



Aspire Achieve Thrive

**Spring Term
(Half Term 3 and 4)**

Catering

Year 10

Name: _____

Tutor: _____

Year 10 Homework Timetable

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

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

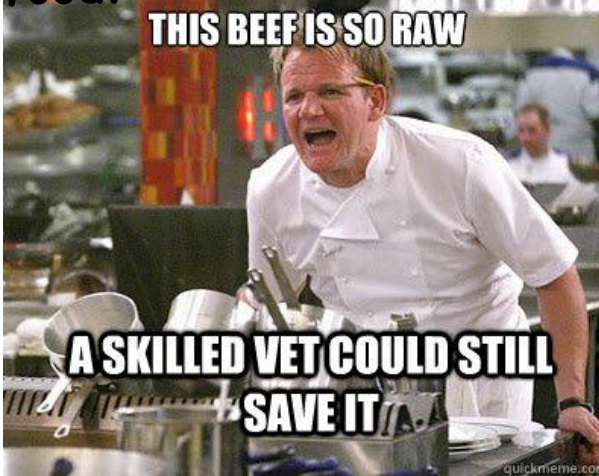
Open C
Business Studies
Childcare
Catering
Drama
Geography
Health & Social Care
Triple Science
Sport

Year 10 - Homework Plan Subject

Week/Date	Homework Task	Examination Question
Week 1 4th January (3 days)	Cornell Notes on moist cooking methods	Describe how moist methods of cooking affect the nutritional content of food (6 marks)
Week 2 9th January 2023	Revision Cards moist cooking methods	Write a timeplan for one of the dishes you have cooked so far. (P, M, D)
Week 3 16th January 2023	Cornell Notes on dry cooking methods and those using oil	Describe how dry methods of cooking affect the nutritional content of food (6 marks)
Week 4 23rd January 2023	Revision Cards on dry cooking methods and those using oil	Write a timeplan for one of the dishes you have cooked so far. (P, M, D)
Week 5 30th January 2023	Cornell notes on Food safety	Describe some risks to food safety when you prepare a roast chicken dinner and critical control points to stop them from happening (10 marks)
Week 6 5th February 2023	Revision cards on Food safety	Write a timeplan for one of the dishes you have cooked so far. (P, M, D)
Week 7 20th February	Cornell Notes on seasonal food	Write a timeplan for a recipe using seasonal foods. (P, M, D)
Week 8 27th February	Revision Cards Menu types	Describe 3 different menu types with advantages and disadvantages (6 marks)
Week 9 6th March	Cornell Notes on Menu planning relating to customer needs.	Design a 3 course meal for a special diet of your choice e.g. vegan, coeliac etc (P, M, D)
Week 10 13th March	Revision Cards on Environmental considerations when planning a menu	Describe what the 3 Rs are and how you could do them in a restaurant (6 marks)
Week 11 20th March	Cornell notes on Nutritional and sensor aspects to consider when planning a menu	Describe how you would make the following dishes healthier and more appealing to customers: 1: Beef burger and chips 2: Brownies and ice cream
Week 12 27th March	Revision cards on Front of house operation	Write a flowchart for the front of house work flow in a restaurant (7 marks)



Why do we cook food?



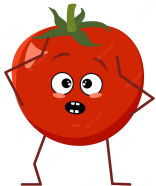
Cooking food **improves digestion** and **increases the absorption of many nutrients**. Different cooking methods alter the nutritional composition of foods and can degrade some nutrients, while enhancing the availability of others. For example, the protein in cooked eggs is **180% more digestible** than that of raw eggs. This is also true of vegetables, as cooking **breaks down the thick cell walls of many plants**, releasing the nutrients stored in them. A great example of this is cooked tomatoes, which have a higher lycopene (an amino acid) content than raw tomatoes.

We also cook foods to make them safer to eat. For example, eating raw potatoes would give you **stomach ache!** Uncooked meat could give you **food poisoning**. Cooking food **kills bacteria** and can make food look and taste **more appealing** by altering the colour and texture of it.

