



Year 8 Food Technology

PART 1: Food standards and food safety

PART 2: Where our food comes from

PART 3: Feeding a family

PART 4: Food from another country – Italian Cuisine

PART 5: The catering industry and food service

Name:	
Year Group:	
Teaching Group:	

Progress Check	Preparation	Participation	Performance
PC1			
PC2			
PC3			
PC4			

Learning

What you would have covered in Year 7. You should already know about:

- Health and Safety
- Basic Food Hygiene
- Weights and measurements – Cooking temperatures
- Food labelling
- Nutrients
- Healthy Eating
- Evaluating food products – looking at nutritional information
- Nutritional planning and a balanced diet
- Evaluating products we make
- Costing food products
- Creaming method
- Rubbing in method
- Pastry making
- Quality assurance and quality control
- Evaluative methods and food tasting
- Good microbes
- Food Science - Yeast and bread making

This year you will be learning about:

PART 1:

- Microbes
- Use by, sell by, best before dates
- Food storage
- Heating and reheating foods
- HACCP

PART 2:

- Where are food comes from
- Food chain
- Field to plate and food miles
- Fairtrade goods
- Seasonal fruit and vegetables

PART 3:

- Feeding a family
- Food choices and food allergies
- Meal planning
- Roux Sauce
- Reducing food waste
- Supermarkets and online shopping

PART 4:

- French cuisine
- Regional specialities
- Food presentation

PART 5:

- Skills of a chef
- Jobs in the catering industry

Recipes

Seasonal Soup

Risotto

Spaghetti Bolognese

Mac 'n' Cheese

Potato Dish

Bread and Butter Pudding

Minestrone

Calzone Pizza

Cannoli

Try at home

Chilli-con-carne

Cottage Pie

Cauliflower Cheese



Vocabulary and Terminology

YWBAT: Recognise and use a range of food vocabulary and terminology. Home Learning is to learn vocabulary and terminology. Learn 5 in order each week. You will be tested on these.

BAKE: To cook by dry heat, usually in the oven.

BARBECUE: Usually used generally to refer to grilling done outdoors or over an open charcoal or wood fire. More specifically, barbecue refers to long, slow direct-heat cooking, including liberal basting with a barbecue sauce.

BASTE: To moisten foods during cooking with pan drippings or special sauce to add flavour and prevent drying.

BATTER: A mixture containing flour and liquid, thin enough to pour.

BEAT: To mix rapidly in order to make a mixture smooth and light by incorporating as much air as possible.

BLANCH: To immerse in rapidly boiling water and allow to cook slightly.

BLEND: To incorporate two or more ingredients thoroughly.

BOIL: To heat a liquid until bubbles break continually on the surface.

BROIL: To cook on a grill under strong, direct heat.

CARAMELIZE: To heat sugar in order to turn it brown and give it a special taste.

CHOP: To cut solids into pieces with a sharp knife or other chopping device.

CLARIFY: To separate and remove solids from a liquid, thus making it clear.

CREAM: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

CURE: To preserve meats by drying and salting and/or smoking.

DEGLAZE: To dissolve the thin glaze of juices and brown bits on the surface of a pan in which food has been fried, sautéed or roasted. To do this, add liquid and stir and scrape over high heat, thereby adding flavour to the liquid for use as a sauce.

DEGREASE: To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator so that the fat hardens and is easily removed.

DICE: To cut food in small cubes of uniform size and shape.

DISSOLVE: To cause a dry substance to pass into solution in a liquid.

DREDGE: To sprinkle or coat with flour or other fine substance.

DRIZZLE: To sprinkle drops of liquid lightly over food in a casual manner.

DUST: To sprinkle food with dry ingredients. Use a strainer or a jar with a perforated cover, or try the good, old-fashioned way of shaking things together in a paper bag.

FILLET: As a verb, to remove the bones from meat or fish. A fillet (or filet) is the piece of flesh after it has been boned.

FLAKE: To break lightly into small pieces.

FLAMBE': To flame foods by dousing in some form of potable alcohol and setting alight.

FOLD: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. Cut down through mixture with spoon, whisk, or fork; go across bottom of bowl, up and over, close to surface. The process is repeated, while slowing rotating the bowl, until the ingredients are thoroughly blended.

FRY: To cook in hot fat. To cook in a fat is called pan-frying or sautéing; to cook in a one-to-two inch layer of hot fat is called shallow-fat frying; to cook in a deep layer of hot fat is called deep-fat frying.

GARNISH: To decorate a dish both to enhance its appearance and to provide a flavourful foil. Parsley, lemon slices, raw vegetables, chopped chives, and other herbs are all forms of garnishes.

GLAZE: To cook with a thin sugar syrup cooked to crack stage; mixture may be thickened slightly. Also, to cover with a thin, glossy icing.

