



STOKE  
DAMEREL

Aspire Achieve Thrive

Half Term 1

# Hospitality and Catering

Year 10

Name: \_\_\_\_\_

Tutor: \_\_\_\_\_

## Year 10 Homework Timetable

<b>Monday</b>	English	Ebacc Option A	Option C	
<b>Tuesday</b>	Tassomai	Option B	Modern Britain	
<b>Wednesday</b>	Sparx	Science	Option C	
<b>Thursday</b>	Ebacc Option A	Tassomai	Option B	Modern Britain
<b>Friday</b>	Sparx	Science	English	

Tassomai - 2 Daily Goals per week  
Sparx - 4 tasks of Sparx per week

Option A (EBACC)
French
Geography
History

Open B
Art
Business Studies
Catering
Computer Science
History
Health & Social Care
Music
Sport
IT

Open C
Business Studies
Childcare
Catering
Drama
Geography
Health & Social Care
Triple Science
Sport

**Year 10 - Homework plan**

<b>Week/Date</b>	<b>Homework Task</b>	<b>Examination Question</b>
Week 1 6th Sept	<b>Cornell Notes</b> on the different sectors in the hospitality and catering industry	Describe what the different sectors are within the industry and give 2 examples for each (8 marks)
Week 2 13th Sept	<b>Revision Cards</b> on the different types of food service and residential service	Write a timeplan for one of the dishes you have cooked so far. (P, M, D)
Week 3 20th Sept	<b>Cornell Notes</b> on the Eatwell guide	Identify a composite dish and list where all of the sectors of the Eatwell guide appear (P, M, D)
Week 4 27th Sept	<b>Revision Cards</b> on protein	Describe the structure of protein, its functions and what can happen if you have an excess or a deficiency (4 marks)
Week 5 4th Oct	<b>Cornell Notes</b> on fats and carbohydrates	Describe the structure of fats and carbohydrates, their functions and what can happen if you have an excess or a deficiency (8 marks)
Week 6 11th Oct	<b>Cornell Notes</b> on the vitamins	Research a dish that is high in vitamins and write a timeplan for it (P, M, D)
Week 7 18th Oct	<b>Revision Cards</b> on the minerals	Research a dish that is high in minerals and write a timeplan for it (P, M, D)

# Level 1/2 Hospitality and Catering Knowledge Organiser: Unit 1: 1.1.1 - Types of Hospitality and catering provisions



## Hospitality and catering providers

You must understand, be able to name, and explain the two different provisions in hospitality and catering.

**Commercial:** the business aims to **make profit** from the hospitality and catering provision that they provide.

**Non-commercial:** the service provider **doesn't aim** to make a profit from the service they provide.



### Commercial (residential)

**Commercial (residential):** meaning the hospitality and catering provision aims to create a profit from the service they provide, but also offers accommodation.

For example:

- hotels, motels & hostels
- B&B, guest houses and Airbnb
- holiday parks, lodges, pods, and cabins
- campsites and caravan parks.

### Non-commercial (residential)

**Non-commercial (residential):** the hospitality and catering provision offers accommodation but does not aim to make a profit from the service they provide.

For example:

- hospitals, hospices, and care homes
- armed forces
- prisons
- boarding schools, colleges, and university residences.

### Commercial (non-residential)

**Commercial (non-residential):** catering establishments that aim to make a profit from their service, but no accommodation is provided.

For example:

- restaurants and bistros
- cafes, tea rooms and coffee shops
- takeaways
- fast food outlets
- public houses and bars
- airlines, cruise ships, long distance trains
- pop up restaurants
- food and drink provided by stadiums, concert halls and tourist attractions
- mobile food vans and street food trucks
- vending machines.

### Non-commercial (non-residential)

**Non-commercial (non-residential):** catering establishments with no accommodation provided and don't aim to make a profit from their service.

For example:

- schools, colleges, and universities
- meals on wheels
- canteen in working establishments (subsidised)
- charity run food providers.



