

REVISION QUESTIONS!!

- * **WHAT IS THE DANGER ZONE ALSO KNOWN AS AND THE TEMPERATURE?**
- * **GROWTH ZONE**
- * **BETWEEN 5 AND 63 DEGREES**



* A person with anaemia lacks what?

* **Iron**

* A coeliac can not eat what?

* **Wheat and products containing wheat**



* **What are the stages in making a bechamel?**

* **Make a roux with melted butter/margerine and add flour, add milk- a little at a time to prevent any lumps from forming, cook out, alter thickness if needed**

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- * **What forms of communication can you have within a hotel?**
 - * **Verbal, written, use ICT, telephone,**
 - * **Body language, hand language, facial expression**



* **What does Mis en Plas mean?**

* **Preparation prior to service.**

* How can you CUT food costs in a kitchen?

* **FIFO**

* **Keep a check on foods in stock**

* **Check dates on products**

* **Only buy in what you need**

* **Check incoming deliveries for damage**

* **Temperatures**

* **Quality, quantity of foods**

* **Storing properly in fridges and freezers**

* **Portion control on foods being served**

* What are the 7 nutrition elements?

* **Fibres**

* **Vitamins**

* **Carbohydrates**

* **Minerals**

* **Fluids**

* **Protiens**

* **Fats**

* **Why is healthy eating so important?**

* **Prevent obesity**

* **Help to live longer**

* **Keep fit**

* **Prevent diabetes**

* **Prevent heart disease**

* **Strong immune system**

* **Help with energy levels**

* **Prevent cancers like bowel cancer**

* **Helps with concentration**

* **How can you make meals more healthy?**

* **Use more vegetables and fruits**

* **Use less fats and oils and butters in dishes**

* **Reduce cooking with fats and oils**

* **Steam foods**

* **Use wholemeal flours**

* **Use more pastas rice cous cous**

* **Incorporate nuts lentils and pulses**

* **Use vitamins nutrients and carbohydrates**

* **Vegetarian dishes**

* **Safe serving of foods, what must you do?**

- * **Food above 63 degrees**
- * **Serve hot food quickly**
- * **Avoid cross contamination**
- * **Use temperature probe to check food temperature is correct core temp above**
- * **Cleanliness of staff and equipment**

*** What considerations would you do when writing a menu?**

- * Balance of foods**
- * Colour**
- * Texture**
- * Flavours**
- * Seasonal food items**
- * All nutrients included**
- * Less fats, sugars, salts**
- * Value for money**

* **What costs need to be considered with food items?**

* **Food costs--Raw ingredients and materials**

* **Labour costs—wages kitchen and restaurant staff**

* **Overheads—rent, rates, heating, power supplies gas electricity, insurances**

* **What can make a good team leader?**

- * **Delegate tasks effectively**
- * **Supervise team staff well**
- * **Motivation of team**
- * **Communicate well between staff members**
- * **Give advise, support and praise as needed**
- * **Positive feedback**
- * **Quality to be maintained**
- * **Encourage staff**

* Why package foods?

- * **Protect the contents**
- * **Helps keep the food fresh**
- * **Makes transportation easier to handle**
- * **Help with hygiene**
- * **Can make the product look attractive**
- * **Labelling can be made clear and readable with information on contents ingredients etc**

* **How can you recycle items from a catering establishment?**

* **Bottle bins/glass bins.**

* **Plastic bottles-ice cream containers.**

* **Paper /cardboard.**

* **Tins/cans.**

* **Composting.**

* **Tablecloths/napkins-made into dusters/rags.**

* **What are the three R's?**

* **Reduce, recycle, re-use**

* What do you need on labels for food items which are to be sold to the general public?

- * **Best before date**
- * **Use by date**
- * **Sell by date**
- * **Display date**
- * **Weight**
- * **Product**
- * **Ingredients**
- * **Re-heating instructions**
- * **Allergy warning**
- * **Nutritional content**
- * **Calories**
- * **Manufacturer—name and address**
- * **Bar code --batch number**
- * **Storage instructions**

* How should staff present themselves to the public (restaurant, front of house, receptionist etc?)

