

Food Technology

Year 9



**I
Do**

I will explain the needs of each topic and teach a new range of skills and knowledge to you. I will demonstrate how to use equipment safely and effectively and expect you to continue to apply previous learnt knowledge. I will show you to evaluate your work.



**We
Do**

We will discuss nutrients and look at the nutritional needs of specific groups of people. We will discuss foods from around the world, different cultures and the environment. We will look at the importance of accurate shopping and equipment lists, and how to cost out dishes. We will carefully watch and learn from practical demonstrations and apply our learning to our individual practical cook. We will evaluate our work in readiness for your own personal evaluation on the food you produce.



**You
Do**

You will use your skills, knowledge and understanding to independently prepare, cook and clean your dishes. You will complete all the theory elements independently. You will evaluate independently the dishes you have produced.

Name:

Group:

THE BIG QUESTION

WHY COOK?



**THE HOSPITALITY AND CATERING INDUSTRY IS WORTH
£41 BILLION TO THE UK ECONOMY AND PROVIDES
THOUSANDS OF JOBS.**



Contents pages

The Big Question What do nutrients do for our bodies?

Nutrients and the jobs they do



What are nutrients and why do we need them? Teacher led discussion Q & A session



Watch PowerPoint- discuss



Complete page - "nutrients and their uses".

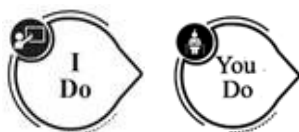
Complete standard and super challenges

The Big Question

What affects our food choices and why?

How does the catering industry impact the environment?

Foods and culture and the environment



How do foods differ around the world? How do different religions affect food choices? How does the catering industry affect the environment? Teacher led discussion Q&A session

Watch "Religion and food choice" PowerPoint- discuss.

Contents pages

The Big Question?

What is the importance of accurate shopping and equipment lists to a caterer?

Shopping and equipment lists and costings



Why does a caterer need accurate shopping and equipment lists?

Why do caterers have to have accurate costings? Teacher led discussion Q & A session



Look at the examples on board- discuss in groups



Complete all the pages (use a separate sheet for each food item you make)

Evaluating your product



Why does a caterer need to evaluate their food product? Teacher led discussion on all the category's required- Q & A session



Look at examples on board discuss and complete example

The Big Question

Why do we need to evaluate our food products?

Glossary for catering equipment

Glossary of equipment, preparation and cooking skills

NAME	USE	SIZE
Pastry Brush	Used for glazing	Small
Palette Knife	Spreading icing	Small
Chef's Knife	All purpose knife	Small
Vegetable Knife	Preparing Vegetables	Small
Rolling Pin	Rolling out pastry/dough	Small
Measuring Spoons	Measure out dry goods	Small
Cake Tray	Cook small cakes	Small
Muffin Tin	Cook larger small cakes	Small
Baking Tray	Cook scones / biscuits	Small
Spatula	To spread/mix	Small
Fish Slice	To remove fish from a pan	Small
Peeler	To removed skin from fruit/vegetables	Small
Corer	To remove core from fruit	Small
Pastry Cutter	To cut out shapes pastry/dough	Small
Balloon Whisk	To put air into egg whites etc.	Small
Garlic Press	To crush garlic into a paste	Small
Pizza Cutter	To slice pizza	Small
Mixing Bowl	Container to mix cake/pastry etc	Small
Electric Mixer	Electric devise to mix products fast	Large
Hand Held Mixer	As above but hand held	Large
Bake	To cook in the oven e.g. pasta bake/ crumble	
Sauté	To lightly fry	
Rubbing in	To rub in gently with your finger tips	
Boil	To bring items to the boil—100* C	
Simmer	Just below boiling point	
Portion control	The amount of food each person receives	
lining	To line a tin or tray to prevent sticking	
Glaze	To coat a food item before cooing to give it a shine	
Draining	To remove liquid from a food product eg pasta	
Bridge and claw hold	To hold the item to be cut securely to prevent cuts	
Mixing	To mix ingredients together to bind them	

