

NUTRITION

FOOD SAFETY

FOOD CHOICE

FOOD SCIENCE

FOOD IN INDUSTRY

FOOD PROVENANCE

COOKING AND FOOD PREPARATION

Nutrition
The 5 main nutrients are:
Carbohydrate (Sugar, Starch, Fibre)

A

Fat
Vitamins (A, B, C, D, E, K)
Minerals (Iron, Sodium, Fluoride, Calcium)

Macro Nutrients: Carbohydrate, Fat,

Protein

Micro Nutrients: Vitamins and Minerals

Non Nutrients:

**FIBRE – Vegetables, wholemeal flours/
pasta – aids digestion**
**WATER – Water, juice, fruit, vegetables -
hydration of all cells**

NEA1 – if you choose GCSE Food Preparation you will do a Non-examination Assessment (coursework & Practical) NEA1 called Food Science – this would account for 15% of your GCSE. You would start it in Sept Yr11. Example of task title: Investigate the chemical and functional role of yeast in bread making

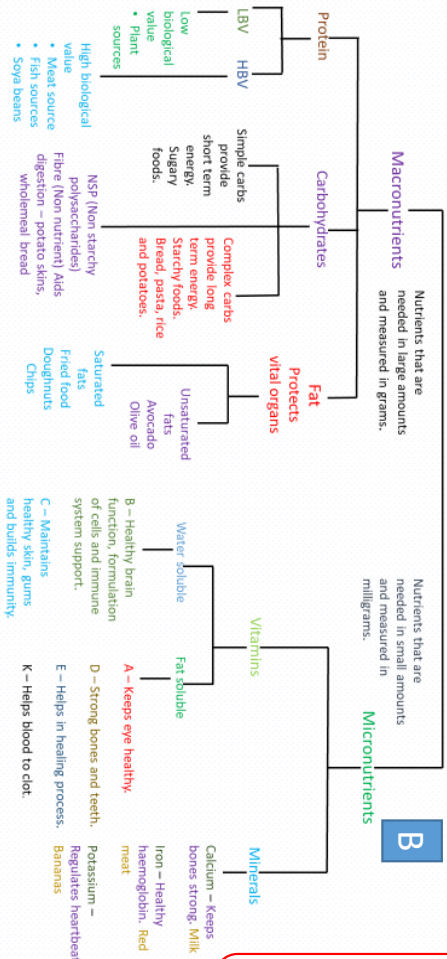
C

Raising Agents

A raising agent is an ingredient or process that introduces a gas into a mixture so that it rises when cooked. The gases introduced are air (a mixture of gases), steam (water in its gaseous state), or carbon dioxide (CO2). There are 3 ways this can be done. Mechanically e.g. whisking, sieving, folding. Chemically e.g. baking powder, bicarbonate of soda, cream of tartare. Biologically e.g. yeast.

D

Nutrients



Food Poisoning

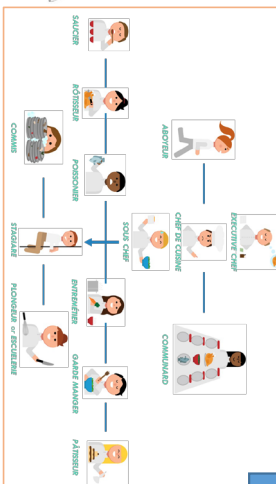
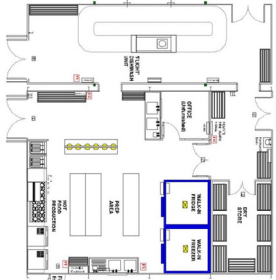
SYMPTOMS	SOURCE	GOOD PRACTICE
diarrhea, fever, muscle aches	unpasteurized milk, soft cheeses	cooking raw food thoroughly
nausea, fever, cramps, diarrhea	raw milk, raw meat	cooking raw food thoroughly
nausea, vomiting, cramps, diarrhea	stews, soups, gravies held at warm temperature	hold food at below 40°F (4°C) or above 140°F (60°C)
diarrhea, dizziness, fever, vomiting, cramps	undercooked poultry, eggs or products containing eggs	cooking raw food thoroughly
cramps, diarrhea, fever, vomiting	contaminated ground beef, unpasteurized juice, milk	cooking raw food thoroughly

