



# **Year 11 Transition Catering**

# Catering @ BAC

The Catering and Hospitality Industry is worth a lot of money to the UK economy and does not just include hotels and restaurants.

The industry can be spilt into the commercial and service sectors.

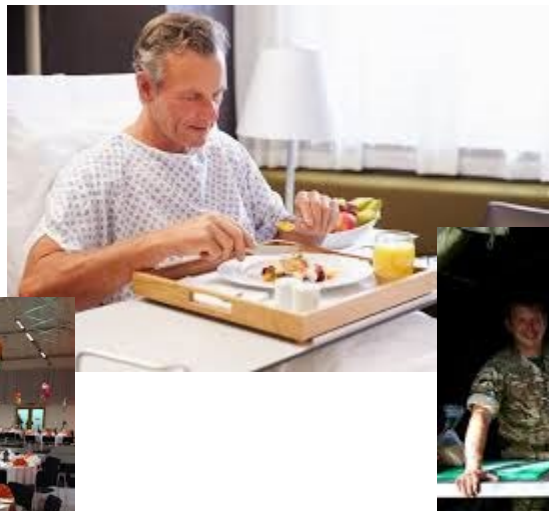
The purpose of the commercial sector is to make money for the owners or shareholders, for example Hilton Hotels.

The service sector is the catering and hospitality provided as a service to other industries and employers such as hospitals and care homes.

Can you name **three local** companies/establishments/outlets that are part of the commercial sector? An example is provided for you. Try not to think of all fast food outlets.

**Example:** McDonalds

- 1.
- 2.
- 3.



## Dan's Diner

Dan has decided to open a diner. He has worked as a chef in the past and has found his premises. He now needs to decide on his menu and service style.

He also needs to buy some equipment for his diner.

He has asked you to write a letter to a local catering equipment supplier asking for a quote on some additional cutlery, crockery and small kitchen equipment.

Use the information below and write a letter for Dan.

<b>Company address:</b> ABC Catering Equipment 40 Windsor Road Anytown DL14 6JZ	<b>Items required:</b> <ul style="list-style-type: none"><li>• 30 Dinner knives</li><li>• 30 Dinner forks</li><li>• 60 Teaspoons</li><li>• 30 Cups</li><li>• 30 Saucers</li><li>• Six small mixing bowls</li><li>• 12 spatulas</li><li>• 3 Whisks</li></ul>
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You have received a quote back:

- Dinner knives – £2.30 each
- 30 Dinner forks - £2.40 each
- 60 Teaspoons - £5.60 per dozen
- 30 Cups - £3.25 each
- 30 Saucers - £3.00 each
- Six small mixing bowls – £1.20 each
- 12 spatulas – 50p each
- 3 Whisks – 90p each

**Can you work out the total cost with 20% VAT added? Show your working out**

# Menu Selection

It is important when designing a menu that you try to adhere to government guidelines on healthy eating.

The Eatwell Guide indicates how we should follow a healthy and balanced diet



Complete the table below:

Food Group	Types of Foods	Health benefits and risks

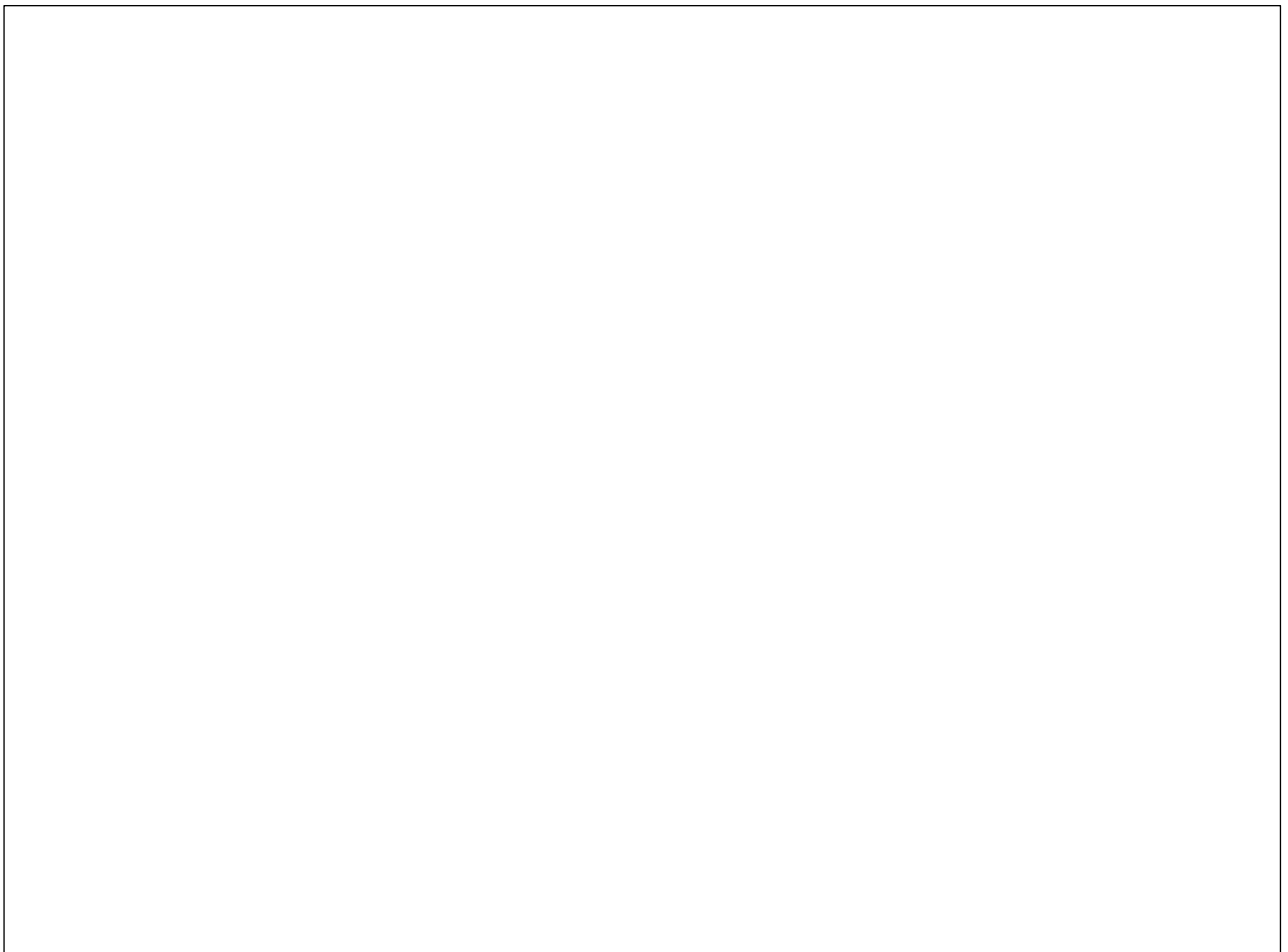
## **Cooking Methods**

Dan has asked you to think about he can incorporate as many cooking methods into his menu as he can.