INTERESTING FACT!


Virtually all **minerals** are unaffected by heat. Cooked or raw, food has the same amount of calcium, phosphorus, magnesium, iron, zinc, iodine, selenium, copper, manganese, chromium, and sodium.

The main foods affected by moist cooking methods are **fruit and vegetables which contain water soluble vitamins, B and C**. The **B Group** of vitamins, (B1, B2, B3, B5, B6, B7 and B8) and **vitamin C** are also sensitive to heat and can be destroyed by high cooking temperatures.

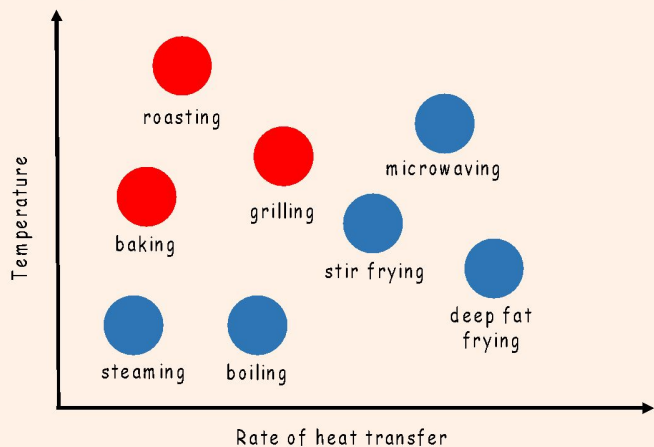


The **longer** fruit and vegetables cook, the **more** nutrients are lost.



Chopping and slicing up fruit and vegetables causes loss of nutrients, so cut up these foods just before you need them. 

The **longer** food is **heated**, and the **higher** the **temperature**, the **greater** the **nutrient loss**.



Fat soluble vitamins A, D, E and K are also **destroyed with heat**.

Cooking methods such as frying and roasting that use fat **increase the fat content and total calories** in food cooked this way.

Nutrient Content Comparison by Cooking Method

Type of potato	Amount of fat per 100g	Vegetable	Amount of vitamin C per 100g
Potato, baked flesh only	7g	Raw spinach	26mg
Potato, mashed with butter	4g	Boiled spinach	8mg
Potato wedges, baked	7.7g	Raw peas	24mg
Potato, roasted	4.5g	Boiled peas	16mg
Chunky chips deep fat fried	5.2g	Canned peas	1mg



When animal sources of protein are cooked slowly, any connective tissues present in the meat are likely to **dissolve**. Heat **does not destroy the protein in food**, but it may **reduce the overall content**.

Protein that is exposed to **hot temperatures**, shrinks and loses moisture. This usually occurs at temperatures between **70°C - 85°C**.

Moist Cooking Methods



Boiling and Simmering

Boiling reduces vitamin C content more than any other cooking method. As vitamin C is water soluble and sensitive to heat it can leach out of vegetables when they are immersed in hot water, such as in boiling. Broccoli and spinach may lose up to 50% or more of their vitamin C when boiled! B vitamins are similarly heat sensitive. Up to 60% of thiamine, niacin, and other B vitamins may be lost when meat is simmered and its juices run off.

However, when the liquid containing these juices is used to make stocks and gravies, 100% of the minerals and 70-90% of B vitamins are retained. Interestingly, boiling fish can preserve omega-3 fatty acid content significantly more than frying or microwaving.

Boiling is most suitable for cooking dry, starchy ingredients such as pastas, rice and grains. The rapidly boiling liquid is needed to keep the ingredients moving so they do not stick together. Starch (carbohydrate) is gelatinised when cooked in liquid making it easier for the body to digest and therefore use for energy.

Boiling is also used for blanching many vegetables (to kill bacteria for food safety requirements). Prolonged boiling is never recommended because it can damage the flavour and ingredients.



Steaming

Steaming is one of the best cooking methods for preserving nutrients, including water-soluble vitamins, which are sensitive to heat and water.

