Hospitality and Catering controlled assessment

Waste not, want not

Candidate name:

Candidate Number:

Centre Name: Stocksbridge High School

Centre Number: 36716

**Brief Analysis**

Choose 5 key words from the brief and explain what they are. Ensure that they relate to the environmental issues e.g. food miles etc.

**Nutrients required**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Nutrient | Where is found? | Why it is needed? | What happens if you have too much? | What happens if you don’t have enough? |
| Complex carbohydrates (starches) |  |  |  |  |
| Simple carbohydrates (sugars) |  |  |  |  |
| Saturated fats |  |  |  |  |
| Unsaturated fats |  |  |  |  |
| High biological  value proteins |  |  |  |  |
| Low biological value proteins |  |  |  |  |
| Vitamin A |  |  |  |  |
| Vitamin B |  |  |  |  |
| Vitamin C |  |  |  |  |
| Vitamin D |  |  |  |  |
| Iron |  |  |  |  |
| Calcium |  |  |  |  |

**Dietary needs of different groups**

|  |  |  |
| --- | --- | --- |
| Dietary group | What nutrients do they need and where are these found? | Why do they need these/ What are the issues? |
| Children |  |  |
| Teenagers |  |  |
| Elderly |  |  |
| Diabetic |  |  |
| Coeliac |  |  |

Compare these products/ allergies

**Cooking methods and effect on nutrients**

|  |  |  |
| --- | --- | --- |
| Cooking method | What is it? | What is the effect on nutrients? |
| Boiling |  |  |
| Poaching |  |  |
| Stir frying |  |  |
| Deep frying |  |  |
| Roasting |  |  |
| Grilling |  |  |

Compare these

**Mood Board**

What are the different ideas of products which you could make to meet the brief? How do they meet the brief- How are they local and How do they reduce waste?

**Environmental factors**

* Fairtrade
* Free range
* Organic
* Recycling/ packaging food
* Food miles
* Animal welfare
* Red tractor

**Menu choice factors**

How do the following affect the food you eat:

* Cost
* Time
* Skill chef
* Equipment available
* Season
* Climate
* Traditions

**Dish analysis**

What are four dishes which could be made which could meet the brief? Two of which are what you made.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Proposed dishes | Nutrients included | Suitable for which dietary group? | How do I know it is a good product? | Cooking methods/ skills shown in making? |
| Steak and ale pie with chips and roasted veg | Steak is produced from beef which is a HBV protein, meaning it gives all essential amino acids for growth and repair. | This is suitable for athletes as it has HBV protein which will help with growth of muscles. | The steak will be cooked so it is tender and pink in the middle (medium). Chips will be golden and fluffy in the middle. | Shallow frying is used for the steak to seal outside and contain flavour. Deep frying is used to add colour to chips, these will be boiled first to make soft. |
| Vegetable curry with naan and rice |  |  |  |  |
| Fish pie with steamed vegetables |  |  |  |  |
|  |  |  |  |  |

**Dovetailed Plan**

Plan what you did during the practical session

|  |  |  |  |
| --- | --- | --- | --- |
| Time | Stage | Hygiene Checks | Quality Checks |
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**Equipment needed**

|  |  |  |
| --- | --- | --- |
| Preparation | Cooking | Service |
|  |  |  |

Ingredients needed including quantities

|  |  |  |  |
| --- | --- | --- | --- |
| Butcher | Grocer | Green grocer | Dairy |
|  |  |  |  |

**Skills shown**

|  |  |  |
| --- | --- | --- |
| Preparation | Cooking | Service |
|  |  |  |