GRATE: To rub on a grater that separates the food in various sizes of bits or shreds.

GRILL: To cook on a grill over intense heat.

GRIND: To process solids by hand or mechanically to reduce them to tiny particles.

JULIENNE: To cut vegetables, fruits, or cheeses into thin strips.

KNEAD: To work and press dough with the palms of the hands or mechanically, to develop the gluten in the flour.

LUKEWARM: Neither cool nor warm; approximately body temperature.

MARINATE: To flavour and moisturize pieces of meat, poultry, seafood or vegetable by soaking them in or brushing them with a liquid mixture of seasonings known as a marinade. Dry marinade mixtures composed of salt, pepper, herbs or spices may also be rubbed into meat, poultry or seafood.

MINCE: To cut or chop food into extremely small pieces.

MIX: To combine ingredients usually by stirring.

PAN-FRY: To cook in small amounts of fat.

PARBOIL: To boil until partially cooked; to blanch. Usually this procedure is followed by final cooking in a seasoned sauce.

PARE: To remove the outermost skin of a fruit or vegetable.

PEEL: To remove the peels from vegetables or fruits.

PICKLE: To preserve meats, vegetables, and fruits in brine.

PINCH: A pinch is the trifling amount you can hold between your thumb and forefinger.

PIT: To remove pits from fruits.

POACH: To cook very gently in hot liquid kept just below the boiling point.

PUREE: To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor.

REDUCE: To boil down to reduce the volume.

ROAST: To cook by dry heat in an oven.

SAUTÉ: To cook and/or brown food in a small amount of hot fat.

SCORE: To cut narrow grooves or gashes partway through the outer surface of food.

SEAR: To brown very quickly by intense heat. This method increases shrinkage but develops flavor and improves appearance.

SHRED: To cut or tear in small, long, narrow pieces.

SIFT: To put one or more dry ingredients through a sieve or sifter.

SIMMER:

To cook slowly in liquid over low heat at a temperature of about 180°. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

SKIM: To remove impurities, whether scum or fat, from the surface of a liquid during cooking, thereby resulting in a clear, cleaner-tasting final produce.

STEAM: To cook in steam in a pressure cooker, deep well cooker, double boiler, or a steamer made by fitting a rack in a kettle with a tight cover. A small amount of boiling water is used, more water being added during steaming process, if necessary.

STERILISE: To destroy microorganisms by boiling, dry heat, or steam.

STEW: To simmer slowly in a small amount of liquid for a long time.

STIR: To mix ingredients with a circular motion until well blended or of uniform consistency.

TOSS: To combine ingredients with a lifting motion.

WHIP: To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites

AL DENTE: Italian term used to describe pasta that is cooked until it offers a slight resistance to the bite.

Keywords – Evaluative and descriptive Language

You must learn the spellings of these keywords as part of your home learning. Be prepared for a spelling test!

Appetising	Sickly	Brittle
Attractive	Spicy	Chewy
Clear	Stale	Creamy
Cold	Acid	Crisp
Colour	Bitter	Crumbly
Colourful	Bland	Crunchy
Crumbly	Burnt	Dry
Dry	Cheesy	Fatty
Fattening	Creamy	Firm
Firm	Dry	Fizzy
Fresh	Fruity	Flaky
Greasy	Herby	Foamy
Hard	Meaty	Gooey
Healthy	Old	Greasy
Hot	Salty	Gritty
Moist	Sharp	Hard
Runny	Sickly	Lumpy
Smooth	Sour	Mushy
Soft	Spicy	Powdery
Tasty	Stale	Slimy
Tough	Sweet	Smooth
Burnt	Tangy	Soggy
Fragrant	Tasteless	Sticky
Fruity	Tasty	Stringy
Garlicky	Undercooked	Tender
Spicy	Watery	Watery
Yeasty	Airy	

Keywords - Spellings

Diet
Balanced
Protein
Carbohydrate
Vitamins
Minerals
Vegetables
Fibre
Ingredients
Nutrition
Coffee
Flavour
Sweetness
Healthy
Favourite
Fruit
Healthiest
Colour
Diarrhoea
Ingredients

Recipe
Poisoning
Seasonal
Environment
Portion
Ethical
Millilitres
Vegetable
Flour
Manufacture
Potatoes
Tomatoes
Taste
Quiche
Restaurant
Garnish
Knead
Caramelize
Vegetable
Grate

Kilograms
Comparison
Flavour
Attractive
Creamy
Fragrant
Sweet
Intense
Strong
Rich
Aromatic
Burnt
Safety
Measure
Pour
Dessert
Whisk
Weigh
Obesity

Lesson 3 Risk Assessment

YWBAT: Undertake a Risk Assessment – Identification and Control of Hazards (HACCP)

Explain how the law affects working practice in the catering environment

Understand Fire Regulations in the context of the kitchen and catering environment.