## Level 1/2 Hospitality and Catering: Unit 1-1.1.1 - Types of service in commercial and non-commercial provisions



### Types of service in commercial and non-commercial provision

You need to be able to understand and know the different types of service within commercial and non-commercial provision. They are split into two main categories of food service and residential service.



#### Food service

The different types of food services in the catering sector are listed below. You should know the meaning of each one and be able to provide examples. For instance;

##### Table service

- **Plate:** the food is put on plates in the kitchen and served by waiting staff. Good portion control and food presentation consistent.
- **Silver:** a waiter will transfer food from a serving dish to the customer's plate using a silver spoon and fork at their table.
- **Banquet:** a range of foods suitable for large catered events such as weddings, parties, or award ceremonies.
- **Family style:** the food is placed on serving bowls on the customer's table for customers to share between them.
- **Gueridon:** is served from a trolley to the customer's table, the food is then cooked and/or finished and presented in front of the customer. Creates an atmosphere of sophistication and entertainment.

##### Counter service

- **Cafeteria:** all types of food and drink are shown on a long counter for customers to move along with a tray for them to choose what they want to eat.
- **Fast food:** the food and drink is displayed on a menu behind the counter, often with pictures. Quick, simple, and usually served with disposable packaging.
- **Buffet:** a range of foods served on a big serving table where customers walk up to collect their plate and help themselves to food and drink. The food can be hot or cold, and some items could be served by waiting staff.

##### Personal service

- **Tray or trolley:** the meals are served on trays from a trolley and customers sometimes order items in advance.
- **Home delivery:** the customer's order is made over the phone or online, and is then delivered by the business to their address.
- **Takeaway:** food that's cooked by the business onsite and then eaten elsewhere.

#### Residential service

Listed below are the different types of residential types of service in the hospitality and catering sector. You should know the different types of service offered in various hospitality provisions.

##### Rooms:

- single/ double/ king/ family
- suite (en-suite bath/ shower room, shared facilities).

##### Refreshments:

- breakfast/ lunch/ evening meal
- 24-hour room service/ restaurant available.

##### Leisure facilities:

- spa
- gym
- swimming pool.

##### Conference and function facilities:

- large rooms
- overhead projector and computer
- pens and paper provided
- refreshments available.



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

2

### The Eatwell Guide

The Eatwell Guide is the UK Healthy Eating Model. It shows what we should eat as a balanced diet. The size of the sections represents the proportion of our diet that particular food group should make up. The Eatwell Guide was updated in 2016 to take into account scientific opinion and public opinion. The main change was that sugary and fatty foods are shown off the plate as they are not part of a healthy diet.

#### The Eatwell Guide

##### Fruits & Vegetables

- Eat 5 portions a day!
- Choose a variety
- Provides fibre for healthy digestion
- Provides vitamins and minerals for healthy body functions and immune system

40%

##### Fatty and Sugary Foods

- These are the danger foods!
- They are not part of a healthy diet
- Eat them only occasionally
- Eating too much fatty and sugary processed food is linked to increased risk of weight gain/obesity, diabetes, tooth decay and cardiovascular disease

0%

### 8 Tips for healthy eating

1. Eat more fibre
2. Eat more fruits and Vegetables
3. Eat more oily fish
4. Eat less salt
5. Eat less fat
6. Eat less sugar
7. Choose wholegrains
8. Drink 6-8 glasses of water per day

##### Starchy Foods

- Provide slow release carbohydrate used by the body for energy
- Choose wholegrains for increased fibre (good digestion, reduced risk of heart disease)

##### Water Intake

A balanced diet must include water, it is required for nearly all brain and other bodily functions.

Water makes up just over 2/3 of the human body and is required for:

- Maintain body temperature
- Metabolise fat
- Aid digestion
- Lubricate organs
- Transport nutrients
- Flushes out waste and toxins



### Water rich foods



96% water



90% water



94% water



92% water



95% water



95% water



89% water



89% water

#### PORTION SIZES:

Healthy diets not only have the correct balance, but have the right portion sizes. Here is a 'handy' guide ...