- * **Courteous/polite/helpful**
- * **Neat/clean ironed uniform//Company uniform**
- * **Name badge –if they have one**
- * **No strong perfume/aftershaves**
- * **Clean/polished shoes**
- * **No heavy makeup, lipstick, limited one pair earrings (studs)**
- * **Clean fingernails**
- * **Tattoos-- hidden/covered**
- * **Clean washed bathed/showered body, BO very off putting!**

* **What types of food service are there?**

- * **Counter service.**
- * **Plate service.**
- * **Family service.**
- * **Silver service.**
- * **Banquet service.**
- * **Gueridon service.**
- * **Home delivery service.**

* Types of cooking methods?

* **Grilling**

* **Baking**

* **Steaming**

* **Bain-marie**

* **Boiling/simmering**

* **Roasting**

* **Braising**

* **Deep fat frying**

* **Shallow frying**

* **Stewing**

* **Flambe**

* **Poaching**

* **Stir frying**

* **Pressure cooking**

* **Microwaving/barbeque/casseroling/fondue**

* Abbreviations!!

* EHO

* **ENVIRONMENTAL HEALTH OFFICER**

* HACCP

* **HAZARD ANALYSIS of CRITICAL CONTROL POINTS**

* COSHH

* **CONTROL OF SUBSTANCES HAZARDOUS to HEALTH**

* HASAWA ---YEAR??

* **HEALTH AND SAFETY AT WORK ACT 1974**

* Presentation for kitchen staff/chefs

- * Clean neat ironed uniform, jacket, trousers, apron, hat.
- * Strong shoes not trainers or open toed shoes.
- * Short clean nails. No jewellery
- * Washed/clean tied back hair.
- * Showered for day/each shift bad BO very off putting.
- * Blue plaster on any cuts/ sores.
- * In good health. Not suffering from diarrhoea, sickness, foreign diseases.
- * No bad habits, smoking, picking nose, blowing nose, playing with hair, picking ears, spots, chewing gum, scratching! All with out washing hands!!

* What benefit is there to food when garnishing?

- * **Helps to present food nicely**
- * **Helps to improve poor/boring food dishes**
- * **Can help to give the wow factor!!!!**
- * **Attractive to the eye as you see the food first before actually eating it, if it doesn't look nice you feel down!!**
- * **Makes the dish look expensive!**
- * **Adds colour**
- * **Can help “lift” a dish**
- * **Some garnishes can give off an aroma! Again using another sense (nose/smell)**

- * Planning a work kitchen can be expressed as -what shape---the ??