Risk Assessment - Hazard Analysis and Critical Control Point (HACCP)

Risk	Hazard(s)	Control Procedure (Precaution)
Slipping		
Tripping		
Scolding		
Burns		
Cuts		
Food contamination		
Cross contamination		
Food poisoning		
Pest control		

Food Safety Test

1. Which TWO of the following are important when dealing with customers with food allergies:
 - a) Make sure you give them accurate information about the ingredients in food
 - b) Have an ambulance on standby
 - c) Don't let them eat anything in case they have an allergic reaction
 - d) Keep foods that are known to cause allergies separate from 'allergen free' foods

2. What TWO things should you check when food is delivered?
 - a) Check the driver has a valid licence
 - b) Check the temperature of the food
 - c) Check the date on the food
 - d) Taste the food

3. Chilled food should be stored at:
 - a) 5°C
 - b) 15°C
 - c) 8°C
 - d) -18°C

4. Which TWO of the following is TRUE about the powers of Environmental Health Officers (EHOs)?
 - a) An EHO can enter your premises at any time
 - b) An EHO has the power to close your premises down
 - c) An EHO is employed by your company to keep an eye on you
 - d) An EHO does not have the right to take samples of your food

5. Which ONE of the following is the most common cause of food poisoning?
 - a) Metals
 - b) Viruses
 - c) Bacteria
 - d) Children

6. Which ONE of the following is TRUE about food that has been contaminated with food poisoning bacteria?
 - a) You can tell it is contaminated by looking at it
 - b) The food becomes dry and crumbly
 - c) It looks and tastes normal but has an unusual smell
 - d) Food can look, smell and taste normal, but still be contaminated with food poisoning bacteria

7. Employers and employees can be fined for failing to comply with food safety.
 - a) True
 - b) False

8. Identify TWO benefits of good food safety: *Any 2 of the following:*
 - a) Safe food
 - b) Reduced wastage
 - c) Compliance with the law
 - d) Customer satisfaction
 - e) Good publicity
 - f) Staff morale
 - g) Increased profits

- h) Job security
9. Which of the following materials are physical hazards?
- a) String
 - b) Hair
 - c) Plastic
 - d) All of the above
10. You should NOT prepare food if you are suffering with vomiting or diarrhoea?
- a) True
 - b) False
11. Which of the following statements is true?
- a) Food past its best before date is safe to eat
 - b) Food past its use-by date is safe to eat
 - c) Food with no date coding is safe to eat
 - d) All of the above



PART 2 **Where our food comes from**

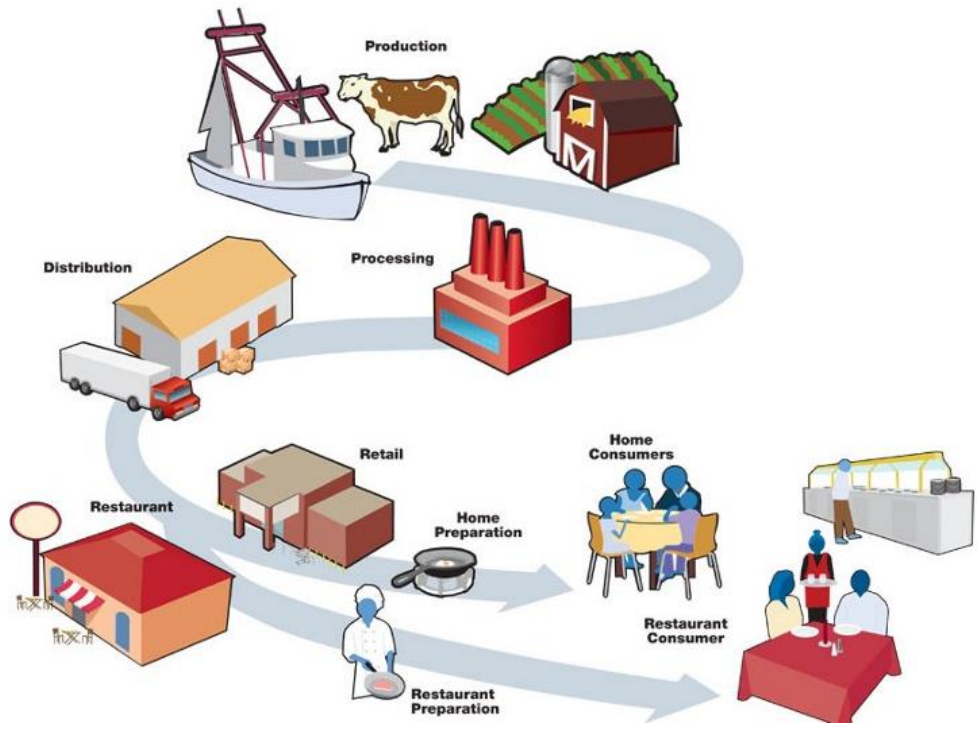
Lesson 4 **Food and the Environment – Where our food comes from**