#### YOUR HAND IS YOUR PORTIONING TOOL



A serving of protein = 1 palm



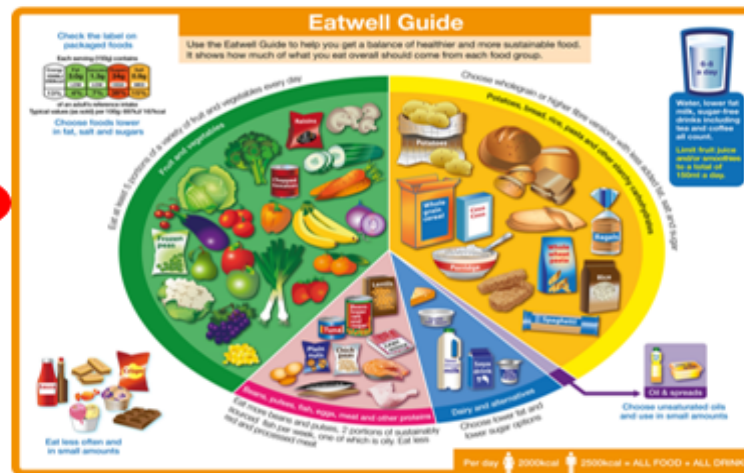
A serving of vegetables = 1 fist



A serving of carbs = 1 cupped hand



A serving of fats = 1 thumb



##### Oils & Spreads

Provide fat soluble vitamins A, D, E & K. Are high in calories & energy so keep use to a minimum. It is recommended to choose unsaturated oils like olive oil.

1%

##### Beans, Pulses, Eggs, Meat, Fish

- Provide protein for growth, repair and maintenance of body cells
- Choose a combination of plant proteins
- Avoid eating too much processed meat like bacon and sausages as these are linked with increased risk of bowel and stomach cancer

12%

#### Fibre in the diet







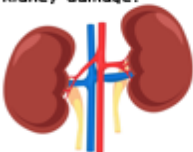



**Soluble fibre** dissolves in water and the insoluble kind doesn't. **Soluble fibre** helps reduce blood cholesterol and sugar.

**Insoluble fibre** helps absorb water and bulk up stools. It does not dissolve in water.



Function of Nutrients in the Body

MACRONUTRIENTS

Nutrient	Types	Function	Effects too little (deficiency)	Effect of too much (excess)
<p><b>Carbohydrates</b> 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. <input checked="" type="checkbox"/></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. <input type="checkbox"/></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><b>Proteins</b> 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. <input checked="" type="checkbox"/></p> <p>Low Biological Value (LBV) protein* Quorn, Tofu, peas, beans, lentils, nuts, seeds and cereals. <input checked="" type="checkbox"/></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* - Wasting of muscle &amp; muscle loss - Oedema - build up of fluids in the body - Slow growth in children</p> <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><b>Fats</b> 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. <input checked="" type="checkbox"/></p> <p>Polyunsaturated Fat* Vegetable oil, corn oil, safflower oil, nuts, oily fish. <input checked="" type="checkbox"/></p> <p>Saturated Fat* Mainly from animal sources. Meat, butter, cream, eggs. <input type="checkbox"/></p> <p>Omega 3, 6 and 9 Fatty Acids* <input checked="" type="checkbox"/></p>	<ul style="list-style-type: none"> <li>• Protection of internal organs</li> <li>• Thermoregulation (temperature control)</li> <li>• Insulation of nerve cells (conduct electrical messages)</li> <li>• Uptake of fat soluble vitamins (A, D, E &amp; K)</li> <li>• Growth, development and repair of body tissues</li> <li>• In women, storage and modification of reproductive hormones (oestrogen)</li> </ul> <p>• Forms a vital part of cell membranes</p> <p>• Supports mental health</p> <p>• Improves heart health</p> <p>• Supports health weight management</p> <p>• Shown to reduce inflammation</p> <p>• Supports infant brain development</p> <p>• Promotes brain health</p>	<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 &amp; 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>

**Key Words**

**Fat Soluble Vitamins**

A vitamin that can dissolve in fats and oils. Vitamins are nutrients that the body needs in small amounts to stay healthy and work the way it should. Fat-soluble vitamins are absorbed along with fats in the diet and are **stored in the body's fatty tissue and in the liver.**



<b>Deficiency</b>	A shortage of a substance (such as a vitamin or mineral) needed by the body.
<b>Absorb</b>	Nutrients are taken into the body and (absorbed) and transported by the bloodstream to other parts of the body for use or storage.