Steaming broccoli, spinach and peas reduces their vitamin C content by only 9-15%. The downside is that steamed vegetables may taste bland. However, this is easy to remedy by adding some seasoning and oil or butter after cooking.

Poaching

Poaching is a cooking technique that involves cooking by submerging food in a liquid, such as water, milk, stock or wine. Poaching is differentiated from the other "moist heat" cooking methods, such as simmering and boiling, in that it uses a relatively low temperature.

Delicate foods such as fish and eggs are often cooked this way as they are less likely to break apart during the cooking process and retain their shape.

As this cooking method involves submerging food in water, water soluble vitamins B and C are lost in the process.

When acidic liquid such as wine is used to poach foods, such as fruit, the acidity can also destroy vitamins and minerals.



Microwaving

Microwaving is an easy, convenient, and safe method of cooking. Short cooking times and reduced exposure to heat preserve the nutrients in microwaved food.

Microwaving is the best method for retaining the antioxidant activity of garlic and mushrooms. Meanwhile, about 20-30% of the vitamin C in green vegetables is lost during microwaving, which is less than most cooking methods.

Dry Cooking Methods



Grilling

Grilling is a method of cooking with dry heat. Grilling is one of the most popular cooking methods because of the great flavour it gives food. Unfortunately, up to 40% of B vitamins and minerals may be lost during grilling or broiling when the nutrient-rich juice drips from the meat. There are also concerns about polycyclic aromatic hydrocarbons (PAHs), which are potentially cancer-causing substances that form when meat is grilled and fat drips onto a hot surface.



Roasting and Baking

Roasting and baking are both dry heat methods of cooking. Roasting is typically used for meat while baking is used for bread, muffins and cakes. Most vitamin losses are minimal with this cooking method, including vitamin C. However, due to long cooking times at high temperatures, the B vitamins in roasted meat may decline by as much as 40%. The meat juices could be used to make stocks and gravy after cooking to retain B vitamins and minerals lost.

SUMMARY

- Water-based cooking methods cause the greatest losses of water-soluble vitamins, they have very little effect on omega-3 fats.
- Grilling provides great flavour but also reduce levels of B vitamins. Grilling generates potentially cancer-causing substances (PAHs).
- Microwaving is a safe cooking method that preserves most nutrients due to short cooking times.
- Roasting or baking does not have a significant effect on most vitamins and minerals, except for B vitamins.
- Sautéing and stir-frying improve the absorption of fat-soluble vitamins and some plant compounds, but they decrease the amount of vitamin C in vegetables.
- Frying can provide some benefits when healthy oils are used. It's best to avoid frying fatty fish.
- Steaming is one of the best cooking methods for preserving nutrients, including water-soluble vitamins.



Stir frying

With sautéing and stir-frying, food is cooked in a saucepan over medium to high heat in a small amount of [oil](#) or butter. Cooking for a short time without water prevents the loss of vitamins B and C, and the addition of fat improves the absorption of plant compounds and antioxidants. In fact, [beta carotene](#) was 6.5 times greater in stir-fried carrots than in raw ones. On the other hand, stir-frying significantly reduces the amount of vitamin C in broccoli and red cabbage.



Shallow frying

Frying involves cooking food in a large amount of fat — usually oil — at a high temperature. Food is often coated with batter or bread crumbs, such as fish and chips or deep fried chicken. When the skin makes contact with the very hot oil it forms a seal, which ensures that the inside remains moist and cooks evenly. However, not all foods are appropriate for frying. Fatty fish (source of omega-3 fatty acids) is very delicate and prone to damage at high temperatures. For example, frying tuna has been shown to degrade its omega-3 content by up to 70-85%, while baking causes only minimal losses. In contrast, frying preserves vitamin C and B vitamins, and it may also increase the amount of fibre in potatoes by converting their starch into resistant starch.