YWBAT: Describe the food production chain

 Explain field to plate and food miles

 Describe ethical production and how we minimise the impact on the environment

The Food Production Chain



NOTES:

Lesson 5 Food and the Environment – Fairtrade and seasonal foods



YWBAT: Explain the Fairtrade labelling on the foods we purchase

Identify which fruits and vegetables are in season at certain times of the year (Homework)

What are Fairtrade foods? (Low)

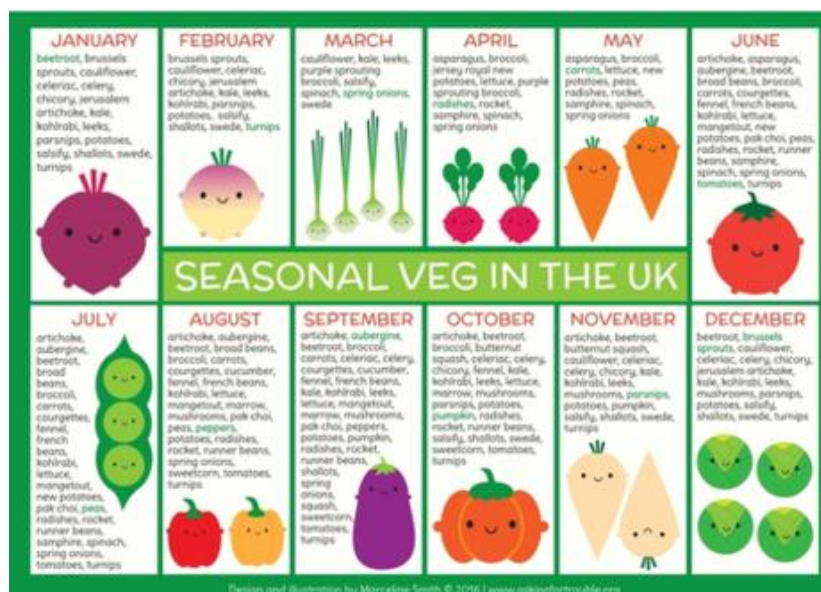
Give some examples of Fairtrade foods (Medium)

Why would I choose to purchase Fairtrade foods? (High)

Seasonal Fruit and Vegetables Harvest

INSTRUCTION: Shade the seasons for harvesting produce in the UK

	Carrots	Swede	Cabbage	Spring Onions	Rhubarb	Broad Beans	Sprouts	Strawberries	Apples	Cucumber	Potatoes	Lettuce	Asparagus	Fennel	Purple Sprouting	Artichokes
January																
February																
March																
April																
May																
June																
July																
August																
September																
October																
November																
December																



Lesson 7: Food Production Methods



YWBAT: Explain the various production methods

One-off

Batch Production

Mass Production

Continuous Flow Production

EXTENSION: Explain why the majority of products are mass produced (4 marks)

Lesson 8

Risotto

YWBAT:

Sequence stages of manufacture in order (Low)

Describe each stage – using terminology (Medium)

Explain each stage (why you are doing what you are doing) (High)



Ingredients

Equipment

Method

Homework: Estimating costs

YWBAT: Estimate the cost of a single portion

Estimate the ingredients needed to make a batch

You now need to make a batch of risotto and feed all Year 8 pupils. Calculate the amounts of ingredients needed for the batch and the total volume of soup required.

Calculate the cost of your one portion of risotto



Lesson 10 Meal Planning for Gus & Dena – Using Case Studies

Plan a 3-day diet for either Gus and Dena

Gus is 65 years old and has recently retired from his work as a postman. Gus has been diagnosed with osteoarthritis in his right hip and an allergy to gluten. Gus lives alone following the death of his wife and, because he has never learned to cook, eats either sandwiches or ready-made meals which can be heated in the microwave.

Dena is a 14-year-old Jewish girl who plays tennis for the school team. Dena was diagnosed as having type 1 diabetes at the age of 10; her condition is controlled by a combination of insulin injections and an appropriate diet.