	Fat Soluble Vitamin	Needed For	Found In	Deficiency/Excess
<b>MICRONUTRIENTS</b>	<b>A</b> Adults aged 19 to 64 need (per day): 700mcg men 600mcg women	<ul style="list-style-type: none"> <li>helping your body's natural defence against illness and infection (the immune system) work properly</li> <li>helping vision in dim light</li> <li>keeping skin and the lining of some parts of the body, such as the nose, healthy</li> </ul>	<ul style="list-style-type: none"> <li>cheese</li> <li>eggs</li> <li>oily fish</li> <li>fortified low-fat spreads</li> <li>milk and yoghurt</li> <li>liver and liver products such as liver pâté</li> </ul> <p>Liver is a particularly rich source of vitamin A, so you may be at risk of having too much vitamin A if you have it more than once a week (pregnant women should avoid eating liver or liver products).</p>	<p><b>Deficiency</b> - Night blindness. Xerophthalmia the eyes may become very dry and crusted, which may damage the cornea and retina. Frequent skin irritations.</p> <p><b>Excess</b> Having more than an average of 1.5 mg (1,500 µg) a day of vitamin A over many years may affect your bones, making them more likely to fracture when you're older. This is particularly important for <b>older people, especially women</b>, who are already at increased risk of osteoporosis, a condition that weakens bones.</p>
	Beta-Carotene	You can also get vitamin A by including good sources of beta-carotene in your diet, as the body can convert this into retinol.	<ul style="list-style-type: none"> <li>yellow, red and green (leafy) vegetables, such as spinach, carrots, sweet potatoes and red peppers</li> <li>yellow fruit, such as mango, papaya and apricots</li> </ul>	
	<b>D</b> Adults aged 19 to 64 need: 10mcg per day	<ul style="list-style-type: none"> <li>keep bones, teeth and muscles healthy.</li> </ul>	<ul style="list-style-type: none"> <li>oily fish - such as salmon, sardines, herring and mackerel</li> <li>red meat</li> <li>liver</li> <li>egg yolks</li> <li>fortified foods - such as some fat spreads and breakfast cereals</li> </ul>	<p><b>Deficiency</b> - A lack of vitamin D can lead to bone deformities such as rickets in children, and bone pain caused by a condition called osteocalcin in adults.</p> <p><b>Excess</b> - Taking too vitamin D over a long period of time can cause too much calcium to build up in the body (hypercalcemia). This can weaken the bones and damage the kidneys and the heart.</p>
	<b>E</b> Adults aged 19 to 64 need: 4mg men 3mg women	<ul style="list-style-type: none"> <li>helps maintain healthy skin and eyes and strengthen the body's natural defence against illness and infection (the immune system).</li> </ul>	<ul style="list-style-type: none"> <li>plant oils - such as rapeseed (vegetable oil), sunflower, soya, corn and olive oil</li> <li>nuts and seeds</li> <li>wheatgerm - found in cereals and cereal product</li> </ul>	<p><b>Deficiency</b> - Any vitamin E your body does not need immediately is stored for future use, so you do not need it in your diet every day.</p> <p><b>Excess</b> - N/A</p>
	<b>K</b> Adults aged 19 to 64 need: 1 microgram per kg of body weight.	<ul style="list-style-type: none"> <li>a group of vitamins that the body needs for blood clotting, helping wounds to heal.</li> </ul>	<ul style="list-style-type: none"> <li>green leafy vegetables - such as broccoli and spinach</li> <li>vegetable oils</li> <li>cereal grains</li> <li>small amounts can be found in meat and dairy foods.</li> </ul>	<p><b>Deficiency</b> - Taking 1mg or less of vitamin K supplements a day is unlikely to cause any harm.</p> <p><b>Excess</b> - Rare, however vitamin K can interact with several common medications, including blood-thinners, anticonvulsants, antibiotics, cholesterol-lowering drugs, and weight-loss drugs.</p>



**Water Soluble Vitamins**

A vitamin that can dissolve in water. Vitamins are nutrients that the body needs in small amounts to stay healthy and work the way it should. Water-soluble vitamins are carried to the body's tissues but **are not stored in the body**.

