for ingredients
- **Preparation** - do not over trim, use carcasses and trimmings to make soups, stocks and sauces
- **Portion sizes** - do not offer excessive portion sizes people will leave lots of food, wastes energy in preparing food that is not going to be eaten
- **Write menus** that consider using offcuts such as chicken trimmings used to make a pie
- **Turn dry fruit and veg** into powders and seasonings
- **Turn excess fruit and veg** into chutneys, sauces, jams, pickles
- **Freeze** leftover food for later use in dishes.



REUSE

- Keep food in **reusable** containers
- **Serve** water in glass bottles or carafes
- Use **refillable containers** for condiments, salt and pepper, sauces etc instead of single serve
- **Use food not served to make new meals** e.g., bubble and squeak with left over potato and green veg, stir fries with small pieces of veg, trifle with left over cake, meringue with left over egg white, soup with veg and meat leftovers, Bread and butter pudding or croutons with bread.



RECYCLE

- **Recycle sturdy containers** for food storage
- Send food waste to be used for compost or animal feed instead of throwing it away
- **Recycle used cooking oil.** Some companies collect it for free and then turn it into bio diesel
- **Recycle paper, cardboard, cans, glass bottles and jars.** Councils will collect for recycling.
- **Buy recycled** glass, food grade plastic containers, recycled paper
- Use the correct recycling bins - **train staff**

Customer Needs

The Equality Act 2010



Menu Planning is an essential part of the hospitality industry. Chefs, restaurant managers, establishment owners must plan menus to meet the needs of a wide range of people, as we are not all the same. Not only is this good business practice, it is also a legal requirement, especially for food allergies and intolerances. Below are some of the factors a menu planner **MUST** consider:



Allergies

Some people may develop an allergy to peanuts or to the gluten in wheat. If they eat foods containing these, they may become very ill, and possibly die.

The 8 most common food allergies include:

Cow's milk, Eggs, Tree Nuts, Peanuts, Shellfish, Wheat, Soy and Fish.

Symptoms can occur anywhere from a few minutes after exposure to a few hours later, and they may include some of the following:

Swelling of the tongue, mouth or face,
Difficulty breathing, Low blood pressure,
Vomiting, Diarrhea, Hives, Itchy rash.

Cow's Milk Allergy

Foods found in:

Milk, Milk powder, Cheese,
Butter, Margarine, Yogurt,
Cream, Ice Cream



Nut Allergy

Foods found in:

Brazil nuts, Almonds, Cashews
Macadamia nuts, Pistachios
Pine nuts, Walnuts



Seafood Allergy

Foods found in:

Shrimp, Prawns, Crayfish,
Lobster, Squid, Scallops



GLUTEN
FREE



EGG
FREE



PEANUT
FREE



You can alert customers of allergies by printing information on your menus. In UK we use recognisable logos for nut, lactose and gluten containing products to make it easier for the customer to make an informed choice. Servers should also be knowledgeable to answer any guest queries on allergens.

Coeliac Disease

This is intolerance to gluten which is found in wheat, rye and barley. Coeliacs cannot absorb nutrients if they eat gluten. Corn rice and potatoes do not contain gluten. You can use the following alternatives in recipes instead of wheat: brown, white and wild rice, buckwheat, almond flour, coconut flour, corn, corn flour

Lactose Intolerance

Can't digest lactose (because they don't produce the lactase enzyme). Milk, milkshakes and other milk-based beverages, whipping cream and coffee creamer, ice cream, cheese, butter, puddings, custards, cream soups, cream sauces, foods made with milk. Lactose free alternatives include soya milks, yoghurts and some cheeses, rice, oat, almond, hazelnut, coconut, quinoa and potato milks.



Ethical Diets

Some people avoid meat due to environmental issues or health risks. Some people avoid beef due to concerns over BSE. Some avoid chicken and turkey due to the bird flu issues. Some people avoid fish due to the overfishing. Or prawns because this fishing is very energy expensive and wasteful. Producing unnecessary greenhouse gases. Some people just don't like the thought of harming animals.

Types of Vegetarian:

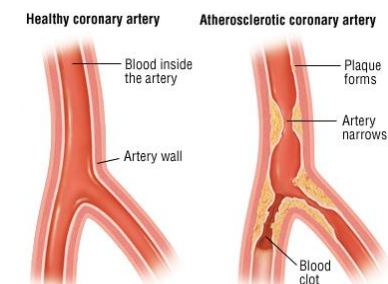
Vegetarians: Do not eat meat or fish.

