



# Food Technology, Catering & Hospitality Department

## CATERING GCSE

### Section 1: The Catering Industry

1. Name 4 sectors of the catering industry and give examples.

2. Give the roles and responsibilities of:

a. Head Chef/ Catering Manager

b. Restaurant Manager

3. What is the Kitchen Brigade and Restaurant Brigade?

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|  |  |
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4. What is the Health & Safety Act 1974?





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5. According to the Health & Safety Act: What are the responsibilities of:  
a. The employer

b. The employee

6. What are the most common causes of accidents in the catering industry?

7. How can accidents be prevented? What needs to be completed?

8. In First Aid, what should you do if:

a. Someone cuts themselves deeply?

b. Burns themselves?







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15. Explain how and why it is important to correctly use catering equipment and machinery.

16. Find out what E.H.O. stands for and explain their role.

17. What does the Food Safety Act 1995 cover?

18. How does it affect catering establishments?

19. List the 6 main types of food poisoning bacteria and their symptoms.

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20. What is cross-contamination?

21. Explain the methods where food poisoning bacteria are transferred to food in preparation and service areas.

22. What is a high risk and a low risk food?

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|--|--|
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23. How should food be stored hygienically?

24. What is the danger zone? What temperatures is it between? What temperature does bacteria grow best?

25. What temperature should be?

- a. Fridge
- b. Freezer

26. what happens to bacteria below at this temperature?





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27. What uniform should be worn and why for the following:

a. Chef

b. Waiting staff

28. Give 5 personal hygiene rules and reasons why.

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29. Evaluate and state why teamwork is an important part of working in the catering industry.





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30. Give 5 knife safety rules give reasons why they are important rules.

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### Section 2: Nutrition & Menu Planning

1. What are the functions in the body and sources of:

| Nutrient      | Functions in the body | Food Sources |
|---------------|-----------------------|--------------|
| Fat           |                       |              |
| Protein       |                       |              |
| Carbohydrates |                       |              |
| Vitamins      |                       |              |
| Minerals      |                       |              |
| Water         |                       |              |
| NSP           |                       |              |

2. What are the Government guidelines for healthy eating?





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3. How should these guidelines be considered when providing varied menus?

4. What are? And how they can be catered for?

a. Lactose intolerance

b. Different religions beliefs

c. Vegetarian

d. Vegan

e. Wheat intolerance - coeliac disease

f. Nut allergies





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5. List the main points to be considered when selecting and storing:

|                      |  |
|----------------------|--|
| <b>Vegetables</b>    |  |
| <b>Fruit</b>         |  |
| <b>Meat</b>          |  |
| <b>Fish</b>          |  |
| <b>Eggs</b>          |  |
| <b>Dairy Produce</b> |  |
| <b>Frozen Foods</b>  |  |
| <b>Chilled Foods</b> |  |
| <b>Canned Foods</b>  |  |





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### Dried Goods

6. What are convenience foods, what are their advantages/disadvantages? How can they be used? How can they be combined with fresh foods to produce better products - why might this be done?

7. What is stock control? Explain stock rotation and First In First Out. Why is this important? Why is it essential to have efficient storekeeping?





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8. What is Gross and Net profit?

9. What % are these figures in the Catering Industry.

10. How do labour costs, and overheads affect the price of a dish?

- Complete the following costing sheet.

| ITEM                    | AMOUNT OF PACKET | TOTAL COST | COST PER AMOUNT FOR DISH |
|-------------------------|------------------|------------|--------------------------|
| 100g Self Raising Flour | 1.5Kg            | £0.55      |                          |
| 200g Margarine          | 1Kg              | £1.19      |                          |
| 100g Caster sugar       | 2KG              | £1.27      |                          |
| 2 eggs                  | 300g             | £0.96      |                          |
| 100g Icing Sugar        | 1Kg              | £1.30      |                          |
| 50g Jam                 | 454g             | £0.80      |                          |
|                         |                  |            |                          |
| TOTALS:                 |                  |            |                          |
| PER PORTION:            |                  |            |                          |
| + 30% labour cost       |                  |            |                          |
| + 30% operational costs |                  |            |                          |
| + 10% profit            |                  |            |                          |
| Selling price:          |                  |            |                          |

11. What is portion control? Why is it important?

12. Explain the Weights and Measure Act 1985, why is it important?





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### Section 3: Food Production