Explain your food choices:

<p>What foods should be avoided and why?</p>			
<p>What are good foods and why?</p>			
<p>Breakfast</p>			
<p>Lunch</p>			
<p>Dinner</p>			
<p>Snack</p>			

Lesson 11 Cheap and filling! Resourcefulness

YWBAT: Follow a recipe without demonstration

Spaghetti Bolognese Recipe – Feeds 2



Ingredients

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, crushed (optional)
- 250g lean minced beef
- 1 x 400g cans chopped tomatoes
- 1 bay leave
- ¼ tsp dried oregano (herb)
- ¼ tsp dried thyme (herb)
- 1 carrot
- Salt and freshly ground black pepper
- 200g dried spaghetti

Preparation method

1. Heat the oil in a large, heavy-based saucepan and fry the onions and garlic, frying until softened – do not brown.
2. Increase the heat and add the minced beef. Fry it until it has browned, breaking down any chunks of meat with a wooden spoon.
3. Reduce the temperature and stir in the tomatoes, bay leaves, oregano and thyme.
4. Partially cover with a lid (this allows steam to escape and sauce to **'reduce'**) and simmer the Bolognese sauce over a very gentle heat for 30 minutes until it's rich and thickened, stirring occasionally.
5. At the end of the cooking time add any seasoning.
6. Remove from the heat to **'rest'** while you cook the spaghetti in plenty of boiling salted water (for the time stated on the packet).
7. Drain and divide between warmed plates.

One pot Chilli-con-carne (Try at home)

Ingredients

- 1 large onion
- 1 garlic clove (optional)
- 2 tbsp olive oil
- 500g/1lb 2oz minced beef
- 1 tsp of chilli powder
- 1 tsp of cumin powder
- 1 tsp of paprika powder
- 500ml/18fl oz beef stock (from a stock cube)
- 1 tbsp tomato purée
- 400g tin chopped tomatoes
- 400g tin kidney beans, drained and rinsed
- Salt and freshly ground black pepper
- 350g/12oz brown or white rice



Preparation method

1. Peel and chop the onion then peel and finely grate the garlic. Heat the oil in a heavy-based casserole dish over a medium-high heat, add the onions and garlic and fry for 5 minutes until soft.
2. Add the beef to the pan and fry for 5 minutes until browned. Add the chilli, cumin and paprika powder and a little (1 tbsp) of the stock, fry for 1 minute then add the tomato purée and fry for a further minute. Add the chopped tomatoes and stock and stir to combine. Simmer gently uncovered for 30 minutes, stirring occasionally.
3. Meanwhile bring a large pan of salted water to the boil, add the rice and cook for 25 minutes or according to the packet instructions.
4. Add the kidney beans to the chilli and cook for a further 2 minutes, until heated through. Season with salt and pepper and serve with the rice.

Cottage Pie (Try at home)

Ingredients

- 1 tbsp oil
- 1 large onion chopped
- 2 medium carrots, chopped
- 560g/1¼ lb beef mince
- 400g/14oz can tomatoes
- 290ml/10fl oz beef stock
- 1 bay leaf
- fresh thyme leaves from 1 sprig
- 2 tbsp tomato purée
- salt and freshly ground black pepper



For the topping

- 750g/1½ lb potatoes, peeled and chopped
- 75g/2½oz butter
- 55ml/2fl oz milk

Preparation method

1. Preheat the oven to 190C/375F/Gas 5.
2. Heat the oil in a large pan. Add the onion and carrot and cook over a medium heat for five minutes until soft.
3. Add the minced beef and cook for three minutes to brown.
4. Add the tomatoes, purée, beef stock, bay leaf and thyme.
5. Cover and simmer for 30 minutes. Season.
6. Meanwhile, to make the topping, boil the potatoes in water until soft. Drain and mash with the butter and milk. Season with salt and pepper.
7. Spoon the meat into an ovenproof dish. Top with the mash and bake for 30 minutes until golden brown.

Lesson 12 The Roux Sauce – Mac ‘n’ Cheese

YWBAT: Make a Roux Sauce and identify its uses
 Explain the term **al dente**



Ingredients

Equipment

Method

Cauliflower Cheese (Try at home)

Ingredients

- 1 medium head cauliflower, broken into large florets
- 40g/1½oz butter
- 40g/1½oz plain flour
- 400ml/14fl oz milk
- 1 tsp English mustard
- 100g/3½oz mature cheddar cheese, grated
- salt and freshly ground black pepper



Method

1. Preheat the oven to 190C/375F/Gas 5.
2. Wash the cauliflower thoroughly and place in a large saucepan of salted water. Bring to the boil and cook for 3-5 minutes, until the cauliflower is almost tender, but still fairly firm. Tip into a colander and leave to drain.
3. To make the sauce, melt the butter in a medium, heavy-based pan and stir in the flour. Cook over a gentle heat for one minute. Remove the pan from the heat and gradually add the milk, a little at a time, stirring well between each addition. Return the pan to a medium heat and bring the mixture to the boil, stirring constantly. Simmer for two minutes, then remove from the heat.
4. Stir in the mustard and two thirds of the cheese and set aside. Arrange the cauliflower in an ovenproof baking dish. Carefully pour over the sauce, ensuring the cauliflower is completely covered. Scatter over the remaining cheese and bake for 25-30 minutes, until the top is golden-brown and bubbling.