Date: _____

Glossary Word Bank to help with your evaluations

APPEARANCE

Attractive
Appetising
Bright
Colourful
Colourless
Crumbly
Crystalline
Cuboid
Dark
Dull
Evenly baked
Firm
Fizzy
Flaky
Flat
Fragile
Glossy
Golden
Golden Brown
Greyish
Heavy
Interesting
Light
Limp
Mouth-Watering
Off-Colour
Over cooked
Pale
Plain
Runny
Stringy
Tempting
Unevenly Baked
Uniform Size
Wet
Well Risen

FLAVOUR

Acidic
Aftertaste
Balanced
Bland
Buttery
Cheesy
Citrus
Cool
Delicate
Delicious
Fizzy
Greasy
Herby
Hot
Light
Mature
Mild
Peppery
Refreshing
Rich
Salty
Savoury
Scrumptious
Sharp
Sickly
Sour
Spicy
Sweet
Tainted
Tangy
Tart
Tasteless
Warm
Weak

TEXTURE

Brittle
Bubbly
Chewy
Close
Creamy
Crisp
Crumbly
Crunchy
Dry
Flaky
Fluffy
Greasy
Gritty
Hard
Juicy
Lumpy
Moist
Mushy
Open
Rubbery
Runny
Sandy
Short
Smooth
Soft
Sticky
Stringy
Stodgy
Tacky
Tender
Tough
Waxy
Uninteresting

AROMA

Acrid
Aromatic
Burnt
Fishy
Floral
Fragrant
Fruity
Light
Meaty
Musty
Perfume
Pungent
Rancid
Roasted
Rotten
Savoury
Scented
Sour
Spicy
Strong
Zesty

Sentence Starters Year 9

Big Question: How could you use sentence starters to help you to explain your ideas and deepen your responses?

In Catering, **it's important that you can communicate your thoughts and ideas through a range of methods.** Speaking and writing are often used but it can be difficult, sometimes, to get your ideas across to others, e.g. a teacher, a student or an Examiner. Using sentence starters to get your ideas across is a great way to get yourself started!

If explaining or writing a **Catering Brief**

I am going to research recipes and make...
The problem I have with my dish is...
My dish will be using these ingredients...
The organoleptic qualities in the dish will be...
The dish should be suitable for...
The dish will be served in the following way...
The dish should be nutritious because...

If explaining or writing a **Catering Specification**

The size of the chosen dish will be for...
The finishes I use on the dish to enhance it will be...
To ensure my product is produced hygienically and safely I will...
The intended customer for this dish will be ...
I will be making my dish out of the following ingredients ...
My research tells me that...

Annotations- these are often used when designing a food product or listing out ideas and thoughts
The size of my dish I have decided will be ...

I intend to use these finishes on my dish...
When making my dish I will use the following HSH techniques...
I feel this will be a suitable dish to make because...
I don't like the dish because...
By making these changes I can improve and develop my dish by adding (or taking away)...

Evaluation- use this to explain how successful/ not successful the completed dish is .Overall I feel my dish is a success/ failure because...

I have found the preparation and cooking process hard/difficult/easy...
If I were to make this dish again I would change... to improve it
I would like to add this to the dish...

Product Analysis- think about cost, materials, quality, aesthetics, etc. of similar shop bought products already in se

I have found that dishes in my target market have a similar appearance/ taste/ shape...
I will take inspiration from this dish by...
This dish has ... which can be adapted for different ethnic menus
I like the way this dish has been made to...
This dish could be adapted by adding/ removing...

Big question how can Numeracy be used in Catering?

- develop basic counting skills.
- read a variety of numbers.
- measure out quantities.
- learn maths vocabulary such as units of measurement for both solids and liquids.
- learn both imperial and metric measurements.
- estimate how long things might take to cook.