**List as many cookery methods as you can without researching.**



**Now research list the methods you missed.**



**List the methods of cookery that are regarded as “healthy”**

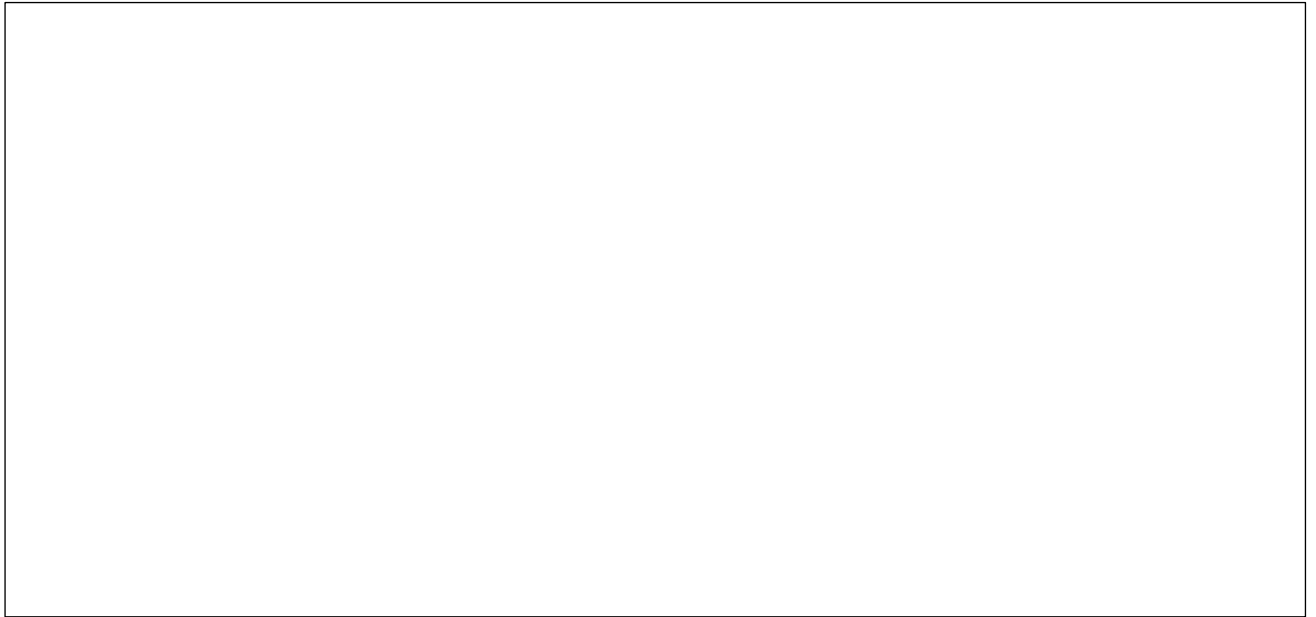


## **Cookery Task**

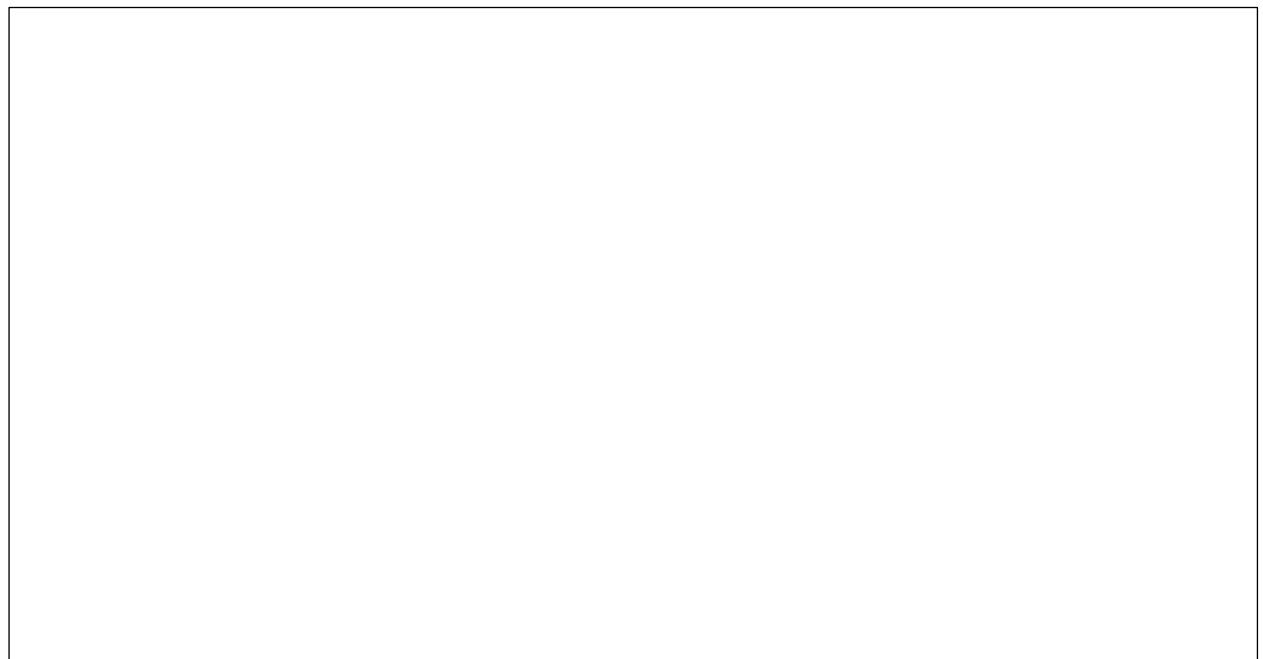
Using your knowledge of food groups and cookery methods. Take a standard recipe of your choice and cook the dish/product at home. Upload a photo to workbook.