- * **“The work triangle”**

- * **Explain this—**

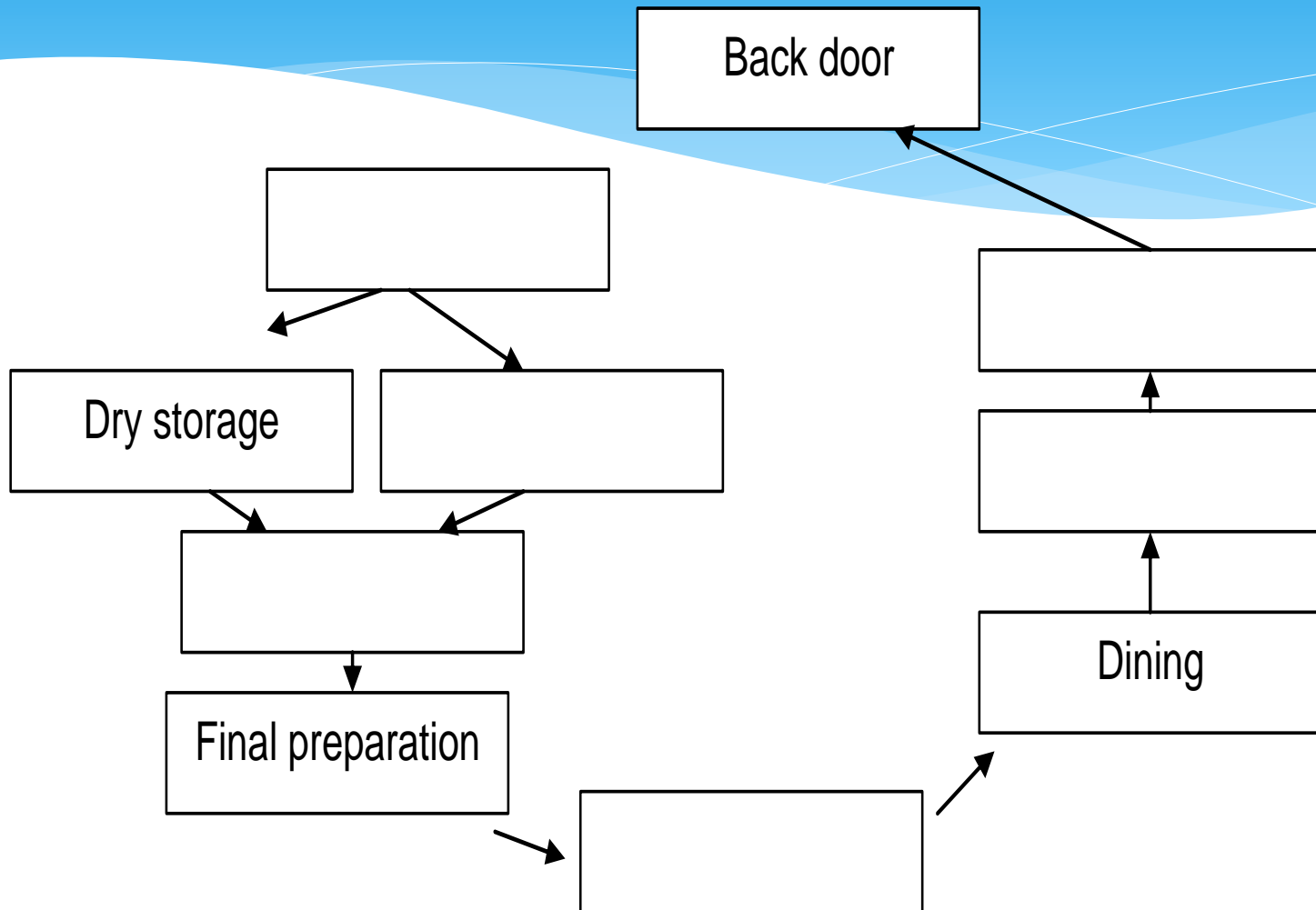
- * **The Work Triangle in a domestic kitchen is the distance between the sink, cooker and fridge i.e. the most regularly visited areas in a kitchen.**

- * **There are many work triangles in commercial kitchens depending on the jobs being done in any one area. It is important to place small and large pieces of equipment in the correct place for safety (to prevent workers bumping into each other or other equipment), time (avoid walking long distances as it wastes time) and the general well-being of workers (avoid them becoming unnecessarily tired)**