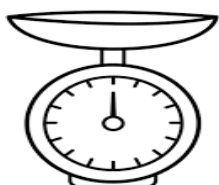
KITCHEN MEASUREMENT CHART					
WEIGHTS		WEIGHTS		VOLUME	
15g	1/2oz	450g	1lb	30ml	1fl oz
20g	3/4oz	475g	1lb 1oz	50ml	2fl oz
25g	1oz	500g	1lb 2oz	75ml	3fl oz
40g	1 1/2oz	550g	1lb 4oz	100ml	3 1/2fl oz
50g	2oz	600g	1lb 6oz	125ml	4fl oz
60g	2 1/2oz	700g	1lb 8oz	150ml	1/4 pint
75g	3oz	750g	1lb 10oz	175ml	6fl oz
100g	4oz	800g	1lb 12oz	200ml	7fl oz
124g	4 1/2oz	900g	2lb	225ml	8fl oz
150g	5oz			250ml	9fl oz
175g	6oz			300ml	1/2 pint
200g	7oz			325ml	10fl oz
225g	8oz			350ml	12fl oz
250g	9oz			375ml	13fl oz
275g	10oz			400ml	14fl oz
300g	11oz			425ml	3/4 pint
350g	12oz			450ml	16fl oz
375g	13oz			500ml	18fl oz
400g	14oz			600ml	20fl oz
				1ltr	1 3/4 pint
		SPOON MEASURES			
		5ml	1tsp		
		15ml	1tbsp		
		30ml	2tbsp		
		45ml	3tbsp		
		60ml	4tbsp		
		OVEN TEMPERATURE			
		Fahrenheit°	Celsius°	Gas mark	
		275	140	1	
		300	150	2	
		325	160	3	
		350	180	4	
		375	190	5	
		400	200	6	



Why is portion control important in the catering industry?

Using portion control equipment such as different sized spoons is standard practice in the kitchen. It will not only keep food costs down and help to reduce waste, and therefore help the environment, it will also ensure that customers will receive consistency

- Measuring Jug A measuring jug is needed for measuring liquids. A jug which is marked in millilitres (ml) on one side and pints and fluid ounces (fl oz.) on the other, showing both units is the most useful kind to have. Liquids are measured in millilitres (ml) and litres (l). There are 1000ml in a litre. Liquids are measured in millilitres (ML) and litres (L)



Before anything is weighed on scales, make sure the pointer on the number face is at zero, when the scale pan is in place. Simply measure the food until the pointer reaches the weight you need.

The Big Question What do nutrients do for our bodies?

Nutrients

Standard challenge — complete the last 5 questions on the work sheet

Super challenge — create a menu for a child showing all the nutrients needed for a healthy body, and explain why.

Foods from around the world

Standard challenge — complete both pages using full descriptive sentences

Super challenge — using research techniques (lap top) create a mood board showing world foods and traditions in picture format.

Shopping & Equipment lists

Standard challenge — create a shopping list showing all ingredients needed and the shopping venues by category. Also produce a basic equipment list showing small and large items needed to create the dish.

Super challenge — complete a shopping list showing all the weights and ingredients needed for the preparation and cooking of the dish. Explain in detail the equipment needed to produce the dish and why that particular piece of equipment is important.

Costings

Standard challenge — using your recipe/help sheet show correct prices for each ingredient and discuss profit by producing a costings chart.

Super challenge — using your recipe/help sheet work out cost per portion for all your dishes made showing the correct formula to work out cost per portion including profit.

Evaluations

Standard challenge — as well as discussing taste, texture and aroma, using full sentences discuss customer acceptability and changes that could be made to your dishes.

Super challenge — complete all of the above and then describe the nutritional values of your dishes.



The Big question What do nutrients do for our bodies?

Nutrients are chemicals found in foods. They are needed to keep the body healthy throughout our life. Each nutrient has a special job (function) to do in the body.

