



GCSE Catering Revision

40% weighting

If you learn everything within this document

- remember it !!
- be able to write about it !!

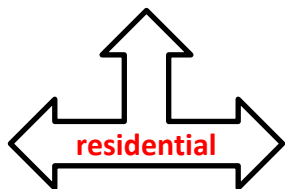
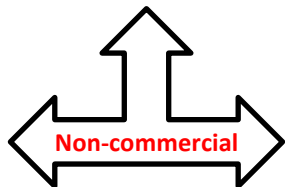
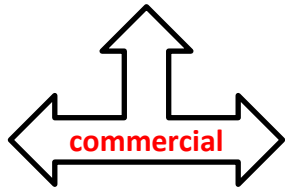
The minimum you should see would be a 'B' for your exam.

Remember to **PEE** when you write your answers otherwise you will not reach your full potential grades.





- Catering establishments provide _____ and / or _____.
- Catering establishments may be commercial (_____, _____) or _____-commercial (non-_____ making)
- Catering establishments may be residential (provide _____) or _____ - _____.
- Contract caterers provide _____ and _____ for organisations such as b_____, s_____ and H_____. Contract caterers are used to provide the _____ for functions such as _____, _____ and _____ in _____ homes. Contract caterers may p_____ and c_____ food in advance and deliver it to the v_____ or they may cook it on _____.



Give 3 examples for each type of catering establishment

Give 4 examples of organisations that would employ contract caterers.

- 1.
- 2.
- 3.
- 4.

Explain the advantages of employing a contract caterer for a large garden party: (4 marks)

Decide on the following

Commercial? (C) or Non-commercial?(NC)
...then...
Residential (R) or Non-residential? (NR)

McDonald's
The Armed Forces
Sea View Hotel
School Meals
HM Prison
Suzy's Café
Bed & Breakfast
Wine Bar
NHS Hospital



The range of food service systems include:

- 1.
- 2.
- 3.
- 4.

Explain what is meant by the term 'Table Service'.

Explain what 'Transported Meal Systems' are and give examples:

- 1.
- 2.
- 3.
- 4.

Explain the 'Gueridon Service' with examples.

Counter service:

Is the most v_____ of all systems and includes:

1. Cafeteria service:
2. Fast-Food service:
3. Vended service:
4. Seated counter service:
5. Buffet:
- 6: Carvery:



Why are vending machines likely to be found in railway stations?

Give 3 qualities needed by wait staff employed in...

Fast Food Service	5 star restaurant

Explain 4 advantages of vended service:

- 1.
- 2.
- 3.
- 4.

State and explain three (3) responsibilities of a restaurant manager: (6 marks)

Give three (3) advantages of changing the serving of breakfast from waited service to buffet service in a hotel:

- 1.
- 2.
- 3.

Why is fast food so popular? (3 marks)



Explain and then list the advantages & disadvantages of each of the different Food service styles listed below:

Service Style	Explanation	Advantages	Disadvantages
Counter Service			
Plate Service			
Family Service			
Silver Service			
Banquet Service			
Gueridon Service			
Home Delivery			



Name the table services shown above. Label equipment with the correct name. Practice <<[HERE](#)>>



Jobs in the catering industry are found in the following areas:

M_____ & A_____: Managers look after p_____. Eg a restaurant manager 'manages' the _____ and reports directly to the m_____. Administration staff, e.g. _____, often deals with the p_____.

F_____ P_____: These people work in the _____ of a restaurant.

F_____ and d_____ service: These people work with customers in a r_____.

Jobs can be at different levels: Explain with examples. (9 marks)

M_____:

S_____:

O_____:

Staff can be employed as:

F_____ T_____

P_____ T_____

C_____ or S_____.

1. Explain the importance of training for people working in the catering industry.
2. Give five (5) qualities needed by a waiter/waitress working in a seaside café.
3. Explain the role of a 'sous chef'
4. Give three (3) occasions when casual staff may be employed.
5. Give three (3) differences between casual and part-time staff.



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1.3 Job Roles (2/2)

For each of the following job roles, indicate whether they work in the kitchen or restaurant, decide on their operating level and then give their responsibilities (Similar to a job description)

Head Chef

Restaurant Manager

Sous Chef

Section Head Waiter

Commis Chef

Waiting staff



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1.4 Safety & Hygiene (1/4)

There are LOTS & LOTS of marks allocated to Health, Safety & Hygiene on the exam.

LEARN EVERYTHING THOROUGHLY!

Infected f_____ w_____

U_____ cooking food. Core temperature of food should reach _____oC

H_____ - H_____ food below _____oC

C_____ - C_____

CAUSES OF FOOD POISONING

C_____ food too slowly through the D_____ Z_____.

Food prepared too _____

Use of l_____ - o_____ foods

Not t_____ frozen food properly

Not r_____ food to a high enough temperature _____oC.

Use of pre-c_____ foods.