Lacto-vegetarians: Do not eat the flesh of any animal but they will eat eggs, milk, cheese, honey etc.

Vegans: Do not eat any animal products (including honey).

Pescetarians: Do not eat chicken or red meat but do eat fish.

Demi or Semi Vegetarians: Often choose to eat a mainly vegetarian diet because they don't eat red meat. They sometimes eat poultry and fish and eggs, milk and cheese.



Some people may choose or be advised to eat a low saturated fat (often comes from animal fats such as meat and butter) diet for health reasons:

Coronary Heart Disease (CHD) is a build up of fatty deposits in the coronary arteries. Should avoid high saturated fat foods and foods that have been deep fat fried. More fruit, vegetables and fibre in diet.

High Blood Cholesterol is high level of cholesterol in the blood. Should avoid high saturated fat foods. Consumption of healthy fats (unsaturated) can help lower cholesterol.

High Blood Pressure (BP) is higher force than normal pushing against the artery walls (caused by having fatty deposits in the arteries which narrows the artery, increasing the force against the walls). Should avoid high salt foods and foods that have been processed, e.g., ready meals and high salt snacks.

Religious Diets

Muslim Diet: Do not eat pork. Only eat Halal meat (which is killed in the same way as Kosher). Sea food without fins or scales (such as crabs, prawns and squids) considered undesirable by some Muslims. Muslims also avoid alcohol.

Jewish Diet (Judaism): Do not eat shell-fish or pork. They do not eat dairy and meat in the same meal (this is because they do not eat mother and child together - so you can not have chicken and egg together or milk and beef). They only eat Kosher meats (where the blood is drained from the body through a slit in the throat before the meat is soaked or salted). Kosher houses should have different sinks for dairy and meat along with different plates, cutlery and utensils: this is taken very seriously within the Jewish religion.

Hindu Diet (Hinduism): Do not eat beef or any beef product - this is because the cow is a sacred animal and is treated as such, this includes the use of leather for clothes and furniture. Milk is permitted as no animal is killed during the collection. Often vegetarian, which comes from the principle of Ahimsa (not harming). Most Hindus don't drink alcohol.

Production Plan

Your production plan must include all of the following:

- Ingredient lists (including amounts in grams, millilitres)
- Equipment needed
- Mise en place - (getting ready and organised before you start preparing and cooking the food)
- Timing — for preparing, cooking, decorating, etc.
- Sequencing - the order in which you prepare and cook the food (including dovetailing)
- Cooling food down - where, how and for how long you will do this, and at what temperature?
- Hot holding - how you will keep food hot and at what temperature?
- Completion - how you will know your dish is finished?
- Serving/presentation - describe how the plate will look, what will you decorate the plate with and serve your food with e.g. salad, bread, ice cream?
- Removal of waste - especially if handling raw meat/fish
- Contingencies — e.g. what will you have ready in case something goes wrong?
- Health, safety and hygiene points - e.g. washing up, using oven gloves etc.
- Quality points - how will you make sure you achieve a professional dish?
- Storage of the food during the practical assessment so that it stays safe to eat - e.g. chilled food kept in fridge, dry food kept sealed off the floor.



Health and Safety Points

- Use bridge and claw technique to prevent injury
- Make sure knives cleaned separately to prevent cuts
- Use oven gloves to prevent burns
- Use a blue plaster if you cut yourself
- Warn others of hot pans
- Stand back when opening ovens (risk of scalds from steam)



Mise en place (preparation)

- Tie up hair/hair net, remove all jewellery
- Wash hands in hot soapy water, put a clean apron on
- Collect ingredients from the fridge, freezer, store cupboard.
- Weigh and measure using digital scales
- Wash vegetables, especially soil vegetables
- Peel and chop fruit/vegetables needed first
- Have recipes printed and a pen to tick steps
- Setting preparation area up by ensuring the ovens are pre-heated and the area is clean
- Checking ingredients for quality points and weighing ingredients
- Collecting equipment/getting serving dishes ready

Logical Sequence

- Things that need to set in a fridge or cook for a long period of time are prepared first
- Use of specialist equipment such as ice cream machines/pasta machines
- State correct preparation terms e.g. chopping carrots into small dice: slice potatoes thinly: fillet the fish
- Simmer the sauce, sauté the beef, and glaze the pastry with egg wash
- State the required oven temperatures and length of cooking time
- State when dish goes in oven for how many minutes
- Remember to take dish out at correct time on the time plan

Hygiene

- Allow time to wipe clean sink/cooker at the end of the assessment
- Ensure ALL equipment is cleaned in hot soapy water and dried with a clean towel. Placed back into the correct cupboards.