NUTRIENT	JOB IN THE BODY (FUNCTION)	FOODS WHERE FOUND (SOURCE)
Protein	Growth and repair of the body	Meat, Fish, Cheese, Eggs, Milk. Soya Beans, Nuts, Cereals, Pulses.
Carbohydrate	Needed for energy.	Sugars: treacle, syrup, jam, honey, sugar, fruit. Starch: flour (e.g. in bread, cakes, puddings), other cereals, potatoes.
Fat	For warmth	Milk, butter, cream, cheese, suet, fatty meat, oily fish. Margarines, salad or cooking oils
Minerals		
Calcium	For the development of strong bones and teeth	Milk, cheese, eggs, fish bones, e.g. salmon added to white bread.
Iron	For health blood	Liver, kidney, red meat, corned beef, bread, cocoa, treacle, dried fruit, green vegetables e.g. spinach
Vitamins		
Vitamin A	For healthy eyes	Fish-liver oil, oily fish, liver, dairy foods, margarine. Carotene, in orange/yellow fruit and vegetables e.g. spinach
Vitamin B	Helps to release energy in the body	Found in a variety of "natural" unprocessed foods, wholemeal flour, whole cereals, yeast extract (marmite), meat, liver, eggs, milk.
Vitamin C	For healthy skin. Helps cuts and wounds to heal.	Blackcurrants, rosehip, syrup, citrus fruits—oranges, lemons, grapefruit. Tomatoes, potatoes, fresh green vegetables.
Vitamin D	For strong bones and teeth	Margarine, oily fish, cod—liver oil, eggs. S Sunlight acting on the fat layer under the skin forms Vitamin D.



Big Question- What do nutrients do for our bodies?

Nutrients and their uses

Answer the following questions:

1. Where do we get our nutrients from?
2. Why are nutrients needed?
3. Name 2 nutrients needed for energy
4. Name four types of food that provide energy
5. Why are proteins needed?
6. Name foods that contain protein
7. Why do we need minerals?
8. What types of food would we find minerals?
9. Why do we need iron?
10. What foods contain iron?

Standard challenge

Choose 3 different vitamins, describe what they do and name two foods rich in each vitamin:

Super challenge

Create a menu for a child showing all the nutrients needed and explain why they are important



The Big Question What affects our food choices and why?

Religions, food choices and dietary requirements

If a person has a medical condition or chooses to eat a particulate diet for health, religious or other reasons, there will be certain foods they can eat and others that they should avoid. Read each of the descriptions and use them to fill in the chart.

Special diets	Food eaten/ not	Reason why
Vegan		
Coeliac		
Lactose		
Vegetarian		
Diabetic		
Muslim		
Hindu		
Sikh		
Jewish		

Will not eat any food that is produced from an animal

Will eat meat & fish but many are vegetarian

Will not eat meat because they have strong feelings about how the animals are

Will not eat pork. A pig is seen as an unclean animal. Food must be Halal

Will not eat beef. Cow is seen as a sacred animal

Cannot control blood sugar levels and need to avoid sugary foods

Will not eat meat and milk in the same meal. They eat kosher meat, and will not eat pork