Harmful, food-poisoning causing bacteria are called P_____. For the following food-causing bacteria, give examples of foods or other sources of these bacteria and their typical symptoms:

E. Coli

Salmonella

Listeria

Staphylococcus



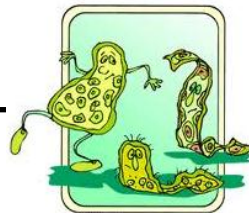
High-risk foods are usually m_____ and high in the nutrient,
p_____.

Examples of high risk foods include:

Low-risk foods are usually low in m_____ and low in the
nutrient, p_____, however, high in f_____.

Examples of low risk foods include:

Outline the 4 conditions of growth required
by pathogenic bacteria to grow



Three C's

Explain the importance of the three C's to keep food:

C_____

C_____

C_____

1. Name 2 food poisoning bacteria:
2. Give 3 symptoms of food poisoning.
3. Why do chefs wear a hat?



Food hygiene regulations

These regulations exist to avoid F_____
P_____ outbreaks.

Food Premises

Personal Hygiene

Hygienic Practices

Temperature	Description of the temperature
	Freezer temperature (Bacteria are d_____, not dead)
	Fridge temperature (never put h____ food into a fridge – it can raise the temperatures to u_____ levels.
	The D_____ Z_____, bacteria multiply r_____, especially at room or b_____ temperature.
	H_____ - H_____ of food.
	____ minutes, minimum c_____ temperature of reheated foods.
	Core temperature of c_____ foods.
	B_____ water – most pathogens are killed.
	Temperature of hot oil in a deep fat fryer – very dangerous.

1. Explain why blue plasters are used in catering.

2. What temperature should these be?

1. A fridge:
2. A freezer:
3. Hot-held food:



Accident Prevention – write in general rules / advice about the following aspects to prevent accidents:

Aspect	How could you prevent accidents from occurring?
Floor	
Light equipment	
Heavy equipment	
Clothing	
Workers	
Storage areas	
Fire prevention	
Cleaning	
Care when using fryers & ovens.	

Accident Procedures: All accidents must be reported, even if an injury doesn't appear serious at first. Records must include: (11 aspects)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.

FIRST-AID: There must be at least 1 first aid box for every _____ people.

Know how to treat the following first-aid situations:

CUTS:

BURNS & SCOLDS:

FAT BURNS:

FALLS:

Explain what being '*fit for work*' means:



The Food Safety Act covers:

- 1.
- 2.
- 3.
- 4.

Under the **Food Safety Act**, EHO's can...

- 1.
- 2.
- 3.

What does EHO mean? _____

_____ premises MUST be registered with the local authority and can be inspected at _____ time by an _____. The F_____ S_____ A_____ links closely with Hygiene Regulations and HACCP.

Food Hygiene Regulations prevent:

There are 3 main areas that the regulations cover: **Explain**

1. Food Premises:
2. Personal Hygiene:
3. Hygienic Practices:

Risk Assessment: This is a summary of what could cause _____ to people. A _____ is carried out in the following way: (List and give an example)

1. Identify
2. Decide
3. Evaluate
4. Implement
5. Review

The Health & Safety Executive (HSE) five-point plan: Organisations must:

1. Provide
2. Assess
3. Arrange
4. Ensure
5. Consult

HASAWA (1974) means

It covers all aspects of _____ & _____ of workers.

Employers must:

Employees must:



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1.5 Legislation (2/2)

Fire Regulations

Fire Prevention:



- 1: Fire _____ should be tested _____.
- 2: Staff should be _____ in the use of fire-fighting equipment.

- Fire Procedures:**
1. Raise
 2. Call
 3. If safe, turn off
 4. Try to fight
 5. Close
 6. Leave
 7. Do not delay
 8. Do not use
 9. Do not stop
 10. Care must be taken to use
 11. Never put yourself or others in

HACCP ()
List three points to write about each danger/hazard and how to prevent it from happening! (CLICK [HERE](#) for ONLINE PRACTICE)

Work Flow	3 Possible Hazards	How to prevent them
P_____ of food		
R_____ of food		
S_____ of food		
P_____ of food		
C_____ of food		
C_____ of food		
Hot-_____		
R_____		
Chilled _____		
S_____ of food		

- Check your understanding: Answer on a separate sheet of paper:
1. What powers does an EHO have under the Food Safety Act?
 2. What is the main aim of the HASAWA?
 3. What is risk assessment?
 4. Give 3 rules to follow in the event of a fire in a hotel kitchen.
 5. Explain what these two signs indicate:







Cookery Skills

KNOW BASIC RATIOS & RECIPES

Cake making methods:

R _____ -in eg:

C _____ eg:

W _____ eg:

M _____ eg:

All - ____ - ____ eg:

B _____ making ingredients:

B _____, S _____ & m _____

P _____ making:

S _____ eg:

C _____ eg:

P _____ eg:

R _____ P _____ eg:

S _____ making:

B _____ sauce. Eg:

R _____ sauce. Eg:

M _____ & P _____

F _____ & V _____

F _____

D _____ Products

E _____

Basic
Commodities

C _____ Products

R _____ P _____ & other c _____.