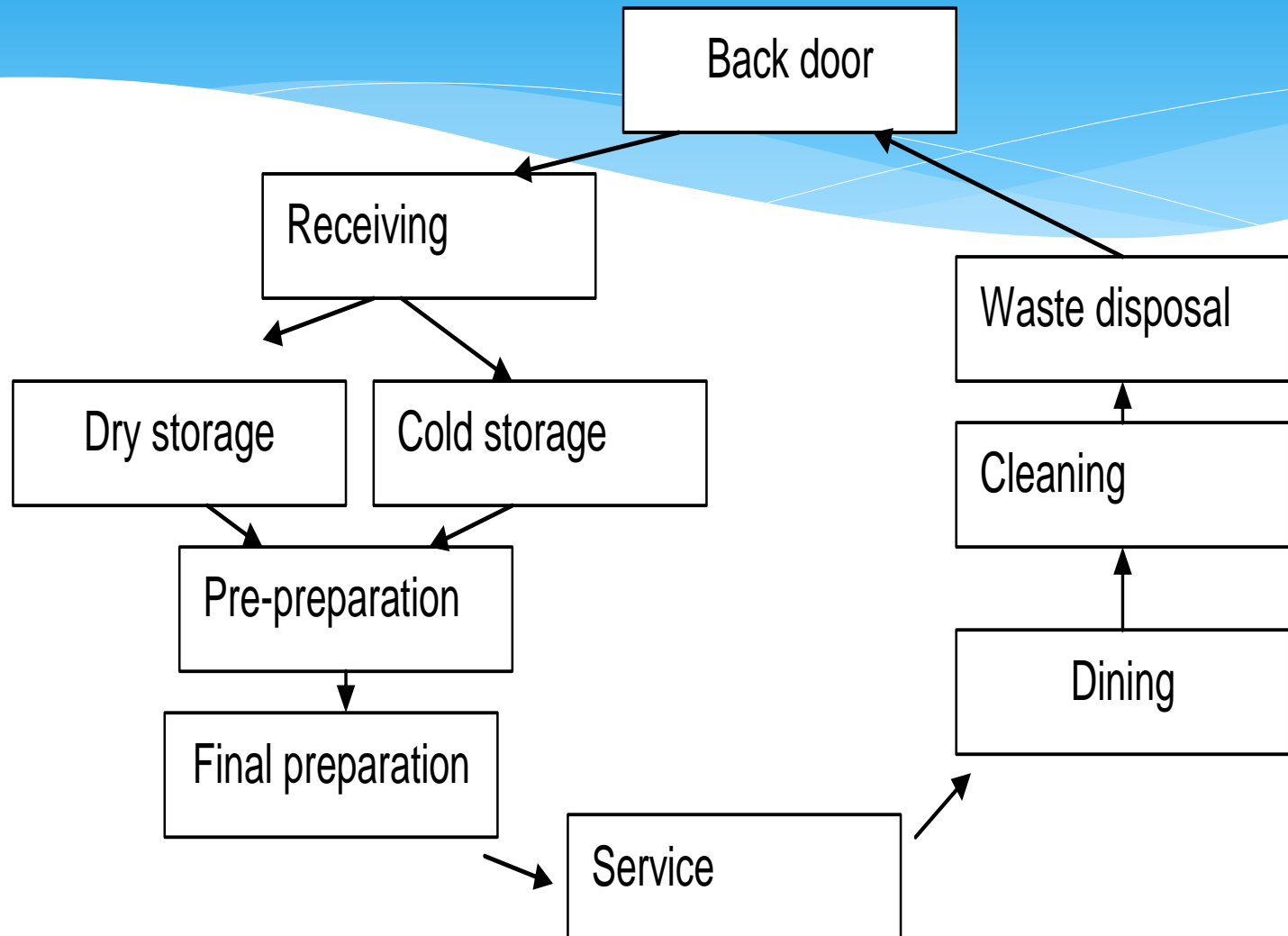
* Kitchen design—what would you consider?

- * **Position of equipment-fridges/freezers away from great heat**
- * **Ventilation/extraction systems**
- * **Tables with adjustable legs/feet to alter height**
- * **Lighting**
- * **Large /small equipment—space for it!**
- * **Equipment moveable-to allow cleaning**
- * **Noise**

Complete the “kitchen flow”



Completed “kitchen flow”



What do the following not eat??

- * A lacto-vegetarian
 - * Will not eat meat, fish, poultry, but will eat eggs, milk, cheese
- * A vegan
 - * Does not anything from an animal, including milk eggs cheese
- * What is a Muslim
 - * Does not eat pork
- * A Hindu
 - * Does not eat beef
- * A Jew
 - * Does not eat pork bacon, ham shellfish—but will eat kosher meat (which is specially prepared), (and wont eat beef and milk products together like a lasagne) but can have milk at break time fast

* **What makes a good team leader?**

* **Set a good example, make consistent decisions, encourage, motivate and support team members.**

* **Teamwork: What are the 2 main Benefits?**

* **More work gets done**

* **Better customer service.**

* What Other benefits can there be?

- * **Higher work output for less individual effort**
- * **Workers are often happier working in a group**
- * **Loyalty to a team reduces absence from work.**
- * **Team works together to come up with ideas to improve menus, practices, efficiency etc.**
- * **Can increase sales if whole team has a target they are working to together e.g. a special offer promoted by whole team**

* Advantages to team/workers:

- * **Feel more valued at work**
- * **Learn from other members of the team e.g. a commis chef will learn from a pastry chef**
- * **Having to support others in team will help team building**
- * **Team perks e.g. shared tips**