Cannot digest milk so need to avoid products containing milk e.g. dairy products

Cannot digest gluten so must avoid wheat

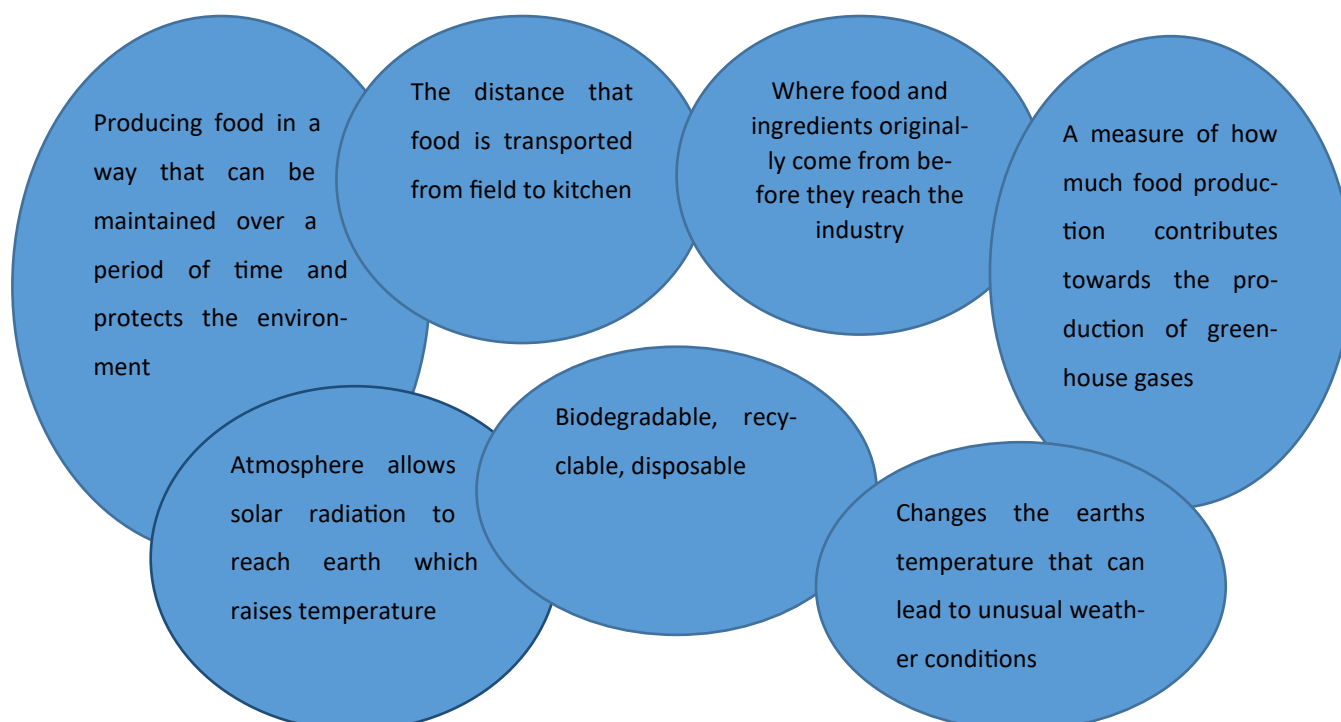


The Big Question– How does the Catering industry affect the environment?

Food and the environment

The catering world has a huge impact on the environment, by the way food is produced, processed, sold, cooked and consumed. After watching the PowerPoint you need to complete the table below using the clues to assist you.

Environmental issue	Explanation	How can the cause be minimised
Climate change		
Greenhouse gasses		
Food provenance		
Carbon footprint		
Food miles		
Packaging		
Sustainability		





The Big Question- What is the importance of having accurate shopping and equipment lists to a caterer?



Shopping, equipment list and costings

Every time you cook you need to do an accurate shopping & equipment list. This is so you have all the ingredients and equipment to hand which saves time and food waste. This You need to understand which food items are purchased from which shop.

Ingredient	Amount required	Shop type
Self-raising flour	125g	Grocer
Caster sugar	125g	Grocer
Butter	125g	Grocer
Eggs	2	Grocer
Strawberries	1 punnet	Green Grocer

If there was meat in your recipe this would come from a **Butcher**.

If there was fish in your recipe this would come from a **Fishmonger**.

Once your shopping list is completed you “need to do an” equipment list. This is so you can get all the equipment ready before you start cooking (Mise en place). This is a French term meaning “everything ready and in its place.

Equipment	Small	Large
	Mixing bowl	Oven
	Wooden spoon	
	Cake tray	
	Scales	
	Small spoon	



Big Question- Why does a caterer need to do accurate costings?

Costings

Every time you cook you need to do accurate costings of how much your dish has cost you to produce. You will take into account the cost of the food, the cost of any equipment needed and all other overheads such as gas, electricity, laundry and staff wages. You need to do this so that as a caterer / restaurant owner you can make a profit.

Terminology

Profit is needed by the caterer so that they can stay in business. Profit is the extra money you add onto the cost of the ingredients to cover OVERHEADS (gas, electric, laundry, staff, wages etc.).

To be able to cost accurately KEEP your receipts.

To make a profit, a caterer usually adds between 40-50% onto the cost of the ingredients.

Look at the example below (strawberry cupcakes)

Ingredient (makes 12)	Cost
125g self-raising flour	£0.20
125g caster sugar	£0.20
125g butter	£0.40
2 eggs	£0.50
1 punnet strawberries	£1.00
TOTAL COST	£2.30

Once you have the correct prices you can work out your profit, you do this by using the following formula:

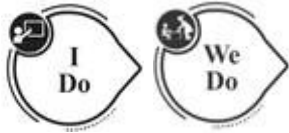
Cost of ingredients = £2.30

£2.30 x 50% = £1.15

£2.30 + £1.15 = £3.45

£3.45 / 12 = £0.28

Total cost per portion including profit = £0.28



The Big Question Why do we need to evaluate our food products?