The Environmental Health Officer

- Inspecting business for food safety standards
- Follow up complaints
- Follow up outbreaks of food poisoning
- Collecting samples for testing
- Giving evidence in prosecutions
- Maintaining records
- Submitting reports

G

Hospitality & Catering – if you choose BTEC Hospitality and Catering you will need to learn all about the Catering industry. The Front of House system, kitchen layouts and the different chefs.
Residential – You can sleep there
Non –residential – You can't sleep there
Commercial – makes a profit (Costa, Travel Lodge)
Non-commercial - doesn't make a profit (Hospitals, Schools, Prisons)



E

- Service types**
- Table
- Silver
- Vending
- Family
- Counter
- Buffet

Knife Skills – Bridge, Claw, Cross-cutting, Chefs knife, vegetable knife. Cuts – julienne, dice, brunoise
Sauce making – Roux, bechamel, reduction, emulsion

H

Sauces classification
Sauces are prepared in the kitchen by Chefs for the preparation & completion of various dishes. **Proprietary sauces** are ones available in shops & are usually prepared commercially. These are usually served on the table in restaurants as a part of accompaniments to certain dishes. The Chef may use some of these sauces in marinades, as seasoning and in preparation of certain dishes. Kitchen sauces may be further classified as: **Mother/Leading sauces, Dessert sauces, Miscellaneous sauces and Compound Butters.** **Mother or leading sauces** may be divided into **Hot, Warm and Cold sauces**
Hot Sauces: Béchamel, Veloute, Espagnole & Tomato sauce.
Warm Sauces: Hollandaise/ Béarnaise (Emulsion sauce)
Cold Sauces: Mayonnaise sauce (Emulsion sauce)

NUTRITION

There are many job roles available in the Hospitality & Catering industry. There are a number of training sectors available for vocational award helps you on your first step.

- City & Guilds
- Examples of courses ;
 - Introduction to the H&C Industry
 - Cooking & Service for the Hospitality industry
 - Culinary skills
 - Food & Beverage service

- Springboard UK
- Examples of courses ;
 - Springboard
- FutureChef work in schools
- FutureChef competitions & awards
- Mentoring industry visits, visiting speakers etc.

FOOD SAFETY

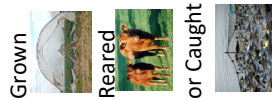
- Universities & Colleges Admissions service (UCAS)
- Examples of courses; Higher National Certificates & Diplomas & degrees
- Hospitality management
- Professional Cookery Management
- Culinary Industry Management
- Food & Culinary Arts

- Chartered Institute of Environmental Health (CIEH)
- Examples of courses; Level 1 introductory Certificate in Food Safety
- Level 2 Foundation certificate in Food Safety

What personal attributes do you need to work in the industry?
 Enthusiastic, hard working, punctual & reliable, willing to learn & develop skills, ability to take initiative, helpful & approachable, sense of humor, ability to take criticism & act on it, good team member, calm & composed, good commitment, good communicator

FOOD CHOICE

The food that we eat is either:



FOOD SCIENCE

Food Provenance – Processing and production
 Modern processing techniques have made it possible to produce a wide variety of food products to the same quality, standard, colour, flavour, shape and size every time.

There are two main stages in food processing

Primary processing.
 Foods are processed straight after harvest or slaughter, to get them ready to be eaten or ready to be used in other food products.
 eg wheat grains turned into flour
 head treatment of milk

Secondary processing
 Primary processed foods are either used on their own or mixed with other foods and turned into other food products.
 eg wheat flour turned into bread or pasta
 milk into yoghurt

FOOD IN INDUSTRY

Pasta
 Pasta is an Italian type of food typically made from an unleavened dough of wheat flour or 00 flour (gluten) mixed with water or eggs, and formed into sheets or other shapes; then cooked by boiling or baking

Careers - employment contracts
 Full-time: hours of work & start/end times are specified.
 Any shift work is specified. The employee qualifies for sick pay and holiday pay
 Part-time: days of the week & start/end times specific.
 Reduced sick and holiday pay
 Casual work: seasonal or available through an agency e.g. to cover someone who is away due to illness. No sick or holiday pay
 Zero hours: is an agreement between worker & employer, no specific hours/end/finish times. No sick or holiday pay.