1. List 4 methods of cake making and a cake made by each method:
2. A batch of scones turns out like biscuits. What could have gone wrong?
3. Give three (3) rules to follow when making shortcrust pastry.
4. Give three (3) reasons why convenience foods are popular with caterers.
5. Rice and pasta dishes are often quite bland. Discuss ways in which rice and pasta can be made more appealing.



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1.6 Food Preparation (2/2)

EGGS

Types:

Uses:

Prep:

Cooking:

Cost:

Storage:

Colour Flavour & Texture:

Nutritional value:

CHEESE

Types:

Uses:

Prep:

Cooking:

Cost:

Storage:

Colour Flavour & Texture:

Nutritional value:

CHICKEN

Types:

Uses:

Prep:

Cooking:

Cost:

Storage:

Colour Flavour & Texture:

Nutritional value:

POTATOES

Types:

Uses:

Prep:

Cooking:

Cost:

Storage:

Colour Flavour & Texture:

Nutritional value:

RICE

Types:

Uses:

Prep:

Cooking:

Cost:

Storage:

Colour Flavour & Texture:

Nutritional value:

MILK

Types:

Uses:

Prep:

Cooking:

Cost:

Storage:

Colour Flavour & Texture:

Nutritional value:

FRESH FRUIT

Types:

Uses:

Prep:

Cooking:

Cost:

Storage:

Colour Flavour & Texture:

Nutritional value:

PASTA

Types:

Uses:

Prep:

Cooking:

Cost:

Storage:

Colour Flavour & Texture:

Nutritional value:



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1.7 Cooking Methods (1/3)

We need to cook food to ...



The **main methods** of cooking are:

Cooking in water:

Cooking in fat:

Cooking in an oven:

Safety Tip 4: Using deep fat fryers safely

Develop written safety instructions for cleaning deep fat fryers.
Consider:

- The manufacturer's instructions.
- The type of oil/fat and cooling times.
- Container type.
- Pathways - shorter is better.
- The types of safety equipment and personal protective equipment needed.



Allow hot oil to drip off before completely basket.

Lower food and utensils into hot oil

Dry _____ and _____ before putting them in hot oil.

Use _____ floor treatments and mats on floors.

Make sure oil doesn't _____ on the floor.



DEEP FAT FRYER

Switch off/disconnect power supply at mains before cleaning. Avoid filling pan beyond recommended oil level. Ensure food is dried before immersing in oil to prevent frothing and subsequent overflowing. Always return thermostat control to zero when frying is complete.

When draining

1. Ensure that receptacles used is large enough to contain contents.
2. Maintain constant vigilance.
3. Clean up spillages immediately.

1. Why is poaching a suitable method of cooking for eggs and fish?
2. Which method of cooking would you suggest for a family meal of chicken and vegetables which would retain as many vitamins as possible. Why?
3. What are the safety considerations when using microwaves?



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1.7 Cooking Methods (2/3)

BOILING

Popularity & why?

'Healthiness' as a method of cooking:

Foods that are suitable for this method of cooking include:

STEAMING

Popularity & why?

'Healthiness' as a method of cooking:

Foods that are suitable for this method of cooking include:

STIR-FRYING

Popularity & why?

'Healthiness' as a method of cooking:

Foods that are suitable for this method of cooking include:

BARBECUING

Popularity & why?

'Healthiness' as a method of cooking:

Foods that are suitable for this method of cooking include:

DEEP-FAT FRYING

Popularity & why?

'Healthiness' as a method of cooking:

Foods that are suitable for this method of cooking include:

MICROWAVING

Popularity & why?

'Healthiness' as a method of cooking:

Foods that are suitable for this method of cooking include:

PRESSURE COOKING

Popularity & why?

'Healthiness' as a method of cooking:

Foods that are suitable for this method of cooking include:

SHALLOW FRYING

Popularity & why?

'Healthiness' as a method of cooking:

Foods that are suitable for this method of cooking include:



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1.7 Cooking Methods (2/3)

SIMMERING

Popularity & why?

'Healthiness' as a method of cooking:

Foods that are suitable for this method of cooking include:

POACHING

Popularity & why?

'Healthiness' as a method of cooking:

Foods that are suitable for this method of cooking include:

BLANCHING

Popularity & why?

'Healthiness' as a method of cooking:

Foods that are suitable for this method of cooking include:

BRAISING

Popularity & why?

'Healthiness' as a method of cooking:

Foods that are suitable for this method of cooking include:

GRILLING

Popularity & why?

'Healthiness' as a method of cooking:

Foods that are suitable for this method of cooking include:

ROASTING

Popularity & why?

'Healthiness' as a method of cooking:

Foods that are suitable for this method of cooking include:

CASSEROLING

Popularity & why?