HOW TO RETAIN NUTRIENTS WHEN PREPARING AND COOKING FOOD

- Use the liquid left in the pan after cooking vegetables.
- Add back juices from meat that drip into the pan.
- Leave skin on vegetables to increase fibre content.
- Cook vegetables in smaller amounts of water to reduce the loss of vitamin C and B vitamins.
- Eat cooked vegetables within a day or two, as their vitamin C content may continue to decline when the cooked food is exposed to air.
- Cook vegetables for only a few minutes whenever possible.
- When cooking meat, poultry, and fish, use the shortest cooking time needed for safe consumption.
- Some chefs use baking soda when cooking vegetables to help them retain their colour, however vitamin C will be lost in the alkaline environment produced by baking soda.



Hazard Analysis and Critical Control Points (HACCP)

Every food business lawfully needs to ensure the health and safety of customers whilst visiting their establishment. To ensure this, they need to take reasonable measures to avoid risks to health. HACCP is a food safety management system which is used in businesses to ensure dangers and risks are noted and how to avoid them.

All food businesses are required to:

- assess and review food safety risks
- identify critical control points to reduce or remove the risk from happening
- ensure that procedures are followed by all members of staff
- keep records as evidence to show that the procedures in place are working.

Food Hazards

A food hazard is something that makes food unfit or unsafe to eat that could cause harm or illness to the consumer. There are three main types of food safety hazards:

- **Chemical** – from substances or chemical contamination e.g. cleaning products.
- **Physical** – objects in food e.g. metal or plastic.
- **Microbiological** – harmful bacteria e.g. bacterial food poisoning such as Salmonella.

HACCP table

Here is an example of a HACCP table – it states some risks to food safety and some control points.

Hazard	Analysis	Critical Control Point
Receipt of food	Food items damaged when delivered / perishable food items are at room temperature / frozen food that is thawed on delivery.	Check that the temperature of high-risk foods are between 0°C and 5°C and frozen are between -18°C and -22°C. Refuse any items that are not up to standard.
Food storage (dried/chilled/frozen)	Food poisoning / cross contamination / named food hazards / stored incorrectly or incorrect temperature / out of date foods.	Keep high-risk foods on correct shelf in fridge. Stock rotation – FIFO. Log temperatures regularly.
Food preparation	Growth of food poisoning in food preparation area / cross contamination of ready to eat and high-risk foods / using out of date food.	Use colour coded chopping boards. Wash hands to prevent cross-contamination. Check dates of food regularly. Mark dates on containers.
Cooking foods	Contamination of physical / microbiological and chemical such as hair, bleach, blood etc. High risk foods may not be cooked properly.	Good personal hygiene and wearing no jewellery. Use a food probe to check core temperature is 75°C. Surface area & equipment cleaned properly.
Serving food	Hot foods not being held at correct temperature / foods being held too long and risk of food poisoning. Physical / cross-contamination from servers.	Keep food hot at 63°C for no more than 2 hours. Make sure staff serve with colour coded tongs or different spoons to handle food. Cold food served at 5°C or below. Food covered when needed.

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
- Leadership skills
- Time management skills
- Attention to detail
- Organisational skills
- Problem solving skills
- Work well under pressure
- Self-motivated



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

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.



customers' needs



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.

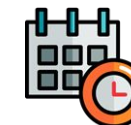
Date: Time of year, e.g. Christmas, Easter, Summer, Spring. The time of year might have an impact on the theme you choose or ingredients that are in season. The date may be specific to the client, e.g. a wedding day, date of the school prom, that cannot be changed.

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!



Soft Play Areas



Children's Party



Corporate Meeting Rooms



Sports Arenas



Stately Homes



Outdoor Marquee



Restaurants



Seasonal Events



Charity Events



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:**



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



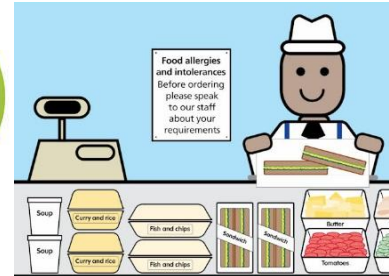
GLUTEN
FREE



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:

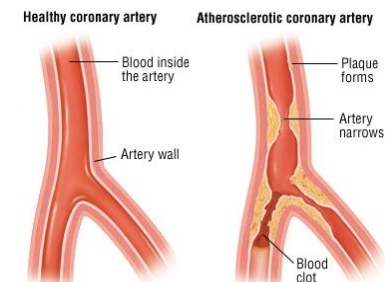
Vegetarians: Do not eat meat or fish.