Completing the dishes

- EACH dish should be allocated a colour as well as the special points and contingencies. This will support you when dovetailing the time plan.
- Discuss the use of specialist equipment and terminology e.g. bloom the gelatine for the panna cotta.
- Include as much hand washing/washing up as possible.
- Try and include HACCP at all times e.g. store the prepared fish fillets until required, on the bottom shelf of the fridge/in a sealed container.
- Make sure every section has at least one special point and contingency.
- List both the equipment required and ingredients
- (this will assist you when completing the assessment).
- Include garnishing and decoration time on your time plan.
- Allow time to arrange food on serving dishes and present on the table.
- Set time aside during the time plan for wiping surfaces/clearing up before starting the next dish.

What is a special point?

- Wear clean apron and remove all jewellery
- Wash hands after handling raw meat to reduce the risk of cross contamination
- Use bridge and claw when using knife to reduce the risk of cutting yourself
- Do not put knives in the sink, clean them as you go, place back in secure and safe place
- Pan handles facing inwards to reduce the risk
- of spillages
- Use oven gloves to reduce the risk of burning your hands (ensure gloves are clean and dry)
- Safety points for using electrical equipment
- Use colour coded chopping boards: cooked meats (yellow), salad and fruit (green), raw meat (red), vegetables (brown), bakery and dairy products (white)
- High risk foods to be stored in fridge until needed
- Cook food to core temp of 75°C
- Wash all equipment after using high risk ingredients (raw meat, eggs) to prevent cross contamination
- Wash hands after using high risk ingredients to prevent cross contamination
- Cool food rapidly, keep out of danger zone (5-63°C)
- Check meat is cooked thoroughly to prevent food poisoning

Production Plan

What is a contingency point?

- A contingency plan is usually put into place to allow a business to find solutions if problems arise.
- When completing your production plan and assessment you might come up against these types of problems, so it's vital that you have a selection of effective and manageable 'PLAN Bs'.

These contingency points can be broken down into several sections:

- Equipment
- Ingredients
- Special diets
- Timings



Timings

Timings are always a guide depending on your equipment such as your oven. If you remove your dish from the oven and it isn't cooked, simply place it back in for more time. A great example would be to probe the food, if it doesn't reach the required temperature, place it back into the oven.



Equipment

Equipment could break at any moment during the assessment, if this happened how would you complete the dish? Look at alternatives when completing your plan, for example if the pasta machine broke whilst using it, what would you use? The contingency point could be a rolling pin.



Ingredients

Ingredients can spoil, mistakes may happen, and the ingredient is ruined. If this was the case how could you continue to produce the dish? A great example is lasagne, if you ran out of beef mince what could be used as a substitute? Quorn mince? Turkey mince? Vegetables?



Final Points to Consider

- Could you alter the cookery methods to save on time?
- Can you make the dish healthier? Cooking methods?
- How would you cook this dish in higher volumes?
- What would you do if you didn't have a certain piece of equipment? How would you adapt the recipe?
- How would you adapt the recipe for: allergies, intolerances, religious diets, vegan, vegetarians?
- How can you prevent cross-contamination of PHYSICAL, MICROBIOLOGICAL, ALLERGENIC and CHEMICAL contaminants?
- How will you store food throughout the preparation/cooking process?
- How will you control portion size to reduce waste?
- How will you present and serve dishes to meet customer needs?
- Have you mentioned personal hygiene and health and safety measures throughout your production plan?

Special Diets

Special diets also need considering when completing your time plan. If a customer has a special diet, as a chef you should have the knowledge to be able to amend the dish to suit their needs, for example using gluten free flour in pasta.

