Year 9

Topic 1.4.1 – Food-Related Causes of Ill Health

- **Allergies :**
- **Bacteria :**
- **Pathogens**
- **Chemicals**
- **Intolerances**

Food Poisoning Pathogens

- **Bacillus cereus**
- **Campylobacter :**
- **Clostridium perfringens**
- **E-coli**
- **Toxin**
- **Listeria :**
- **Salmonella :**
- **Staphylococcus aureus :**

Symptoms and Signs of Food-Induced Ill Health

Visible Symptoms: anaphylactic shock, vomiting

Preventative Control Measures & The Environmental Health Officer (EHO)

- **Cross Contamination Prevention**
- **Temperature Control**
- **Delivery**
- **Storage**
- **Preparation**
- **Service**
- **Physical Contamination Prevention**

Environmental Health Officer

Understanding the importance of nutrition

Macro-nutrients:
• carbohydrate
• fat
• protein.
Micro-nutrients:
Vitamins:
• fat soluble vitamin A and vitamin D
• water soluble: vitamin B group and vitamin C.
Minerals:
• calcium
• iron
• sodium
• potassium
• magnesium

Year 10

How to plan production

- **commodity list**
- **• contingencies**
- **• health, safety and hygiene**
- **• quality points**
- **• sequencing/dove-tailing**
- **• mise en place**

1.1.1 Hospitality and Catering Providers

Commercial Provision (Residential)
Commercial Provision (Residential)
Commercial Provision (Non-Residential)
Non-Commercial Provision (Residential)
Non-Commercial Provision (Non-Residential)
Residential Service
Standards and Ratings
Front of House
Housekeeping
Kitchen Brigade
Management
Personal Attributes
Employment Contracts and Hours
Remuneration and Benefits
Supply and Demand Factors

1.1.4 Contributing Factors to the Success of Hospitality and Catering Provision

Basic Costs
Profit Calculations
Economic Factors
Environmental Factors
Technology
Media Types

Section 1.2: How Hospitality and Catering Provisions Operate

Workflow Areas
Large Equipment

- **Large conventional oven**
- **Glass chiller**
- **Floor standing food mixer**
- **Deep fat fryers**
- **Hot water urns**
- **Walk-in fridge-freezer**
- **Standing bain marie**
- **Steamers**
- **Pass-through dishwasher**
- **Glass washer**

- **Hot plates**

1.2.2 Customer Requirements in Hospitality and Catering

Customer Needs
Rights and Inclusion
Equality
Customer Expectations
Customer Demographics

Year 11

1.3.1 Health and Safety in Hospitality and Catering Provision

Food Safety Principles

- Hazard Analysis and Critical Control Points (HACCP)
- Critical Control Points (CCPs)
- Risk reduction and removal to safe levels
- Corrective actions
- HACCP document
- Procedural records

Legislation & Regulations

- Control of Substances Hazardous to Health Regulations (COSHH) 2002
- Health and Safety at Work Act 1974
- Manual Handling Operations Regulations 1992
- Personal Protective Equipment at Work Regulations (PPER) 1992
- Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) 2013

Practical for all years

Skills checklist

Basic	Medium	Complex
Blending ☐ Beating ☐ Grating ☐ Hydrating ☐ Juicing ☐ Marinating ☐ Mashing ☐ Melting ☐ Proving ☐ Shredding ☐ Sieving ☐ Tenderising ☐ Zesting ☐	Creaming ☐ Dehydrating ☐ Folding ☐ Kneading ☐ Mixing ☐ Puréeing ☐ Rub-in ☐ Rolling ☐ Skinning ☐ Toasting (nuts/seeds) ☐ Weighing accurately ☐	Crimping ☐ Laminating (pastry) ☐ Measuring accurately ☐ Melting using bain-marie ☐ Piping ☐ Shaping ☐ Unmoulding ☐ Whisking (aeration) ☐

Preparation Techniques: Knife Techniques		
Basic	**Medium**	**Complex**
Chopping ☐ Peeling ☐ Trimming ☐	Chopping: baton ☐ Chopping: chiffonade ☐ Chopping: dicing ☐ Chopping: slicing ☐ Deseeding ☐ Spatchcock ☐	Chopping: brunoise ☐ Chopping: julienne ☐ Chopping: mincing ☐ Deboning ☐ Filleting ☐ Segmenting ☐

Cooking Techniques:		
Basic	**Medium**	**Complex**
Basting ☐ Boiling ☐ Chilling ☐ Cooling ☐ Dehydrating ☐ Freezing ☐ Grilling ☐ Skimming ☐ Toasting ☐	Baking ☐ Blanching ☐ Braising ☐ Deglazing ☐ Frying ☐ Griddling ☐ Pickling ☐ Reduction ☐ Roasting ☐ Sautéing ☐ Setting ☐ Steaming ☐ Stir-frying ☐ Water-bath (sous-vide) ☐	Baking blind ☐ Caramelising ☐ Deep fat frying ☐ Emulsifying ☐ Poaching ☐ Tempering ☐