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.

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**

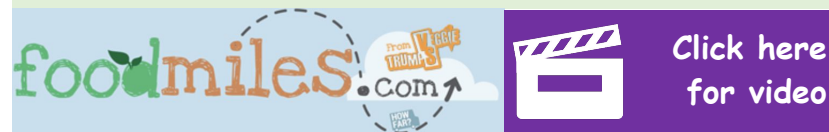
Buying ingredients – what to consider?

- 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:



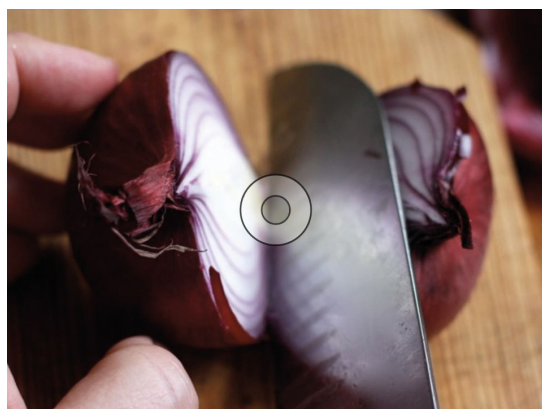
Choose **sustainable food**. By this we mean buy local, seasonal and environmentally friendly food. For example, try local farmer's markets, choose products with a Fairtrade stamp, select fish that has been sustainably farmed. By buying locally your ingredients will travel less miles to reach the kitchen,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

Nutritional

The choice of ingredients and methods used to cook foods can greatly alter their nutritional content. For example, chips baked in the oven will contain less fat than chips that have been deep fat fried. Steamed cod is incredibly healthy, however battered cod is not. Whilst it is not a legal requirement to create all healthy dishes on your menu, it is important to offer customers some healthier options, especially if they are keeping saturated fat intake low for medical reasons.

Unhealthy Cooking Methods

Some cooking methods can actually increase the fat content in dishes, especially methods that use fat such as oil or butter as the cooking medium. High saturated fat dishes are linked to increase risk of high cholesterol and heart disease, therefore, their use should be limited and not used for all dishes.



The unhealthiest cooking methods are:

- Deep fat frying
- Shallow frying
- Roasting



Ingredient Alternatives

Avoid saturated fats such as butter, lard and dripping. Use heart healthy unsaturated fats such as olive oil, rapeseed and avocado oil.

Use wholegrain or brown flours where possible to increase fibre and B vitamin content. Avoid processed and refined flours (white) as these contain less nutritional benefits and digest like sugars.

Leave the skin on vegetables for extra fibre and vitamin C.

Replace cream in recipes with reduced fat crème fraiche.

Rather than adding free sugars to dishes, use naturally sweet ingredients instead, such as fruit. Honey is a great source of sweetness and also contains antioxidants.

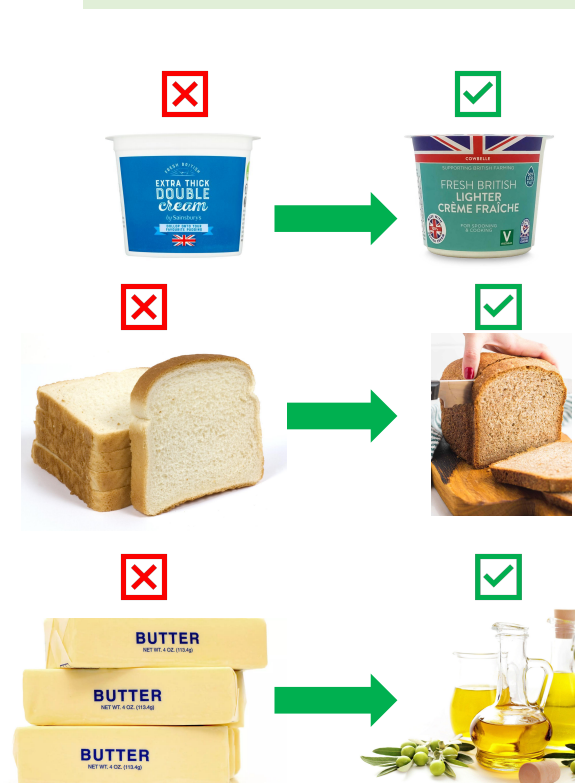
Bulk meals out with vegetables for added fibre, for example in lasagne and pies. Vegetables could be pureed and added to sauces for 'fussy eaters' too! Add fresh fruits as side dishes to desserts rather than ice cream or sorbet.