Production Plan Example

Dish 1: Lasagna

Ingredients	Equipment
<p>For the meat sauce 2 tbsp olive oil 1 celery stick, finely chopped 1/2 onion, finely chopped 1/2 carrot (about 100g), finely chopped 2 garlic cloves, crushed 500g beef mince 1 x 400g cans chopped tomatoes 2 tsp mixed Italian herbs 2 beef stock cubes</p> <p>For the pasta sheets 200g '00" flour 2 large eggs 50g parmesan, finely grated</p> <p>For the white sauce (béchamel) 500ml milk 50g butter 50g plain flour Good grating of nutmeg</p>	Digital scales Green chopping board Sharp vegetable knife Grater Saucepan x 2 Wooden spoons Measuring jug Lasagna pots/ramekins Pasta machine Spiral whisk Tin opener Rolling pin

Don't forget to give amounts in grams (g) or millilitres (ml).



Dish 2: Panna Cotta

Ingredients	Equipment
2 ½ sheets gelatine 150ml milk 400ml double cream 60g caster sugar 1 vanilla pod, split lengthways fresh strawberries, to serve strawberry compote, to serve	Digital scales Mixing bowls Saucepan Wooden spoon Dariole molds Green chopping board Sharp vegetable knife

Don't forget to be specific with your equipment, e.g. don't just say 'chopping board'. State which colour you will use to show you know your food safety and hygiene.

Do the same for knives and equipment. Stating the specific or specialist equipment needed demonstrates greater knowledge of equipment and preparation.



Time	Method	Special points & contingences
8.30	<p>Mise en place: Tie long hair up or wear a hair net. Wash hands in hot soapy water and dry with a paper towel. Wear a clean apron.</p> <p>Gather equipment and set work area up. Attach pasta machine to bench.</p> <p>Gather ingredients and weigh out ready using a digital scale or measuring spoons.</p> <p>Switch on blast chiller and pre-heat oven (180°C).</p>	<p>Refrigerate perishables (beef mince and dairy) until needed.</p> <p>Hand washing water should be 35-43°C</p> <p>Use a disposable towel to dry hands to prevent cross-contamination - NOT A TEA TOWEL!</p>
8.45	<p>Panna Cotta: Bloom gelatine by soaking in a bowl of cold water for 5 minutes. Whilst it blooms, split the vanilla pod lengthways with a sharp knife on a green chopping board and remove seeds.</p> <p>Pour the milk and cream into a saucepan with the sugar and vanilla seeds. Stir to combine and bring to a simmer, then remove from the heat. Take the gelatine out of the cold water and squeeze out the excess, then add to the milk mixture. Stir until completely dissolved. Tip into four ramekins and place in the blast chiller to set for at least a couple of hours.</p>	<p>Scrape the vanilla pod with the back of the knife to remove seeds.</p> <p>Use knife safety skills to slice vanilla pod.</p> <p>Use powdered agar agar and coconut milk instead of cream for vegan/lactose free alternative.</p> <p>Use the blast chiller to speed up setting.</p>
9.00	<p>Lasagna: Whilst the panna cotta sets, start the lasagna. Add tbsp oil and 500g beef mince to a saucepan and mix with a wooden spoon until browned over a medium heat. Finely chop the celery and carrot and add to the pan along with the crushed garlic. Sprinkle in the stock cubes and stir. Add the can of chopped tomatoes and leave to simmer for at least 30 minutes.</p> <p>Check on the panna cotta, it should have a slight wobble.</p>	<p>Swap beef mince for Quorn for vegetarian option.</p> <p>Turn pan handles in when using the hob.</p> <p>Visual checks of beef mince for spoilage before using and check the 'use by' date.</p>
9.20	<p>Make the pasta sheets by combining 200g '00' flour and 2 eggs. Add a drop of cold water and knead to make a smooth dough. Knead for at least 15 minutes. Once smooth, roll out using a rolling pin, then pass through the pasta machine starting with the widest setting.</p> <p>Check and stir the mince in the saucepan.</p>	<p>The pasta is the right thickness when you can almost see your hand through it. Don't make it too thin as it won't hold the weight of the layers.</p> <p>Use gluten free flour and xanthan gum for coeliacs.</p>
9.45	<p>Make the Bechamel sauce by making a roux from the butter and flour. Then gradually add the milk, whisking in each addition to prevent lumps. Once all the milk has been added, add the nutmeg.</p>	<p>Soya milk and cornflour can be used to make a lactose free sauce.</p> <p>Melt the butter gently to avoid burning.</p>

What skill level can you work at?