Lesson 13 **Potatoes – The most versatile of foods**

YWBAT: Research a recipe of your own choosing



Ingredients

Equipment

Method

Bread and Butter Pudding Recipe – lesson 15

Ingredients

- 4 Slices of bread or bread products (Doesn't need to be fresh)
- 1 Egg
- Butter for spreading and greasing the tray
- 200ml of milk
- 2 drops Vanilla Extract or Flavouring
- 15g sugar
- 30g of Mixed Dry Fruit
- 1 tsp of Cinnamon (Optional)



Preparation method

1. Grease a small pie dish with butter.
2. Cut the crusts off the bread. Spread each slice with on one side with butter, then cut into triangles.
3. Arrange a layer of bread, buttered-side up, in the bottom of the dish, then add a layer of sultanas. Sprinkle with a little cinnamon, then repeat the layers of bread and sultanas, sprinkling with cinnamon, until you have used up all of the bread. Finish with a layer of bread, then set aside.
4. Gently warm the milk in a pan over a low heat to scalding point. Don't let it boil.
5. Crack the egg into a bowl, add three quarters of the sugar and lightly whisk until pale.
6. Add the warm milk and stir well, then strain the custard into a bowl.
7. Pour the custard over the prepared bread layers and sprinkle with cinnamon and the remaining sugar and leave to stand for 30 minutes.
8. Preheat the oven to 180C/355F/Gas 4.
9. Place the dish into the oven and bake for 25-30 minutes, or until the custard has set and the top is golden-brown.

Lesson 16 Supermarkets

YWBAT: Describe the market share for UK food sales from supermarkets

Identify the big supermarkets and who sells what

Explain the changes to consumer habits

Market share and consumerism and changing consumer habits

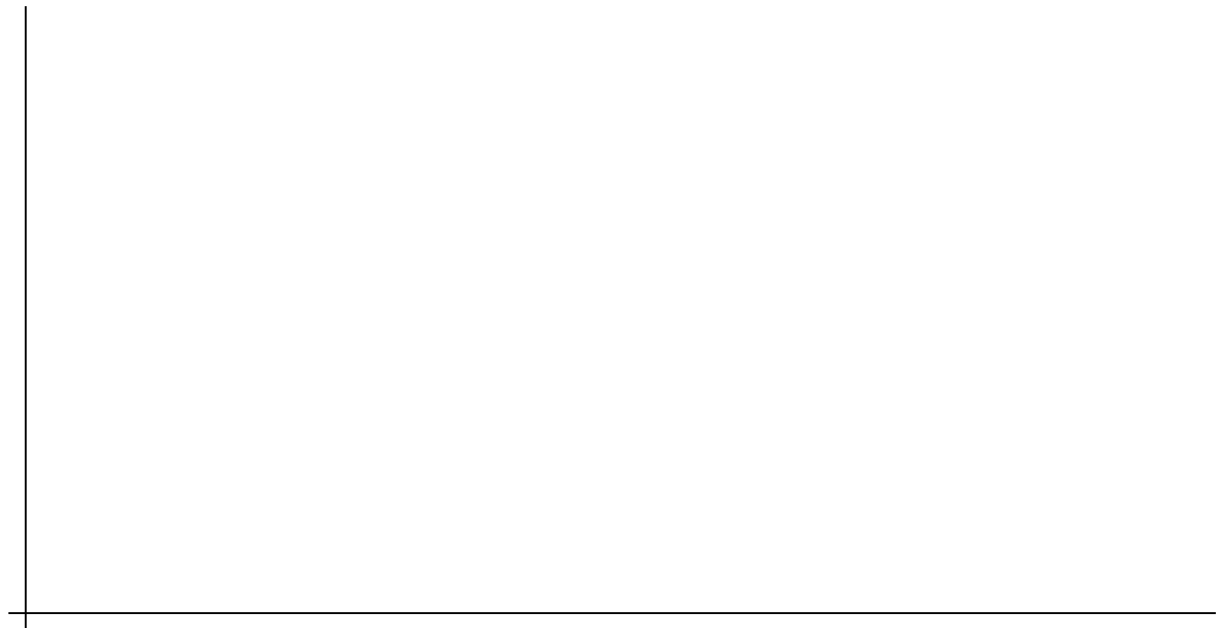
Supermarket	Founded/Came to UK	Owned by	Market Share; April 2015	2007 Market Share ¹	2000 Market Share
<u>Aldi</u>	1990	Aldi Süd GmbH	5.3	2.6	1.5
<u>Asda</u>	1949	Wal-Mart through subsidiary Corinth Services Ltd	17.1	16.6	14.1
<u>Co-op,* and <i>The Co-operative Food</i></u>	-	Various Co-op societies	6.0	4.4	5.4
<u>Iceland</u>	1970	-	2.2	1.6	2.8
<u>Lidl</u>	1994	Lidl Stiftung & Co. KG	3.7	2.2	1.3
<u>Marks & Spencer</u>	1884	Publicly traded on the London Stock Exchange	3.8	4.3	-
<u>Morrison's</u>	1899	Publicly traded on the London Stock Exchange	10.9	11.2	4.9
<u>Sainsbury's</u>	1869	Publicly traded on the London Stock Exchange	16.9	16.2	17.9
<u>Tesco</u>	1919	Publicly traded on the London Stock Exchange	28.4	31.6	25.0
<u>Waitrose</u>	1904	John Lewis Partnership	5.1	3.9	2.7