Healthy Cooking Methods

Healthier cooking methods use very little or no fat to coat the pan/food, however this can sometimes make food taste bland. Therefore, herbs and seasoning are needed to add flavour. Some of the healthiest methods of cooking are water based, however, this does mean there can be some loss of water soluble nutrients, vitamins B and C.

The healthiest cooking methods are:

- Stir frying
- Poaching
- Boiling
- Steaming
- Grilling
- Baking
- Stewing
- Casseroling
- Braising



In Preparation

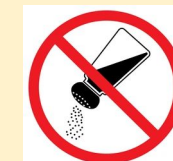
When preparing food, excess visible fat can be trimmed from meat, for example the fat rind from bacon.

When boiling foods such as pasta, adding salt can dramatically increase the sodium content of the dish. We only need 6g per day, so be careful when adding salt to cooking water.

When creating marinades, sugar is often used to achieve a sweet and sticky glaze. Use sugar sparingly, as it is a source of empty calories and not beneficial in our diet.

When preparing fruit and vegetables, prepare as close to the time needed as possible, as once cut and exposed to oxygen nutrient loss begins.

Try not to add more fat/oil than needed when frying food. Spray oils are good for controlling the amount of fat added to the pan, or use measuring spoons.



Low Fat Cooking

- Use less oil, try cooking sprays or apply a small amount of oil with a pastry brush.
- Cook in liquids (such as stock, wine, lemon juice or water) instead of oil.
- Use low-fat yoghurt, low-fat milk, evaporated skim milk or corn flour instead of cream in sauces or soups.
- An alternative to browning vegetables by pan-frying is to cook them first in the microwave, then crisp them under the grill for a minute or two.
- Use pesto, salsas, chutneys and vinegars in place of sour creams, butter and creamy sauces.

Retaining Nutrients

Water-soluble vitamins are delicate and easily destroyed during preparation and cooking. To minimise nutrient losses:

- Scrub vegetables rather than peel them, as many nutrients are found close to the skin.
- Microwave or steam vegetables instead of boiling them.
- If you like to boil vegetables, use a small amount of water and do not overboil them.
- Stir-fried vegetables are cooked quickly to retain their crunch and nutrients.

Sensory Aspects

The average person has about **10,000 taste buds** and they are replaced every 2 weeks or so. But as a person ages, some of those taste cells don't get replaced. **An older person may only have 5,000 working taste buds.** That's why certain foods may taste stronger to children than they do to adults. Organoleptic means the qualities of food that people experience with their senses. There are 5 senses: sight, smell, taste and sound. To enable people to enjoy their food, it is important that the menu planning, preparation, cooking serving food is carried out well so that food is appetising.

When writing your 4-dish proposal, it's important to follow a consistent approach as well as covering all of the content required. Using CATFLAPS will help you achieve this. **CATFLAPS** is a mnemonic and stands for:

C OLOUR
A PPEARANCE
T EXTURE
FL AVOUR
A ROMA
P ROBLEMS
S UITABILITY

Sight: Appearance and presentation of the meal

Adding vegetables to a dish to increase fibre, vitamins and minerals may also affect the colour of the dish.



Adding greens such as green peppers or green beans will create a fresher, more vibrant look.