'Healthiness' as a method of cooking:

Foods that are suitable for this method of cooking include:

FLAMBEING

Popularity & why?

'Healthiness' as a method of cooking:

Foods that are suitable for this method of cooking include:



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1.8a Presenting Food (1/2)

Use the picture of the food below to remember the rules for presenting food!



Dishes must have a range of:

C _____

T _____

F _____

S _____

Dishes and food should be h _____
or c _____ as necessary.

Dishes should be the correct
c _____ meaning:

Use stylish plates to f _____
the food.

Food should not be c _____
on the plate.

Food needs to be 'n _____'
in c _____ whenever possible.

Food should be g _____ or
d _____ appropriately.

Rich foods should be served in
s _____ portions.

Sauces and relishes etc should be
served s _____.

Food should have a pleasing
a _____ to tempt a _____.

Food should be kept of the r _____
of the plate which should be

s _____ c _____.

The most important points to consider when presenting food attractively are:

C _____

F _____

T _____

S _____

T _____

T _____

Customer N _____

C _____

E _____

State then explain the importance of the 9 points raised above



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1.8a Presenting Food (2/2)

Study the buffet below and list the rules for presenting a buffet



Describe the differences between a buffet and a carvery



Describe the necessary elements to be considered when presenting a buffet

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



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1.8b Food Terms to Know

The exam **ALWAYS** makes you define terms or match terms!
Learn them well!

Exam style questions: Answer them with PEE!

1. Describe how a high standard of hygiene can be maintained when presenting food for a cold buffet.

2. Explain the importance of colour when presenting food.

3. Explain the importance of portion control when presenting food for a buffet.

Write out the definition or provide the term which is missing on the following chart:

TERM USED	MEANING
	Items offered separately to main dish e.g. vegetables and sauces
	Literally means 'to the tooth' i.e. firm to the bite
	Sprinkled with cheese and/or breadcrumbs and browned under a grill
	A container of water used to keep foods hot without fear of burning or to cook delicate foods
brûlée	
	A bundle of herbs
coulis	
	Cubes of bread fried or grilled
	In pastry e.g. salmon en croute
entrée	A meat dish usually served as a main course
flambé	
	A savoury decoration for food, trimmings served with a main item
	Thin, matchstick-size strips of vegetables
	A richly spiced liquid used to give flavour to and help tenderise meat and fish
	Literally 'put in place' i.e. preparation either before starting to cook or before serving
	A smooth mixture made from food passed through a sieve or liquidised in a food processor
	To concentrate a liquid by boiling or simmering
	A mixture of fat and flour used as a basis for a sauce
	Tossed in hot fat e.g. sauté potatoes



The 5 main nutrients, their function & examples of foods are:

Nutrient	Function in the body	Examples of foods
P		
C		
F		
V		
M		
The following are not nutrients but have important functions in the body		
W		
F		

Protein: Give examples of foods of each type of protein.

1. (HBV)

2. (LBV)

Protein sources which are suitable for vegetarians to eat can include :

Carbohydrates: Explain with eggs:

1. Simple:

2. Complex:

3. Eating too much carbohydrates can lead to...

Fats: Explain with eggs:

1. Saturated:

2. Unsaturated:

3. Eating too much fat can lead to ...



Vitamins: These are needed in only _____ amounts. Describe the uses of the following vitamins and give good food sources for each:

Vitamin A:

Vitamin B group

Vitamin C:

Vitamin D:

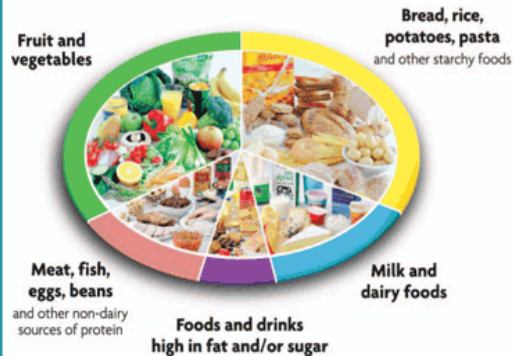
Minerals: These are also needed in only _____ amounts. Describe the functions of the following give good food sources:

Calcium:

Iron:

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Label the key nutrients

Healthy Eating: The government recommends the following to stay healthy:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

What nutrients are used for: There are 3 main uses:

- *
- *
- *

Macronutrients:
Are eaten in large quantities 'Macro=large)

Micronutrients:
Are eaten in minute quantities 'Micro=small'