Factors effecting change

- Global Financial Crisis in 2007-08 - said by many to be one of the worst since the great depression of 1930s
- Global Recession 2008-12
- Unemployment rose
- Cost of living increased
- Significant cuts to government spending including welfare spending
- House prices increased
- Pensioners have more money than at any time in history
- Immigration rose due to instability in the middle east
- Acceleration of growth in Internet shopping (we now 'visit' four grocery stores a month)
- Loyalty Card schemes have developed
- Food prices have risen – food production costs have increased

Who sells what? – Supermarket sales 2010 vs 2020

Present the information as a bar chart for three major supermarkets



Explain your findings – giving reasons (high)

Lesson 17 Supermarkets – Are all supermarkets the same?

YWBAT: Explain what is meant by a mission statement

Investigate the mission statements of the biggest supermarkets

Compare and contrast (High)

Waitrose

Sainsbury's

Tesco

Asda

Lidl

Waitrose



Question: Are they all the same? – What are the differences? Compare and contrast (12 marks)

Lesson 18 Online shopping and loyalty schemes

YWBAT: Compare the prices of similar (everyday) products between food retailers

Explain how shopping habits have change in the last 20 years and what might happen in the future.

	Waitrose	Sainsbury's	Tesco	Asda	Lidl
Milk – 4 pints					
Cheddar cheese 200g					
Macaroni 500g					
Butter 250g					
Plain Flour 1.5kg					
Fairy liquid 500ml					
Totals					



Explain how the loyalty card scheme or online shopping have changed our shopping habits (6 marks)

Lesson 20 Calzone Pizza

YWBAT: Make Pizza dough and understand an alternative pizza style

Cheese and Tomato Quiche – Serves 4

Ingredients

For the dough:

250g/9oz plain flour

2 tsp baking powder

large pinch salt

2 large free-range eggs, beaten

2 tbsp. sunflower oil

For the filling:

50g/1¾oz mozzarella, grated or torn

400g tin chopped tomatoes, cooked in a saucepan until reduced by half

4 stalks sprouting broccoli, chopped

½ onion, sliced

50g/1¾ cheddar, grated

2 rashers bacon, cooked and chopped

1 garlic clove, finely chopped

2 tbsp. fresh herbs, or 1 tsp dried herbs of your choice (such as basil, oregano or parsley)



Method

1. For the dough, put all the ingredients in a large bowl and mix together, add 4–6 tablespoons water, one tablespoon at a time, until the dough comes together.
2. On a floured work surface roll out the dough into two circles, roughly the same size.
3. Preheat the oven to 220C/200C Fan/Gas 6. Place a baking tray or pizza stone in the oven to heat up.
4. Mix all the fillings ingredients together and divide in half. Each half on one side of each circle of dough and fold the dough over to create a pasty shape. Seal the edges using your fingers or a fork.
5. Place the calzones on baking paper and carefully transfer to the preheated baking tray or pizza stone. Cook for 15–20 minutes, or until the dough is crisp and browned.

Lesson 21 Regional Specialities

YWBAT: Identify Regional Specialities of food

Make a list of food products subject to appellation d'origine controlee or the UK Governments protected foods scheme

Lesson 23

YWBAT: Cannoli

Demonstrate an understanding of food presentation

Sequence stages of manufacture in order (Low)

Describe each stage – using terminology (Medium)

Explain each stage (why you are doing what you are doing) (High)



Ingredients

Equipment

Method

Part 5 The Catering Industry

Lesson 24 Types of food and beverage service

YWBAT: Explain the different types of food and beverage service

1. Table Service
2. Assisted service
3. Self- service
4. Single point service
5. Situ service

Table Service:

Assisted Service:

Self Service:

Single Point Service:

Situ Service:

Lesson 25 **Types of food and beverage service – Silver Service – ‘Downton Abbey meets Sarum Academy’**

YWBAT: Demonstrate an understanding of silver service

Set a formal table for dinner

What is silver service?