Evaluating your product

When you have cooked your dishes you need to evaluate them, this will tell you how successful they are and how you could improve them next time.

In detail and writing in full descriptive sentences you will discuss your product under the following headings. Use the word bank to help you:

AROMA	=	What did it smell like?
TASTE	=	What did it taste like?
APPEARANCE	=	What did it look like?
COST	=	How much was it?
TIMINGS	=	Did everything go according to plan when cooking?
CUSTOMER ACCEPTABILITY	=	would your customers enjoy your product if so why?
IMPROVEMENT/CHANGES	=	What could you improve on / what changes would you make?
NUTRITION	=	How healthy is your dish what nutrients does it contain?
PORTION CONTROL	=	How did you portion out the food?



The Big Question— How do we evaluate our product?

Evaluating your product— example Fruit Crumble

Chefs need to evaluate their food product to ensure it meets quality standards. It is also used so that any changes can be made to enhance the product. Use the word bank to assist you.

Aroma	The aroma of my crumble was sweet. The room smelt fruity and spicy. The spice aroma came from the cinnamon that was in the crumble mix and cooked apples. The whole room was filled with the aroma of baking.
Taste	The taste of my fruit crumble was buttery for the crumble mixture, and had a hint of spices. The apples were slightly sharp but delicious. The whole crumble was scrumptious .
Appearance	The appearance of my fruit crumble very mouth-watering. The colours contrasted well, and the top was crumbly.
Timings	My timings in the preparation and cooking of the crumble worked well. I need to speed up during the preparation stage.
Cost	My crumble served 4 people. The ingredients I already had at home. The cost of this dish was £2.50 . Divide this by 4 to get portion price of 62p
Customer acceptability	My customers would love this dish as it tasted and looked great. It was a reasonable price, and would be ideal for all age groups.
Improvement/changes	I could change the fruit if I were to make it again. I could also ad different spices.
Nutrition	The crumble contained different nutrients—carbohydrates from the flour, fats from the butter, and vitamins from the fruit.
Portion control	The portion size was created by using cutting lines. This meant that every customer got an equal portion. This prevents waste.

Summarise your evaluation



The Big Question– How do we evaluate our product?

Evaluating your product

Chefs need to evaluate their food product to ensure it meets quality standards. It is also used so that any changes can be made to enhance the product.

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Appearance	
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Portion control	

Summarise your evaluation

Big Question– why do we need demo notes?

Demo notes– your demo notes are an essential part of your practical lesson. They need to have clear and precise information written on them. They need to be neat and tidy and should contain full written sentences or paragraphs. You need to ensure that all **KEY** words are written down and either circled, underlined or highlighted. The demo notes do not go home as they are part of your written work and will be marked.

Date you are cooking-----

Name of the dish you are cooking-----

Equipment list

Ingredient list

Method

Temperature of oven

Time in oven

Date: _____

Big Question– why do we need demo notes?

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Name of the dish you are cooking-----

Equipment list

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Method

Temperature of oven

Time in oven

Date: _____

Big Question What is a personal training record?

Personal Catering Training Record

As part of your catering course, you will be expected to use a range of equipment to help make your work to the highest standard. You will be taught how to use the equipment either individually, or as part of a group and as this happens you will be asked to tick and date the chart, below, to show that you are trained and confident.

Under no circumstances should you use equipment that you have not been trained to use!

Equipment Name	Date	Trained (tick)
Ovens		
Hobs		
Microwave		
Sink/ washing up (Hygiene)		
Kitchen utensils		
Fridge and freezer		
Correct use of kitchen cloths		
c		

Note: Make sure that you have made yourself aware of the safety signage and information located within your practical area. **If you require further instruction on the machinery during your lessons, ask!**

Engagement Tasks—recalling previous knowledge

1. What are nutrients generally needed for?
2. What are Carbohydrates needed for and what foods would you find them in?
3. What is protein, why does the body need it, and what foods can protein be found in?
4. Why does the body need Calcium, and what foods can it be found in?
5. What is Celiac disease?
6. What is the meaning of Lactose intolerant ?
7. Different religions are not allowed to eat certain foods. State a food that a Jew and a Hindu will not eat and explain the reason why
8. What does “Carbon foot print” mean?
9. What does the term “air miles” refer to?
10. Why do we need to evaluate are food product?