Preparation Techniques		
High	Medium	Low
crimping	creaming	blending
laminating (pastry)	dehydrating	beating
melting using bain-marie	folding	grating
unmoulding	kneading	hydrating
whisking(aeration)	measuring	juicing
pipng	skinning	marinating
shaping	toasting(nuts/seeds)	melting
	weighing	mashing
	mixing	sieving
	puréeing	tenderising
	Rubbing in	zesting
	rolling	proving
		shredding

Knife Techniques		
High	Medium	Low
julienne	bâton	chopping
mincing	chiffonade	peeling
deboning	brunoise	trimming
filleting	dicing	
segmenting	slicing	
	deseeding	
	spatchcock	



Open Baked Alaska



Tropical Panna Cotta



Neapolitan Parfait



Baked Toffee Alaska



Vanilla custard tart served with mint sorbet and orange panna cotta



Mini éclairs with strawberry ravioli



Classic Lemon Tart



Strawberries and Cream



Brownie Tart

What skill level can you work at?

Cooking Techniques		
High	Medium	Low
baking blind	baking	basting
caramelising	blanching	boiling
deep fat frying	braising	chilling
emulsifying	deglazing	cooling
poaching	frying	dehydrating
tempering	griddling	freezing
	pickling	grilling
	reduction	skimming
	roasting	toasting
	sautéing	
	setting	
	steaming	
	stir-frying	
	water-bath (sous-vide)	



Open Seabass Lasagne



Seared mackerel salad with pesto



Classic Fish and Chips



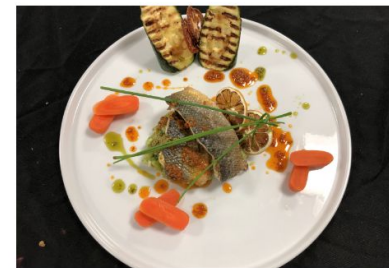
Seared seabass, squid ink risotto with tomato salad



Grilled Salmon Niçoise



Salmon and squid ink lasagne with sweetcorn purée and vanilla foam



Grilled trout fillet on a bed of pea purée with tomato reduction



Seabass with tomato cannelloni squid ink emulsion and sweetcorn fritter



Poached cod loin, puff pastry hamper, pea velouté and seasonal vegetables



Cream cheese and asparagus ravioli



Classic carbonara



Salmon and squid ink ravioli with vegetable pearls



Beetroot noodles served with tempura king prawns



Classic Meatballs



Pasta Arrabiata



Squid ink pasta served with seasonal greens



Pasta Bruschetta



Chicken, Lemon and Thyme Ravioli

STEP 2: CREATE CUES

What: Reduce your notes to just the essentials.

What: Immediately after class, discussion, or reading session.

How:

- Jot down key ideas, important words and phrases
- Create questions that might appear on an exam
- Reducing your notes to the most important ideas and concepts improves recall. Creating questions that may appear on an exam gets you thinking about how the information might be applied and improves your performance on the exam.

Why: Spend at least ten minutes every week reviewing all of your previous notes. Reflect on the material and ask yourself questions based on what you've recorded in the Cue area. Cover the note-taking area with a piece of paper. Can you answer them?

STEP 1: RECORD YOUR NOTES

What: Record all keywords, ideas, important dates, people, places, diagrams and formulas from the lesson. Create a new page for each topic discussed.

When: During class lecture, discussion, or reading session.

How:

- Use bullet points, abbreviated phrases, and pictures
- Avoid full sentences and paragraphs
- Leave space between points to add more information later

Why: Important ideas must be recorded in a way that is meaningful to you.

STEP 3: SUMMARISE & REVIEW

What: Summarise the main ideas from the lesson.

What: At the end of the class lecture, discussion, or reading session.

How: In complete sentences, write down the conclusions that can be made from the information in your notes.

Why: Summarising the information after it's learned improves long-term retention.