	Water Soluble Vitamin	Needed For	Found In	Deficiency/Excess
<b>MICRONUTRIENTS</b>	<b>C</b> <b>Antioxidant</b> Adults aged 19 to 64 need 40mg of vitamin C per day.	<ul style="list-style-type: none"> <li>helping to protect cells and keeping them healthy</li> <li>maintaining healthy skin, blood vessels, bones and cartilage</li> <li>helping with wound healing</li> </ul>	<ul style="list-style-type: none"> <li>citrus fruit, such as oranges and orange juice</li> <li>peppers</li> <li>strawberries</li> <li>blackcurrants</li> <li>broccoli</li> <li>brussels sprouts</li> <li>potatoes</li> </ul>	<p><b>Deficiency</b> - Scurvy, very rare symptoms include bleeding gums, wounds not healing properly, tiredness. Lack of vitamin C effects absorption of iron.</p> <p><b>Excess</b> Taking large amounts (more than 1,000mg per day) of vitamin C can cause:</p> <ul style="list-style-type: none"> <li>stomach pain</li> <li>diarrhoea</li> <li>Flatulence</li> </ul> <p>Vitamin C is water soluble so excess can easily be excreted by the body.</p>
	<b>B1</b> <b>Thiamin</b> Adults aged 19 to 64 need: 1mg men 0.8mg women	<ul style="list-style-type: none"> <li>helps the body break down and release energy from food</li> <li>keep the nervous system healthy</li> </ul>	<ul style="list-style-type: none"> <li>peas</li> <li>some fresh fruits (such as bananas and oranges)</li> <li>nuts</li> <li>wholegrain breads</li> <li>some fortified breakfast cereals</li> <li>liver</li> </ul>	<p><b>Deficiency</b> - Beri-beri (disorder of the nervous system). <b>Excess</b> - body excretes it.</p>
	<b>B2</b> <b>Riboflavin</b> Adults aged 19 to 64 need: 1.3mg men 1.1mg women	<ul style="list-style-type: none"> <li>keep skin, eyes and the nervous system healthy</li> <li>release energy from food</li> </ul>	<ul style="list-style-type: none"> <li>milk</li> <li>eggs</li> <li>fortified breakfast cereals</li> <li>mushrooms</li> <li>plain yoghurt</li> </ul> <p>UV light can destroy riboflavin, so these foods should be kept out of direct sunlight.</p>	<p><b>Deficiency</b> - Dry cracked skin around the mouth and nose. <b>Excess</b> - body excretes it.</p>
	<b>B3</b> <b>Niacin</b> Adults aged 19 to 64 need: 16.5mg men 13.2mg women	<ul style="list-style-type: none"> <li>release energy from food</li> <li>keep the nervous system and skin healthy</li> </ul>	<ul style="list-style-type: none"> <li>meat</li> <li>fish</li> <li>wheat flour</li> <li>eggs</li> </ul> <p>Niacin cannot be stored in the body, so you need it in your diet every day.</p>	<p><b>Deficiency</b> - disease pellagra. Symptoms can include dermatitis, dementia and diarrhea. <b>Excess</b> - body excretes it.</p>
	<b>B9</b> <b>Folate</b> Adults aged 19 to 64 need: 200mcg In pregnancy: 400mcg	<ul style="list-style-type: none"> <li>form healthy red blood cells</li> <li>reduce the risk of birth defects called neural tube defects, such as spina bifida, in unborn babies</li> </ul>	<ul style="list-style-type: none"> <li>broccoli</li> <li>Brussels sprouts</li> <li>leafy green vegetables, such as cabbage, kale, spring greens and spinach</li> <li>peas</li> <li>chickpeas and kidney beans</li> <li>liver (but avoid this during pregnancy)</li> <li>breakfast cereals fortified with folic acid</li> </ul>	<p><b>Deficiency</b> - can lead to folate deficiency anaemia. Symptoms can include insomnia, depression and forgetfulness. <b>Excess</b> - Taking doses of folic acid higher than 1mg can mask the symptoms of vitamin B12 deficiency, which can eventually damage the nervous system if it's not spotted and treated. This is particularly a concern for older people because it becomes more difficult to absorb vitamin B12 as you get older.</p>
	<b>B12</b> <b>Cobalamin</b> Adults aged 19 to 64 need: 1.5mcg	<ul style="list-style-type: none"> <li>make red blood cells and keeping the nervous system healthy</li> <li>release energy from food</li> <li>use folate</li> </ul>	<ul style="list-style-type: none"> <li>meat</li> <li>fish</li> <li>milk</li> <li>cheese</li> <li>eggs</li> <li>some fortified breakfast cereals</li> </ul>	<p><b>Deficiency</b> - If you eat meat, fish or dairy foods, you should be able to get enough vitamin B12 from your diet. Vitamin B12 is not found naturally in foods such as fruit, vegetables and grains, vegans may not get enough of it. <b>Excess</b> - body excretes it.</p>

