

Catering G.C.S.E Revision focus sheet

Answering examination questions

Questions often require specific **knowledge** and **understanding**; questions tend to fall into **seven main categories**. (Taken from the four main areas of the specification) these are

- **Commodities** (usefulness to the catering industry)

Ease of obtaining, storage, uses (types of dishes they can be used in), and versatility, ease of preparation and cooking, colour, flavour, texture, nutritive value, cost

Task

Prepare a revision table using the above headings for the **10** commodities which we have covered.

Resources: Food & Nutrition- Anita Tull, your folder, www.nutrition.org.uk commodities www.s-cool.co.uk ingredients

- **Health safety & Hygiene**

Usually between 1-3 questions on this topic

H.A.C.C.P, Food Safety Act, Hygiene regulations, Key Temperatures, Food Poisoning- types, symptoms, prevention (HASAWA) Health and safety at work act, accident prevention, accident procedures, first aid, fire prevention, fire procedures.

Task

1. Work your way through your food hygiene work book
2. Visit www.foodlink.org.uk, www.food.gov.uk/foodindustry
3. If you did not complete the interactive food hygiene course log back on and work through (do not complete the test until just before your exam and then you should be able to go back through the modules. <http://www.cls-bfh.co.uk/bfh/bfh.html> user name= Christian name, first letter of surname and mas e.g. TOMBMAS password you will have to re member the one you used or check with me.
4. Look back at your work experience observations.

- **Food preparation, production, cooking methods and presentation.**

Good working practices, personal food hygiene, knives, small equipment, standard terminology terms, methods of cooking.

Task

www.foodforum.org.uk from the home page go to f-files, select glossary: food terms& vocabulary.
www.engagervision.co.uk- Food materials& Components-Cooking Methods- The working characteristics of food.

Match the basic terms activity

- **Food and drink service**

Styles of food service

Fast food, cafeteria (free flow and multi point), waited (family, plated, silver and banquet) carvery, vended, transported meal systems (aeroplanes), Gueridon, assisted buffet

Qualities and duties of all service staff

Task

Read relevant sections in G.C.S.E Hospitality & Catering text book.

Revisit your work experience preparation notes.

Visit as many different outlets as possible, observe menus etc.

- **Nutrition and menu planning**

Sound knowledge of: - **basic nutrition** and **meal planning** required, technological developments and the use of convenience foods. Current government guidelines (eat well plate) five a day, health issues: obesity

You will need to be able to plan meals for a range of clients. The most common ones are the young, the elderly, vegetarians, ethnic groups, allergies.

Task visit the following

www.nutrition.org.uk- pod casts, www.food.gov.uk/healthier eating, /healthier catering www.eatwell.gov.uk www.foodafactoflife.org.uk, 11-16-Energy& Nutrients- The eat well plate, 8 tips for eating well, nutritional needs, nutrients, energy, micronutrients interactive, macronutrients interactive. www.engagerevision.co.uk – Carbohydrates, Fats, Protein

- **Technological developments.**

Food production methods:- cook chill, cook freeze, the use of convenience foods, packaging.

How ICT can be used in the industry electronic point of sale, menu engineering, events management, guest records, stock control, stock ordering.

Impact of living in multi-ethnic society

Work experience observations, www.food.gov.uk/labelling G.C.S.E Hospitality & Catering text book. www.engagerevision.co.uk – Design Development& Market influence section – Packaging

- **Kitchen design and Kitchen equipment.**

Basic ergonomics, work triangle, standard kitchen design, care and maintenance of large and smaller kitchen equipment

Tasks

Think back to observations on work experience/ work experience preparation notes.

G.C.S.E. Hospitality & Catering text book.