WEEK 1: Cornell Notes (Homework task 1)

Date 15/4/24	Topic: Hospitality and Catering Provisions to meet Specific Requirements	Revision guide page: 47-55
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links	Notes
Questions	

Summary

WEEK 3: Cornell Notes (Homework task 1)

Date 29/4/24	Topic: <u>Macronutrients</u>	Revision guide page 114-115
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links	Notes
Questions	

Summary

WEEK 3: Exam Question (Homework task 2)

Date 29/4/24

Question: Make a table of the 3 macronutrients, their function, their structure and foods that they are found in

Answer:

WEEK 3: Exam Question review and improvement (Classwork)

Question: Make a table of the 3 macronutrients, their function, their structure and foods that they are found in

Answer:

WEEK 5: Cornell Notes (Homework task 1)

Date 13/5/24	Topic: <u>Micronutrients</u>	Revision guide page 116-117
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Questions	

Summary

WEEK 5: Exam Question (Homework task 2)

Date 13/5/24

Question: Make a table of the 2 vitamins and 2 minerals to describe their function, their structure and foods that they are found in

Answer:

WEEK 5: Exam Question review and improvement (Classwork)

Question: Describe some risks to food safety when you prepare a roast chicken dinner and critical control points to stop them from happening (10 marks)

Answer:

WEEK 7: Cornell Notes (Homework task 1)

Date 3/6/24	Topic: on factors affecting menu planning: seasonal foods	Revision guide page 128-140
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links	
Questions	

Summary

WEEK 8: Exam Question (Homework task 2)

Date 10/6/24

Question: Write a timeplan for one of the dishes above (P, M, D)

Answer:

WEEK 8: Exam Question review and improvement (Classwork)

Question: Write a timeplan for one of the dishes above (P, M, D)

Answer: _____

WEEK 9: Cornell Notes (Homework task 1)

Date 17/6/24	Topic: <u>How the Type of Customer affects Menu Planning</u>	Revision guide page 128-140
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Questions	

Summary

WEEK 10: Assessment Week Revision (Homework task 1)

Date: 24/06/24	Topic
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WEEK 11: Assessment Week Revision (Homework task 1)

Date: 01/07/24	Topic
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WEEK 11: Assessment Week Revision (Homework task 2)

Date: 01/07/24	Topic
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WEEK 12: Cornell Notes (Homework task 1)

Date: 08/07/24	Topic: How do environmental factors affect menu planning for one of you chosen dishes	Revision guide page 132-133
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links	Notes
Questions	

Summary

WEEK 13: Exam Question (Homework task 2)

Date 15/07/24

Question: Evaluate one of the dishes you have cooked this term.

What went well?

What didn't go to plan?

How could you improve it next time?

Answer: _____

WEEK 13: Exam Question review and improvement (Classwork)

Question: Evaluate one of the dishes you have cooked this term.

What went well?

What didn't go to plan?

How could you improve it next time?

Answer

Week 2

Revision Card on symptoms of food borne illnesses <ol style="list-style-type: none">1. What is a common symptom of Salmonella food poisoning?2. What does the word visible mean?3. Give an example of a non-visible symptom of food poisoning4. A serious allergic reaction is called what?5. What is the only treatment for the above reaction?	Answers
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Week 4

Revision Card on Macronutrients (Protein, fats, carbohydrates) <ol style="list-style-type: none">1. What are proteins made of?2. What are the two types of carbohydrates?3. What are the functions of fat in the diet?4. Which fat is the healthiest type of fat?5. Name one food that is high in each of the macronutrients	Answers
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Week 6

Revision Card on Nutritional needs of adults and children <ol style="list-style-type: none">1. Give one similarity between the nutritional needs of adults and children2. Give one difference between the nutritional needs of adults and children3. Name a dish that would have all of the correct nutrients for children4. Name a dish that would have all of the correct nutrients for children5. How could you make fish and chips healthier? Give 2 ways	Answers
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Week 8

Revision Card on Type of provision

1. What is a fast food outlet?
2. Name a dish you would serve at one
3. What is a bistro?
4. Name a dish you would serve at one
5. Name a dish you may find at a 5*restaurant and why it would be found there

Answers



Week 13

Revision Card on Timeplans

1. What is a contingency?
2. Give a contingency when making pastry?
3. Give a health and safety point when using knives
4. Give a hygiene point when working with raw chicken
5. If you burn your pie, what would you have to do?

Answers

Aspire
ACHIEVE
Thrive

Develop your character



Aspire | Achieve | Thrive