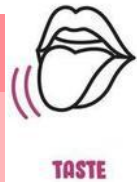
Adding tomatoes/red peppers to a dish will make it look brighter.

Remember - contrast in colours within a dish is good, makes dishes look more appealing and delicious!

Changing carbs to wholegrain or skin-on versions may also change the colour of the dish, however this may increase the presence of brown in the dish, which is considered a 'dead' or dull colour, and will need brightening up in other ways.

Taste: The flavours

There are 5 basic flavours: **salty, sweet, bitter, sour and umami (savoury)**



Reducing fat content in recipe may alter the taste - it can reduce creaminess aka 'mouth feel'.

Reducing the fat content of baked goods can also alter the taste - making them taste less rich.

Adding vegetables to dishes can alter the taste in many ways depending on what fruit/vegetables is added - e.g. red peppers will bring sweetness, adding kale will bring an earthy taste, adding broccoli will add a fresh taste.

Texture: Mouth feel

Use fresh food - stale food loses texture e.g. fruit, vegetables and fish.

Prepare food well to remove edible parts e.g. shell, bones, stalk, tough skin.

Cook food well to avoid unexpected textures e.g. lumps in a sauce, under cooked egg white, under cooked cake.

Cook food at correct temperature and for correct time to allow textures to develop e.g. when melting chocolate, baking cake or bread, frying chicken.

Reducing fat content in recipe may alter the texture, making it drier or more brittle.

Adding vegetables or fruits to dishes can bring crunchiness, softness, chewiness.

Changing the cooking method will also alter the texture - frying or roasting food in fat creates crispy crunchy textures, whereas replacing frying/roasting with the healthier methods of steaming, boiling, stewing etc will create soft textures. Grilling and barbecuing will also create chewy/crispy textures.

Adapting the cooking method may also change the taste of a dish:

Steaming or poaching will preserve the flavours of the original food whereas barbecuing or grilling food will also impart charred flavours.

Sautéing vegetables in butter or oil bring out the flavour.



Sound: Snap, Crackle and Pop!

The sound of food can make it more appealing.

Certain foods you expect to sound in a particular way e.g. crisp to crunch, biscuits to snap and food being fried to make a sizzling sound.

To preserve these sounds food needs to be cooked and stored correctly to maintain its texture.



HEARING

Aroma: How food smells

Use fresh ingredients - stale ones lose ability to produce aromas and can smell 'off'.

Using natural foods that produce a strong aroma e.g. fresh/dried herbs and spices, garlic, orange and lemon zest and cooking methods that develop aromas e.g. grilling, roasting, baking and frying.

Plan and select combination of foods to produce a mixture of aromas, but avoid using too many, as the overall effect will be spoiled.

Garnish desserts using fresh mint to cut through the rich/sweet aromas.

Making stock from meat, poultry or fish bones plus vegetables, herbs and spices.

Roasting root vegetables intensifies their flavour by evaporating water and caramelising the natural sugars they contain.

Using natural flavours e.g. citrus fruit zest, fresh herbs and spices.



SMELL

Level 1/2 Hospitality and Catering: Unit 1:

The operation of front and back of house: Front of house (AC2.2)



Operational requirements

To run a successful hospitality and catering business, it is important that the front of house is welcoming to all customers. A logical layout and workflow will mean that the customers will be able to enjoy organised, efficient service.

In a catering establishment such as a café, the front of house is where the customers are served.

In a residential establishment such as a hotel, the front of house is where guests are received before checking in to their room.

Catering and residential establishments have common front of house areas, which help to ensure a smooth operation of the business.

Front of house dress code

The front of house dress creates a first impression. In some establishments a **uniform** may be worn. In other establishments, employees may be required to wear colours such as black and white. In addition:

- clothing must be clean and ironed
- if worn, jewellery, perfume and make-up must be minimal
- personal hygiene must be maintained
- name badges may be required.

Restaurant workflow

The workflow should be organised so that orders can be filled, and food can be passed from the kitchen as quickly as possible.