SPECIAL DIETS

Vegetarian diets

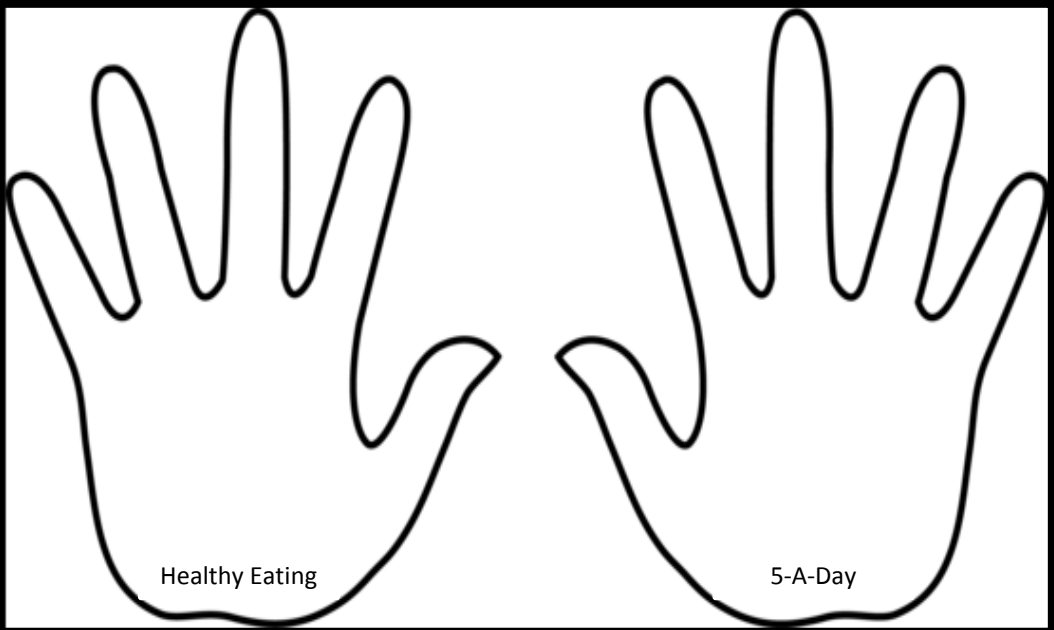
Religious Diets

Medical Diets

1. Name two nutrients found in cheese:
2. Explain why the body needs fibre and good sources of fibre: (NSP)
3. Why should iron-rich foods be eaten with foods rich in Vitamin-C?
4. Name the two nutrients that are needed for healthy bones and teeth:
5. Explain what the following groups cannot eat and/or should eat:
 1. A vegan:
 2. A person with anaemia:
 3. A lactose intolerant person:
 4. A diabetic:



How Does '5-A-Day' relate to 'Healthy Eating'?



Why can a Jewish person only eat Kosher meat? What does it mean?



Explain the importance of this sign:



What would make this chocolate suitable for diabetics to eat?



Explain what foods could be eaten in a daily diet that would mean that supplements for Vitamin-C should not be necessary

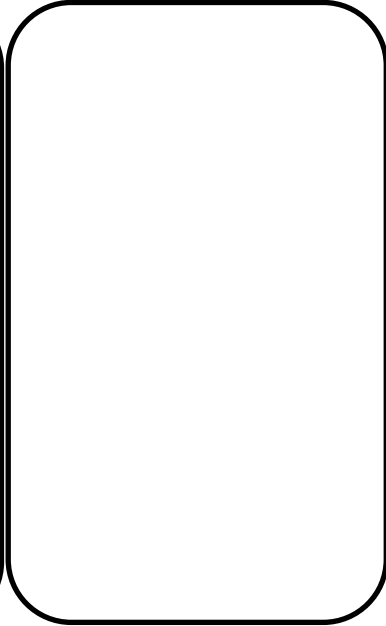
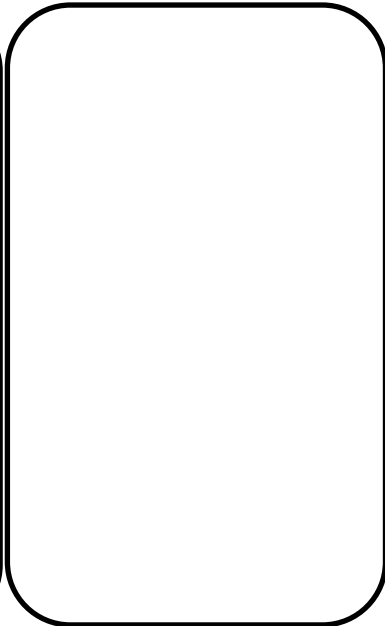
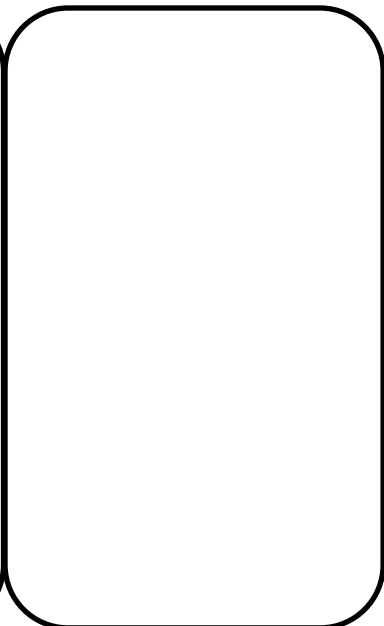
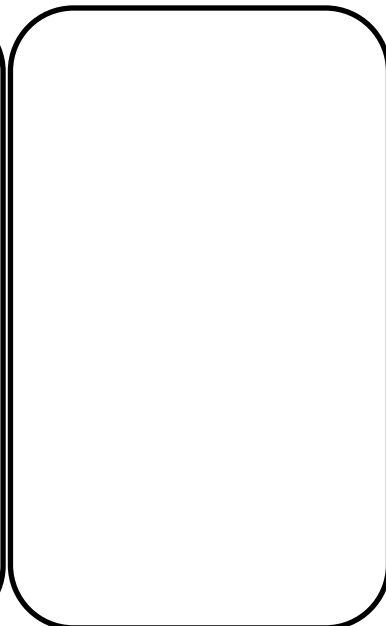
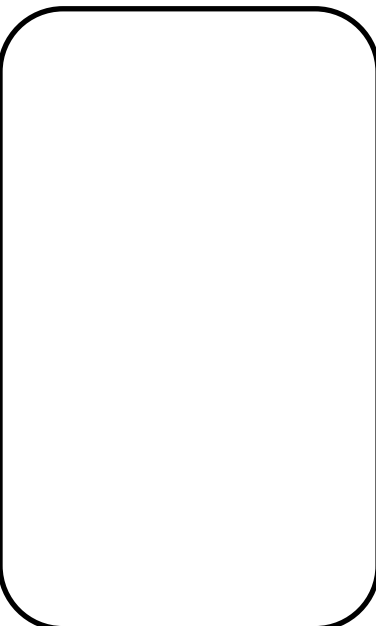