**Minerals**

A vitamin that can dissolve in water. Vitamins are nutrients that the body needs in small amounts to stay healthy and work the way it should. Water-soluble vitamins are carried to the body's tissues but are not stored in the body.

	Mineral	Needed For	Found In	Deficiency/Excess
<b>MICRONUTRIENTS</b>	<b>Iron</b>	Iron is important in making red blood cells, which carry oxygen around the body. <ul style="list-style-type: none"> <li>• 8.7mg a day for men over 18</li> <li>• 14.8mg a day for women aged 19 to 50</li> <li>• 8.7mg a day for women over 50</li> </ul>	<ul style="list-style-type: none"> <li>• liver (but avoid during pregnancy)</li> <li>• meat</li> <li>• beans</li> <li>• nuts</li> <li>• dried fruit - such as dried apricots</li> <li>• wholegrains - such as brown rice</li> <li>• fortified breakfast cereals</li> <li>• soybean flour</li> <li>• most dark-green leafy vegetables - such as watercress and curly</li> </ul>	<p><b>Deficiency - Iron Deficiency Anaemia</b></p> <ul style="list-style-type: none"> <li>• tiredness and lack of energy</li> <li>• shortness of breath</li> <li>• noticeable heartbeats (heart palpitations)</li> <li>• pale skin</li> </ul> <p><b>Excess</b> Side effects of taking high doses (over 20mg) of iron include constipation, feeling sick, vomiting, stomach pain. Very high doses of iron can be fatal, particularly if taken by children.</p>
	<b>Calcium</b>  Adults aged 19 to 64 need: 700mg	<ul style="list-style-type: none"> <li>• helping build strong bones and teeth</li> <li>• regulating muscle contractions, including heartbeat</li> <li>• making sure blood clots normally</li> </ul>	<ul style="list-style-type: none"> <li>• milk, cheese and other dairy foods</li> <li>• green leafy vegetables - such as broccoli, cabbage and okra, but not spinach</li> <li>• soya beans</li> <li>• tofu</li> <li>• soya drinks with added calcium</li> <li>• nuts</li> <li>• bread and anything made with fortified flour</li> <li>• fish where you eat the bones - such as sardines and pilchards</li> </ul>	<p><b>Deficiency</b> A lack of calcium could lead to a condition called rickets in children and osteomalacia or osteoporosis in older adults.</p> <p><b>Excess</b> Taking high doses of calcium (more than 1,500mg a day) could lead to stomach pain and diarrhea.</p>
	<b>Sodium/Salt</b> <b>Riboflavin</b>  Adults aged 19 to 64 need: No more than 6g per day	<p>The human body requires a small amount of sodium to conduct nerve impulses, contract and relax muscles, and maintain the proper balance of water and minerals.</p> <p>Salt is also called sodium chloride. Sometimes, food labels only give the figure for sodium. There is a simple way to work out how much salt you are eating from the sodium figure: Salt = sodium × 2.5 Adults should eat no more than 2.4g of sodium per day, as this is equal to 6g of salt.</p> <p>Children aged:</p> <ul style="list-style-type: none"> <li>• 1-3yrs no more than 2g salt a day (0.8g sodium)</li> <li>• 4-6yrs no more than 3g salt a day (1.2g sodium)</li> <li>• 7-10yrs no more than 5g salt a day (2g sodium)</li> <li>• 11+yrs no more than 6g salt a day (2.4g sodium)</li> </ul>	<ul style="list-style-type: none"> <li>• anchovies</li> <li>• bacon</li> <li>• cheese</li> <li>• gravy granules</li> <li>• ham</li> <li>• olives</li> <li>• pickles</li> <li>• prawns</li> <li>• salami</li> <li>• salted and dry-roasted nuts</li> <li>• salt fish</li> <li>• smoked meat and fish</li> <li>• soy sauce</li> <li>• stock cubes</li> <li>• yeast extract</li> </ul> <p>Other high salt products:</p> <ul style="list-style-type: none"> <li>• bread products such as crumpets, bagels and ciabatta</li> <li>• pasta sauces</li> <li>• crisps</li> <li>• pizza</li> <li>• ready meals</li> <li>• soup</li> <li>• sandwiches</li> <li>• sausages</li> <li>• tomato ketchup, mayonnaise and other sauces</li> <li>• breakfast cereals</li> </ul>	<p><b>Deficiency</b> Hyponatremia is a condition that occurs when the sodium in your blood falls below the normal range. In severe cases, low sodium levels in the body can lead to muscle cramps, nausea, vomiting and dizziness. Eventually, lack of salt can lead to shock, coma and death.</p> <p><b>Excess</b> Too much salt can raise your blood pressure, which puts you at increased risk of health problems such as heart disease and stroke. You don't have to add salt to food to be eating too much - 75% of the salt we eat is already in everyday foods such as bread, breakfast cereal and ready meals.</p>