**Evaluate** the dish and consider how you could make it healthier. Could you change the ingredients or maybe use different cookery methods?

A large, empty rectangular box with a thin black border, intended for the student to write their evaluation and suggestions for making the dish healthier.

**Try the recipe again** using your adaptations. **Evaluate** your product and consider has it been improved if you made it again what would you do differently?

A large, empty rectangular box with a thin black border, intended for the student to write their second evaluation and any further adaptations they would make.

# Food Safety

## What is food safety?

- We all need food to live but it is very important that the food we eat does not make us ill.
- We must prepare food carefully to make sure it is safe for us to eat.
- We must use good food habits to protect the food from becoming unsafe through contamination.
- There are bacteria everywhere, especially in our bodies. Bacteria are so small you cannot see them so food that we think tastes and smells good may be contaminated and could be harmful. We must store, handle and cook our food properly to kill bacteria or to prevent it growing in the food.
- People who are very old, young, ill or pregnant are at a high risk of becoming ill from eating unsafe food.

## Where does bacteria come from?

- People - Bacteria is on and in our bodies – hands, nose, eyes, ears, skin, hair and intestines. We must ensure that we wash our hands properly before and after every task.
- Air – Bacteria can settle on un-covered food
- Pests and animals – Flies, mice, cockroaches, rats
- Raw Food – meat, poultry, fruit and vegetables, shellfish and seafood
- Rubbish and waste – rotting food, leftovers, rubbish – can attract flies and other pests

## How does bacteria multiply?

- Bacteria are like us – we need food, warmth, time and moisture to grow
- Bacteria multiplies best in what is known as the 'Danger Zone' – between 5° and 63°C.
- We should keep our food out of this zone by either warming or cooking it or keeping it cold.

## What happens if we eat contaminated food?

There are a lot of food poisoning bacteria that can cause a wide range of symptoms, from a tummy ache to death.

The main food poisoning bacteria you need to be aware of are:



Food Poisoning Bacteria	Where does it come from?	How long does it take to show symptoms?	Symptoms
Salmonella	Poultry, eggs, raw meat, animals	6 - 72 hours	Stomach ache Diarrhoea, vomiting, fever
Staphylococcus aureus	Skin, nose, cuts and boils/spots	1 - 6 hours	Stomach ache, diarrhoea
Clostridium perfringens	Raw meat, soil, excreta, insects	8 - 22 hours	Vomiting, stomach ache, lower temperature



## High Risk Foods

Some foods are classed as high risk, bacteria find it easy to grow in these foods as they are usually moist and high in protein:

- Cooked Poultry
- Cooked Meats
- Dairy Products
- Soups, Sauces, Stocks
- Cooked rice
- Raw Eggs
- Shellfish and Seafood

## Colour Coded Chopping Boards

Can you complete the table below with the correct type of food for the correct colour of chopping board?

Colour of Board	Type of food
RED	
YELLOW	
GREEN	
BROWN	
BLUE	
WHITE	

**To ensure the food we make is safe we must:**

- Prevent bacteria from multiplying
- Prevent bacteria from spreading from place to place or from objects to objects

## Dan's Diner

Below is day in the life of Dan. Read it carefully and tick in the column if you think he did things correctly or incorrectly. Can you say why?

Task	Correct	Incorrect	Why?
He chopped up raw beef on a red chopping board			
He used the same chopping board to cut up some cooked ham			
He washed a lettuce in the hand wash basin			
He put the chopped beef into a covered container in the fridge			
He put custard to cool next to an open window			
He went to the toilet and washed his hands before coming back to the kitchen			
He emptied the raw chicken out of a bowl and mixed potatoes and mayonnaise into it			
He used a cloth to wipe the work surface where he had split liquid from a defrosting chicken. He then used the same cloth to wipe a knife before using it to cut up a cooked meat pie			