Which groups of people may use this product. Explain why it would be suitable for them. When would they use it?



What does this symbol mean? Explain with examples.







The 4 W's

WHO

WHEN

WHERE

WHAT

OTHER POINTS
TO CONSIDER

BREAKFAST

LUNCH

DINNER

CHILDREN'S



CHOOSING A MENU

- Decide on the main course 'protein item':

- Decide on the desserts:

- Choose the vegetables:

- Choose the starters:

What have you understood?

1. What are the 'four W's' that need to be considered when menu planning?
2. Why is it important to have a range of colours and textures in a meal?
3. Why is it important to consider different dietary needs when planning a menu for a hotel restaurant?
4. What should a healthy two-course meal for a toddler contain?
5. What advice would you give a teenager about healthy eating?

Daily Specials Board

Table d'hôte

A la carte

Party / Function

Ethnic or Speciality

Fast-food



How will you adapt these original menus to suit the needs of the customers identified?

Original Menu 1

Chicken Tikka Pizza
Green Salad
Garlic Baguette

Key Lime
Cheesecake

Vegetarian

Coeliac

Lactose Free

Vegan

Original Menu 2

Pork & Beef lasagne
Greek Salad
Cheese Foccaccia

Tiramisu

Muslim

Coeliac

Lactose Free

Weight Watcher

Original Menu 3

Cheeseburger
Chips
Coleslaw

Chocolate Brownie
Sundae

Vegetarian

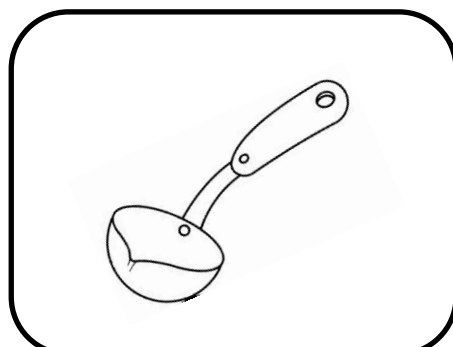
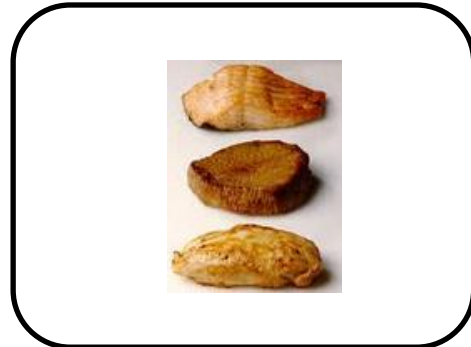
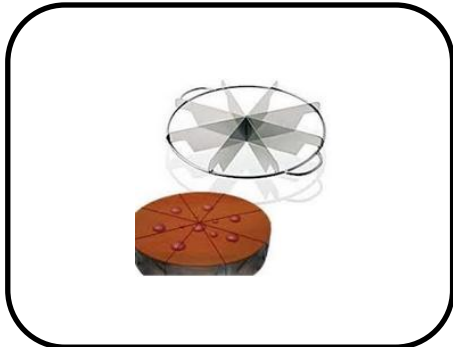
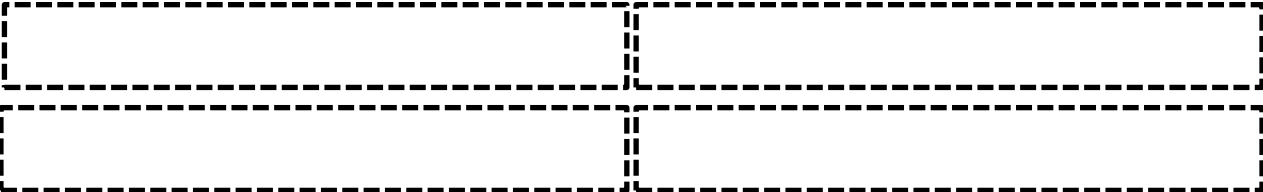
Jewish