**WEEK 2**

Date.....

Write a timeplan for one of the dishes you have cooked so far. (P, M, D)







**WEEK 6**

Date.....

Research a dish that is high in vitamins and write a timeplan for it (P, M, D)



# WEEK 7

Date.....

Research a dish that is high in minerals and write a timeplan for it (P, M, D)



## 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.

Date    /    /

Topic

**WEEK 1**

<b>Questions</b>	<b>Notes</b>

**Summary**



Date / /

Topic

**WEEK 3**

Questions	Notes

**Summary**







Date     /     /

Topic

Questions	Notes

**Summary**













<p><b>Revision Card on Food and residential service</b></p> <ol style="list-style-type: none"><li>1. What is it called when a waiter serves the food at the table from a serving dish?</li><li>2. What is the service called where a large number of dishes are served at a wedding?</li><li>3. What is the type of service where the food is on a counter and customers can choose what they want?</li><li>4. Give 2 types of room you could find in a hotel?</li><li>5. What service would a 5 star hotel have?</li></ol>	<p><b>Answers</b></p>
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<p><b>Revision Card on Proteins</b></p> <ol style="list-style-type: none"><li>1. What are proteins made of?</li><li>2. What are the 2 types and how many of each type are there?</li><li>3. What do HBV and LBV stand for?</li><li>4. What is the main function of protein?</li><li>5. What is a visible symptom of a deficiency of protein?</li></ol>	<p><b>Answers</b></p>
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<p><b>Revision Card on Minerals</b></p> <ol style="list-style-type: none"><li>1. Which mineral is needed for healthy red blood cells?</li><li>2. Name three foods that are high in iron</li><li>3. Which mineral is needed for strong bones and teeth?</li><li>4. What is the function of sodium in the body?</li><li>5. Name three foods that are high in sodium</li></ol>	<p><b>Answers</b></p>
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