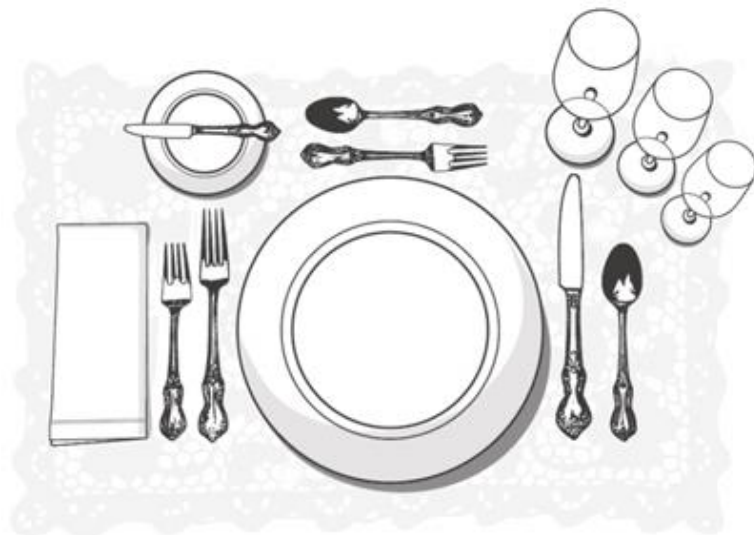
Also known as ‘Service Anglais’, silver service originated in the upper-class country manors and esteemed estates of 19th Century Britain. Traditionally, waiting staff were given the Sunday evening off to be with their families and so the butler would fill in. Instead of laying plates on a table, the butler would go around the table, serving food to guests from a silver platter.

Today, the practice is still used to add a touch of class to formal proceedings. After all, when your guests are enjoying the very best food, only the most special service should do.

The rules:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

Formal table setting



Lesson 26 Careers in the catering industry

Commis chef

A Commis Chef is a basic chef in a larger kitchen who works under the Chef de Partie. A Commis Chef is often a chef who has recently completed formal training at culinary school or who is still training.



Pastry Chef

The role of Pastry Chef can range from baking cakes and bread for a baker to creating unique and mouth-watering desserts for a fine dining restaurant. To be a specialist Pastry Chef you need to be particularly creative, more so than any other type of chef. Aesthetics are more important for a dessert than for the other parts of a meal and you will be expected to create beautiful and tasty cakes, biscuits and puddings.

Chef de Partie (also known as Station Chef or Line Cook)

The Chef de Partie is in charge of a particular area of production. In most kitchens the Chef de Partie is the only worker in that section but in large kitchens each Chef de Partie might have several assistants. Chef de Parties are often divided into a hierarchy of first cook, second cook and so on. The Demi Chef de Partie is the chef who is next in charge after the Chef de Partie.

Sous Chef (Second Chef)

The Sous Chef (meaning “under chef” in French) is the second in command in the kitchen and works directly under the Head Chef. Small eating establishments may not have a Sous Chef whereas larger kitchens may have several. The role and duties of Sous Chefs vary a great deal depending on the eating establishment they work in. They are responsible for dealing with day to day issues in the restaurant and ensuring that everything runs smoothly. Depending on the restaurant, they may handle staffing issues, payroll matters, storage of supplies and sometimes the hiring and firing of staff. Sometimes the Sous Chef will be responsible for filling in for the Head Chef when the Head Chef is off duty and will also fill in for and assist the Chef de Partie when required.

Head Chef (Executive Chef)

The Head Chef is the person in charge of the entire kitchen and staff. The duties of the Head Chef usually include creating the menus, managing the kitchen staff, ordering and purchasing stock and creating the plating design. The position of Head Chef is appealing to those who enjoy having control over their own menu and having overall management of the kitchen.

Once the Head Chef has decided on the menu choices and ordered the necessary provisions, he will assign tasks to his kitchen staff and will oversee the preparation of customer orders to check that the standard of quality is maintained before the dishes are taken out to the customer. It is important for a Head Chef to keep up with the latest food trends to be able to create new and exciting dishes and menus that will be appreciated by the customers of the restaurant.

Whereas a Head Chef carries out many of the same duties as an Executive Chef, the difference between a Head Chef and an Executive Chef is that a Head Chef usually has someone in charge of them who will often make the more important executive decisions, especially where the chef has several restaurants, and be the most senior manager in staffing decisions.

Lesson 26 Careers in the catering industry - Skills of a chef

Visit the National Careers Service Website - <https://nationalcareersservice.direct.gov.uk/>

YWBAT: Know about careers in the catering industry

Work Activities

Working hours and conditions

Income

Training and Development

Personal Qualities

Lesson 26 Jobs in the Hospitality and Catering Industry

Visit the National Careers Service Website -

<https://nationalcareersservice.direct.gov.uk/advice/planning/jobfamily/Pages/cateringservices.aspx>

YWBAT: Know about careers in the catering industry

Job

Work Activities

Working hours and conditions

Income

Training and Development

Personal Qualities

Lesson 27: Large scale production – Mass produced foods –Team working challenge

YWBAT: Work as part of table team to produce a batch of identical food products

Ingredients

Method