Diabetic

Toddlers



Good portion control is essential in order to...





Explain how each of the following components of costing are made up: Give examples!

FOOD COSTS

OVERHEADS

STAFF WAGES

PROFIT

VAT

The **formula** used to **calculate selling price** is:

1. A chicken dish costs £2.40 per portion to make. Calculate the selling price using the formula:
2. Suggest ways of achieving good portion control.
3. Give the advantages of good portion control:

Always round up the final cost so that the figure ends in a 5 or 0. eg £3.37 - £3.40



The exam always demands that you know about equipment, how to select them, use them, care for them and handle them safely and hygienically!

Label each knife with the corresponding letter. THEN explain the main use of each knife.

A. Filleting:

B. Cook's:

C. Boning:

D. Palette:

E. Steel:

F. Paring (Veg):

G. Peeler:



N.B. A steel is not a KNIFE ... and should not be referred to as a knife. It is essential for safe practices. Same applies to the peeler!

Safety Rules for knives

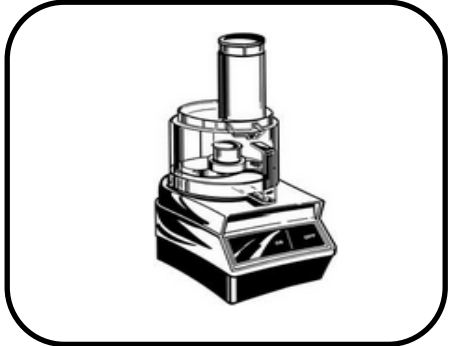
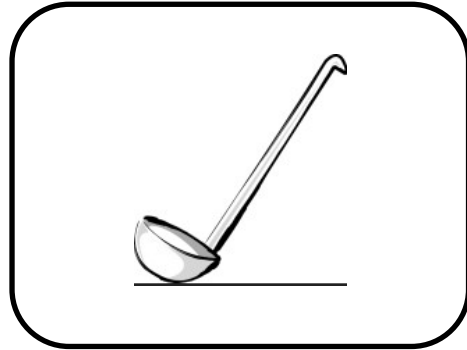
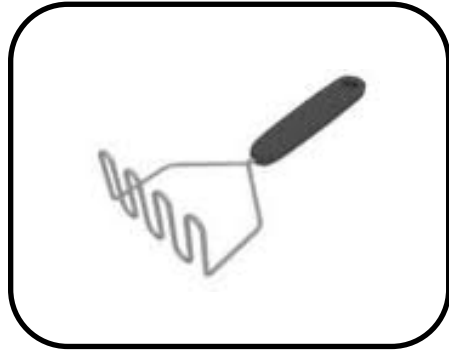
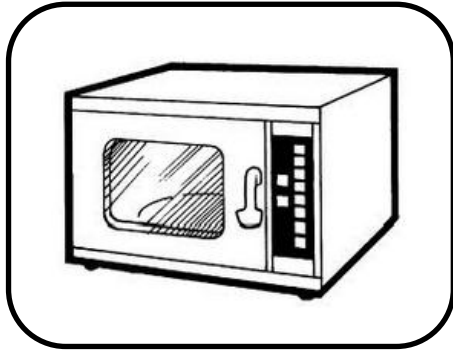
- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



Food Technology, Catering & Hospitality Department

1.12 Specialist Equipment (2/4)

You must learn the names of small, medium & large equipment used in catering: Know their use and advantages.
Also learn about using them safely and hygienically.



Study cards: Write your revision information on the back of this sheet in the boxes provided!



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1. A set of knives should last a lifetime. What advice would you give a young chef buying a set of knives?
2. Name and give a use for two (2) knives you think are essential in a catering kitchen.
3. Give four (4) safety rules a chef should follow when using knives.
4. Explain the importance of efficient refrigerators and freezers in a catering kitchen.
5. Evaluate the use of a microwave in a fast-food outlet.



Effective communication is important in the catering industry. This is because it is a 'S _____' industry.

