

W.J.E.C. Catering

G.C.S.E. Revision List

The catering industry

- A. Type of Outlets Identify establishments within the catering industry-hotel, school meals, and snack bars
- B. Jobs within Industry Identify the roles of various people within industry, e.g. role of the catering manager, and the training needed by individuals.
- C. Safety at work Health and Hygiene Health and safety at work, hygiene and safety rules, ways of preventing accidents, use of equipment safely, role of the environmental Health officer, Food safety act.
- D. Food Poisoning Identify the main types of bacteria-salmonella, E coli etc., Identify methods of transmission and ways of preventing (food poisoning)

Nutrition and Menu Planning.

- A. Nutrition Function and sources of proteins, carbohydrates, minerals, vitamins, fats etc.,
- B. Menu Planning: Understanding of dietary goals related to planning meals for a range of clients
- C. Commodities: Information to consider when selecting and storing vegetables, fruit, meat, fish, dairy products, convenience foods etc.
- D. Costing: Basic principles of meal costing-food costs, labour, overheads, net, profit, kitchen profit. Recognize the significance of, and apply the appropriate methods of portion control recognize and assess the importance for profit margins.

Equipment Knowledge and understanding of large, medium and small pieces of equipment in relation to the catering industry.

Show awareness of current development in the catering industry

A. Food Processing show knowledge of new food products. Explore the role of food additives.

B. Packaging: Identify a range of packaging materials e.g. vacuum packs, recycled, cling film, aluminum foil etc used within the catering industry

C. Labeling Show an understanding of the importance of labeling and the information given to the consumer.

D. Computer application Show awareness of the use of computers within the catering and hospitality industry

Useful books to read:

The Theory of Catering: (Kinton and Ceserani)

Food and Nutrition : (Anita Tull)

Food Preparation and Service (Ursula Jones)