FOOD PROVENANCE

Type of diet	Reason for following diet	Foods that can be eaten	Foods to avoid
Vegan	Health, religious, ethical or other	All plant foods, Protein alternatives: tofu, tempeh, TVP	All animal foods including fish and shellfish
Lacto-ovo Vegetarian	Health, religious, ethical or other	All plant foods, Milk & dairy foods, eggs	Any animal food where the animal has been killed, including fish and shellfish
Lacto-vegetarian	Health, religious, ethical or other	All plant foods Milk & dairy foods	Any animal food where the animal has been killed, including fish and shellfish, eggs
Gluten free	Celiac disease	Rice, rice products, soya, maize (corn), Cassava (tapioca), linseeds, polenta, beans, peas, lentils, quinoa, sorghum, agar, nuts	Wheat and wheat products, bread, cakes, biscuits, pastries, barley, oats, rye products
Lactose free	Lactose intolerance	Specially produced lactose-free dairy products. All foods with no dairy in them	Mil, milk products (cream, yogurt, cheese, butter), foods containing milk products
High fibre	Diseases of the intestines e.g. constipation, diverticular disease	Fruits, vegetables, wholegrain cereals, breads, pasta, rice, peas, beans, lentils	White flour and white flour products, white rice, smooth fruit juice
Low sugar	Diabetes, weight reduction diet	Fresh vegetables and fruit, milk, unsweetened milk products	Free sugars that have been added to cakes, biscuits, drinks, confectionary, desserts, sauces, ice cream, breakfast cereals, honey, syrup, jam, etc.
Fat reduced	Heart disease, weight reduction diet	Naturally low-fat foods, e.g. fruits, vegetables, cereals, white fish, fat reduce cheese, spreads, milk, etc.	Full-fat dairy foods, pastries, meats, crisps, chips, doughnuts, cakes, biscuits, fried foods, desserts, ice cream
Low sodium (salt)	Heart disease, high blood pressure, kidney disease	Fruits, vegetables, milk, eggs, poultry, unprocessed meat	Yeast extract, cheese, dried fish, canned fish, soy sauce, ketchup, pickles, ready meals, snack foods, cakes, biscuits, scones, ham, bacon, processed meats, e.g. sausages

Advantages and disadvantages of buying local and seasonal food
Can you list which fruits and vegetables are in each season in the UK?

Advantages	Disadvantages
Fresher	May not be much choice
Fewer food miles	Some people do not like the food being different sizes
Reduce carbon footprint	Sometimes more expensive
Less energy used in transporting	
Supports local farmers/UK farmers	



Consider your options choices. Find out about the two courses available and how they are different. Ask your teachers about

Food Preparation & Nutrition GCSE Hospitality & Catering Level 1/2

Food packaging and labelling

Each burger contains:

ENERGY	924kJ / 220kcal	FAT	13g / MED	SATURATES	5.9g / HIGH	SUGARS	0.8g / LOW	SALT	0.7g / MED
	11%		19%		30%		<1%		12%

% of an adults reference intake. Typical values per 100g. Energy 966kJ/230kcal



Information required by law:

- The name of the food
- A 'best before' or 'use by' date (or instructions on where to find it)
- Any necessary warnings
- Net quantity information
- A list of ingredients (if there is more than 1)
- The name and address of the UK business responsible for the information on the food or, if the business is not established in the UK, the name and address of the importer
- the country of origin, if required
- the lot number or use-by date
- any special storage conditions
- instructions for use or cooking, if necessary

Types of pastry
There are four main types of pastry that we use in school:

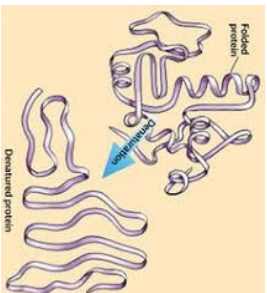


Baking blind

Means to partly cook the pastry case before adding the filling.
Fillings can make the pastry very soggy. YOU DON'T WANT A SOGGY BOTTOM!!!
Baking beans on paper are used to stop the pastry rising, then lifted out.



Denaturation



- Food Science:
- Gelatinisation
 - Denaturation
 - Shortening
 - Aeration
 - Layering
 - Elasticity
 - Glazing

GELATINISATION