Good communication is a combination of

Observing:

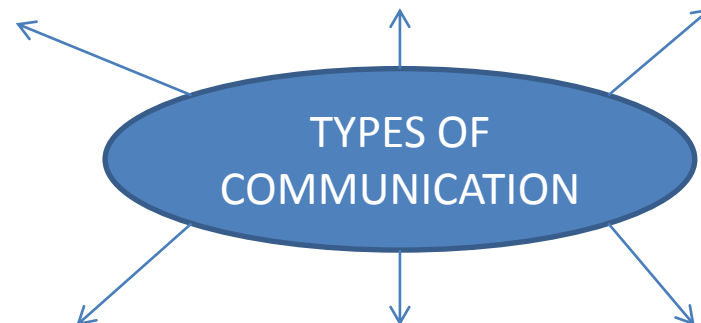
Listening:

Thinking:

Knowing:

Describing:

Suggesting:





Explain: The Use of ICT in the Hospitality Industry

Reservation Systems:

Management Systems:

Electronic Point of Sale:

Stock Control Systems:

Food & Beverage management system

Events Management

Menu Engineering

Dietary analysis

Record Keeping in the Industry

The types of records which are kept in the industry are:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

1. Why is it important for a store keeper to keep accurate records?
2. What type of communication would you suggest for:
 1. Making a restaurant booking
 2. Placing a food order to regular suppliers.
 3. Finding out about a holiday hotel?
3. State three (3) pieces of information that should be recorded in an accident book* Look back in notes.
4. Explain the importance of ICT in the catering industry.



The 3R's: R _____, R _____ & R _____

Reduce the amount of waste generated in the catering industry by

1. Store foods c_____.
2. Handle foods c_____.
3. Do not prepare _____ food.
5. Have accurate p_____ control.
6. R_____ where possible.
7. Use d_____ for salt, sugar, sauces etc.
8. Review w_____ procedures regularly.

Conserve energy & water by:

1. Invest in e_____ -efficient e_____.
2. Keep l_____ on p_____ to speed up boiling process.
3. Keep equipment c_____.
4. Have regular maintenance checks.
5. Have efficient t_____ controls.
6. Have f_____ loads of washing machines & D_____.
7. Turn equipment _____ when not in use.

REDUCE

RECYCLE

REUSE

BIODEGRADABLE

ENVIRONMENTAL
POLICY



Food Technology, Catering & Hospitality Department

1.15 Food Packaging (1/2)

List & expand the main reasons for packing food:



Match the following foods to their recommended packing:
(Then use this information to help fill out boxes)

Polystyrene box

Sweet & Sour Chicken

Flat, cardboard box

French Fries

Foil container with card lid

Burgers

Clear triangle plastic box

Chicken biryani

Cardboard cone

Pizza

Plastic container with lid

BLT Sandwich





Food Technology, Catering & Hospitality Department

1.15 Food Packaging (2/2)

On the packing for Broccoli & Cheese Quiche. **Identify** the parts of the label.

- Product Name
- Product Description
- Manufacturer's name and address
- Ingredients (in order – heaviest first)
- Storage instructions, cooking instructions
- Nutrition information
- Batch number, bar code.
- Special claims, e.g. low fat
- Specific warnings, e.g. may contain nuts
- Display until or 'use-by' or 'best-before' dates.

Broccoli & Cheese Quiche
Shortcrust pastry case filled with broccoli, free range egg and cheese. 350g e

INGREDIENTS
(Largest first) Milk, Broccoli (17%), Wheat Flour, Egg (Free Range) (11%), Vegetable Oil (Palm, Rapeseed), Cheddar Cheese* (5%), Fromage Frais, Soft Cheese** (3%), Whipping Cream, Modified Starch (Maize), Gruyere Cheese* (1%) Dextrose, Salt, Potassium chloride, Flour Treatment Agent (L-Cysteine), Magnesium sulphate, White Pepper, Nutmeg, Preservative (Sulphur dioxide).
* Made using a vegetarian rennet derived from a genetically modified micro-organism
** Made using non-animal rennet
72% Filling 28% Pastry

NUTRITION

Typical Values	per 1/4 quiche (approx. 87g)	per 100g	
Energy Value	840 kJ	950 kJ	
(Calories)	200 kcal	230 kcal	
Protein	5 g	6 g	MEDIUM
Carbohydrate (of which Sugars)	12 g	19 g	MEDIUM
Fat	3 g	3 g	LOW
(of which Saturates)	12 g	14 g	HIGH
Fibre	4 g	5 g	HIGH
Sodium	1 g	2 g	MEDIUM
Salt	0.1 g	0.1 g	MEDIUM
	0.3 g	0.3 g	MEDIUM

ALLERGY ADVICE
Contains Egg, Gluten, Cows Milk, Sulphites.

STORAGE ADVICE
Home Freezing - freeze on day of purchase in a *** freezer and use within 1 month of freezing.

Use By: 03/04/14 3/3K
Keep in fridge 2 to 5°C

Suitable for Vegetarians
Suitable for Freezing

TS Foods Ltd. Gloucester GL1 3LD

PRE-MADE (PACKAGED) FOODS [Standard Components]

ADVANTAGES

DISADVANTAGES