

## **Hospitality and Catering (Unit 2) Revision List**

**(Remember to use Point – Explanation – Example on Discuss Questions)**

### **1. The industry – food and drink**

- Types of establishments that provide food and drink.
- Contract caterers.
- The type of services available in different establishments to include self-service, fast food, cafeteria, take-away, buffet, plate, waiting service, automatic vending, travel service.

### **2. Job roles, employment opportunities and relevant training**

- Management – Manager, Assistant Manager.
- Chefs – Head, Second (Sous), Pastry, Larder, Sauce, Vegetable, Assistant (Commis).
- Food and Drink Service – Restaurant Manager, Waiting Staff.
- The candidate should be aware of career opportunities locally, nationally and internationally.

### **3. Health, safety and hygiene**

- Personal hygiene – hand washing, general body hygiene, reporting sickness, protective clothing.
- Food safety – cleanliness, temperature control, cooking, monitoring and storage. The main points of the Food Safety Act.
- Common causes of food contamination.
- Common types of food poisoning.
- Health and Safety – common health and safety signs, fire precautions, safe use of equipment. The main points of the Health and Safety at Work Act.
- Simple first aid procedures.
- Risk Assessment – identification and control of hazards (HACCP). Health and Safety Executive five-point plan. Fire Regulations.

### **4. Food preparation, cooking and presentation**

The candidate should have knowledge of the following terms:

- |                  |                 |             |
|------------------|-----------------|-------------|
| • accompaniments | • marinade      | • croûtons  |
| • flambé         | • brûlée        | • roux      |
| • al dente       | • mise en place | • en croûte |
| • garnish        | • bouquet garn  | • sauté     |
| • au gratin      | • purée         | • entrée    |
| • julienne       | • coulis        |             |
| • bain-marie     | • reduce        |             |

The candidate should have knowledge of the selection, storage, preparation and serving of:

- |                               |                             |
|-------------------------------|-----------------------------|
| • Meat, poultry               | • Fruit                     |
| • Fish                        | • Convenience products      |
| • Eggs                        | • Sauces                    |
| • Dairy products              | • Basic dough products      |
| • Cereals, flour, rice, pasta | • Basic pastry products     |
| • Vegetables                  | • Cakes, sponges and scones |

## 5. Nutrition and menu planning

- Functions and sources of the main nutrients.
- Current healthy eating guidelines.
- Vegetarian choices, nut allergies, wheat intolerance, lactose intolerance.
- Types of menu - table d'hôte, à la carte and themed.

The candidate should have knowledge of important points to consider when planning a menu.

- Nutritionally balanced meals.
- Variety of colour, flavour, texture.
- Foods in season.
- Time of year.
- Skills of chef.
- Equipment available.
- Type of outlet.
- Cost.
- Suitability and appeal to the client.
- Time available.
- Multi-cultural variations.

## 6. Costing and portion control

The candidate should have knowledge of:

- Costing raw materials for a range of food items using standard recipes
- The appropriate methods of portion control and their significance.

## 7. Specialist equipment

The candidate should have knowledge of:

- Small and large scale catering equipment
  - hand equipment
  - powered equipment.
- Small and large scale food service equipment
  - hand equipment
  - powered equipment.
- The safe use, care and cleaning of food preparation and service equipment.

## 8. Communication and record keeping

The candidate should have knowledge and understanding of:

- The importance of sound communication.
- Types of communication used, e.g. verbal, written, telephones, fax, ICT (e-mail, Internet).
- Which type of communication is appropriate to the circumstance.
- The need for accurate, appropriate record keeping.
- Different methods of record keeping used in – stock control, data logging and restaurant bookings.

## 9. Environmental considerations

The candidate should have knowledge of:

- Conservation of energy and water, when preparing food.
- Reduce, re-use and recycle waste in the preparing and serving of meals.
- Why it is important for the industry to address these areas e.g. sustainability.

The candidate should have knowledge of:

- A range of disposable products and materials used for packaging and assess their fitness for purpose – appeal, temperature control, recycling, biodegradable, hygiene, cost, ease of storage and handling.