Reception: Guests are greeted and shown to their seats in the dining area.

Seating/dining area: In a large restaurant, this area is divided into **stations**. Each station is managed by a waitperson.

Counter service: Food is on display for customers to choose and pay at the end. Some restaurants also offer seated counter service.

Bar: An area for socialising or eating in a less formal space.

Equipment station: Small items such as cutlery and serviettes and food items such as condiments should be available to wait staff.

Toilets: Customer toilets should be clean and welcoming.

Safety Equipment: First aid boxes and fire extinguishers must be easily accessed.

Hotel workflow

The workflow of a hotel should be organised so that guests can be checked in as quickly as possible.

Reception: Guests are checked in and receive keys/key cards for their room.

Lobby/waiting area: This area should have comfortable seating for the guests. Drinks may be available in the lobby.

Stairs/Lifts: These provide access to rooms and other facilities.

Toilets: Customer toilets should be clean and welcoming.

Administration and documents

Businesses may employ an administrator who keeps track of:

- staff employment and training records
- stock orders, delivery records and invoices
- health and safety documents
- financial information
- customer feedback
- advertising.

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 2

Date: 9/1/23

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

Answer:-

Time	Procedure	Special points

WEEK 4

Date: 23/1/23

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

Answer:-

Time	Procedure	Special points

Date 30/1/23

Topic: Food safety

WEEK 5

Questions	Notes

Summary:

WEEK 6

Date: 6/2/23

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

Answer:-

Time	Procedure	Special points

Date 20/2/23

Topic: Seasonal food

WEEK 7

Questions	Notes

Summary:

WEEK 7

Date: 20/2/23

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

Answer:-

Time	Procedure	Special points

Date 26/3/23

Topic: Menu planning relating to customer needs.

WEEK 9

Questions	Notes

Summary:

Date 20/3/23

Topic: Nutritional and sensor aspects to consider when planning a menu

WEEK 11

Questions	Notes

Summary:



<p>Revision Card on Moist cooking methods</p> <ol style="list-style-type: none">1. Which vitamin does boiling cause to leach out of the food?2. Name two foods that can be poached3. When acidic liquid such as wine is used to poach food, what does this do to the nutrients?4. Which is the best moist method of cooking for preserving nutrients?	<p>Answers</p>
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<p>Revision Card on dry cooking methods</p> <ol style="list-style-type: none">1. What is it called when food is cooked by intense radiant heat?2. Which vitamins are damaged by heat?3. Name 2 foods that you can bake4. Give one example of a cooking method using oil?5. Why is deep fat frying not the healthiest type of cooking method	<p>Answers</p>
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<p>Revision Card on Food safety</p> <ol style="list-style-type: none">1. Which single celled organism is the main cause of food poisoning?2. Making a food unsafe to eat is called what?3. When something happens that causes a food to be unsafe to eat, what is this called?4. What does pathogenic mean?5. Name a use of yeasts in food	<p>Answers</p>
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<p>Revision Card on Menu types</p> <ol style="list-style-type: none"> 1. What is the menu called where a fixed pattern of menus is used to cover a fixed number of days? 2. What is a disadvantage of a set price menu? 3. What is an advantage of an A la carte menu? 4. What is a disadvantage of a party menu? 5. Name a dish that would be on a breakfast menu 	<p>Answers</p>
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<p>Revision Card on Environmental considerations when planning a menu</p> <ol style="list-style-type: none"> 1. What do the 3 Rs stand for? 2. How can you conserve energy when boiling food? 3. How could you cut food to reduce the energy used? 4. What does sustainable mean? 5. What are food miles? 	<p>Answers</p>
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<p>Revision Card on Front of house operation</p> <ol style="list-style-type: none"> 1. Name a personal attribute for a front of house staff member? 2. What happens at the reception of a restaurant? 3. What should the toilets be like in a hospitality establishment? 4. What is the job role of an administrator? 5. Where are small items like serviettes kept in a restaurant? 	<p>Answers</p>
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Aspire
ACHIEVE
Thrive

Develop your character