1. Explain the following catering terms:

|                 |  |
|-----------------|--|
| Al dente        |  |
| À la carte      |  |
| Au gratin       |  |
| Bain-marie      |  |
| Brûlée          |  |
| Bouquet garni   |  |
| Canapé          |  |
| Coulis          |  |
| Crêpes          |  |
| Croûtons        |  |
| Croquettes      |  |
| Egg wash        |  |
| En croûte       |  |
| Entrée          |  |
| Flambé          |  |
| Garnish         |  |
| Pâtisserie      |  |
| Purée           |  |
| Reduce/Reducing |  |





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|               |  |
|---------------|--|
| Roux          |  |
| Gâteau        |  |
| Hors d'oeuvre |  |
| La brochette  |  |
| Sauté         |  |
| Table d'hôte  |  |
| Vol-au-vent   |  |
| Marniade      |  |
| Menu          |  |
| Mise-en-place |  |

2. Give examples of food products for the following types of dish - ensure you know the basic ingredients and methods:

a. Stocks and sauces (sweet and savoury)

b. Starters

c. Soups





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d. Egg dishes

e. Dairy products

f. Rice dishes

g. Pasta dishes

h. Fish - methods of cooking and serving





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i. Meat & Poultry - methods of preparation, defrosting, cooking, serving and accompaniments

j. Variety of fruit, vegetables, salads and stir fry dishes

k. Pastry dishes - savoury and sweet, shortcrust, flaky, choux etc

l. Cakes - scones, rubbing-in, creaming, whisking methods

m. Desserts - selection of hot and cold puddings

n. Yeast mixtures - bread, pizza dough





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o. Beverages - tea, coffee, fruit juice etc

### **LIST suitable ingredients and fillings:**

Range of dishes suitable for take-away and fast-food outlets e.g. sandwiches, pitta pockets, wraps, burgers, baguettes, pizza, pannini, jacket potatoes.

Breakfast dishes

Convenience foods to be utilised where appropriate - ready made pastry, cook-chill/cook-freeze products. STANDARD COMPONENTS = ready made pizza bases in a takeaway to save time etc.

3. Why are the following important when presenting meals and food:

|             |  |
|-------------|--|
| Colour      |  |
| texture     |  |
| flavour     |  |
| shape       |  |
| temperature |  |
| time        |  |

a. The customers needs/situation/occasion/types of menu





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b. An appropriate eating environment

c. Basic/a wide range of culinary skills.

4. Explain the Trades Description Act in relation to the preparation and serving of food.

5. How would you deal with a customer complaint?





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6. Describe and evaluate the following restaurant set ups: (Advantages / disadvantages)

|                         |  |
|-------------------------|--|
| Self-service            |  |
| Fast food               |  |
| Cafeteria               |  |
| Take-away               |  |
| Buffet                  |  |
| Plate service           |  |
| Waiter/waitress service |  |
| Automatic vending       |  |
| Travel services         |  |





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7. Describe / Draw how a table should be layed for:

| Table d'hôte | À la carte |
|--------------|------------|
|              |            |

8. How should cleaning materials be stored?

9. What is COSHH? Why is it important?





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### Section 4: Technological Developments

1. What should be considered when designing an industrial kitchen?

2. What is ergonomics? Why is this important in kitchen design?

3. How should safety be considered in new kitchen design? How can this be ensured?





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4. List the both the small scale and large scale equipment that would be found in an industrial kitchen.

5. How can new technological advancements in food preparation and service make the catering industry more efficient?

6. Describe the different methods of cooking:

| Method                 | Description |
|------------------------|-------------|
| Conduction             |             |
| Convection             |             |
| Radiation              |             |
| Frying                 |             |
| Microwaving            |             |
| Steaming               |             |
| Grills and salamanders |             |
| Bain-marie             |             |
| Hotplates              |             |





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7. Describe the main methods for processing foods:

| Method         | Description |
|----------------|-------------|
| Drying         |             |
| Canning        |             |
| Pasteurisation |             |
| Cook-Chill     |             |
| Cook-Freeze    |             |
| Sous-Vide      |             |
| Vacuum-packed  |             |

8. Write a paragraph on the implications of additives and preservatives. Comment on how and why they are used, give examples and the advantages and disadvantages.

9. What is the marketing cycle?





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10. Give examples of the different things a catering outlet might do to advertise their product - how might these influence consumer choice?

11. List all the materials used for packaging - give advantages and disadvantages for each, how fit are they for their purpose. E.g. biodegradable, recycled, vacuum packs, cling film, aluminium foil.

12. Explain the importance of food labelling - the new laws that are currently being introduced and the Food Labelling Act 1996.





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13. How can computers be used in the catering industry?

14. Give the advantages and benefits of using computers in catering outlets?

15. What are the disadvantages of computers?