Date: _____

Whole class feedback

Feedback is important as it provides positive, developmental criticism (and shares success!) to allow you to see what you can develop to improve your focus and outcomes

Read over the feedback given to you on each of the 'whole class feedback sheets', **highlight your developmental points for action** and then glue them onto the space, below:

Big Question how can the internet influence the catering industry?

Academic Article

The influence of the internet and technology in the Hospitality & Catering industry



How does technology help the catering industry?

How does technology help the catering industry? Technology has revolutionized the catering industry by elevating food safety, improving quality, and enhancing service. It has optimized operations, reduced waste, and significantly increased efficiency.

How has technology influenced the food industry?

Some of the most notable impacts of technology on the food industry include: Increased efficiency and productivity in food production: technology has allowed for a more streamlined and efficient production process, from planting and harvesting to manufacturing and packaging.



What five examples of how technology is used in food service?

- Using POS systems to track revenue.
- Kitchen display systems to sort orders.
- Inventory management apps to order ingredients.
- Tableside devices to speed up table turnover rates.
- QR menu codes to simplify the ordering process.

How is technology changing the fast food industry?

One of the biggest ways that technology is changing the fast food industry is through the widespread adoption of online ordering and delivery services. These services allow customers to place their orders online or through a mobile app, and have their food delivered straight to their door.

How has the internet changed the way restaurants attract and serve customers?



With the rise of food delivery apps like Grub Hub, Uber Eats, and Door Dash, customers can now easily order food from their favorite restaurants and have it delivered right to their door. This not only makes it more convenient for customers, but it also allows restaurants to expand their reach and attract more business.

Questions

1. Name 3 ways technology has helped the catering industry
2. How has technology influenced the food industry?
3. Give 3 examples of how technology is used in food service
4. Give 2 example of how technology is changing the fast food industry
5. Give 3 examples of how the internet attracts new customers

Praise:
 Excellent research
 Great annotations
 Great pictures/ graphs
 Very informative

Missing / Incomplete Work:
 No bibliography
 No full sentences
 No pictures/ graphs
 No research
 Not enough descriptive explanations

SPAG Errors:
 No capital letters
 No comma's
 No full sentences
 No full stops
 Remember a name begins with a capital letter

Cause for Concern:
 Homework not handed in on time
 No ingredients brought in
 Messy written work
 Graffiti on work

Misconceptions:
 The higher the temperature the faster it will cook.
 Research can be copy & pasted
 2/3 sentences are acceptable

Presentation:
 Excellent layout
 Excellent & relevant pictures
 Good use of colour
 Excellent annotation

DIRT Activities:
 Re check all the above
 Change spellings & grammar
 Amend work where indicated

Outstanding Work:
 An outstanding piece of written work should be informative & show excellent research with a bibliography. It should have relevant pictures & graphs.
 The work should have full sentences, excellent grammar & punctuation.
 The work should be neat, tidy & presentable

CATERING YEAR 9

Personal and Kitchen Hygiene 10%	Knife Holds, Chopping Boards 10%	Mise en place, costings, timeplans, nutrition and evaluations 20%	Special Diets and Healthy Eating 30%	Catering challenge Cooking Skills – Practical's with Projects 30%
To fully comprehend all aspects of personal hygiene and kitchen hygiene within the kitchen. Be able to display this work in progress totally independently.	To use knife holds to prepare all vegetables correctly. To name all the different coloured chopping boards and what each is used for – needs no assistance.	To understand and be able to put into action mise en place. To produce full costings showing profit, a complete time plan with special points, discuss basic nutrition for the dishes cooked and to do a comprehensive evaluation. All done totally independently.	To be able to explain all special diets to include medical, vegan, vegetarian and religious. To show a good understanding of all the nutrients needed, what they are and what foods they can be found – no assistance required.	Student to produce a very detailed project with a full bibliography with pictures – all own work. Mood board to be detailed and be vibrant with paragraphs. Practical lessons need to show every skill learnt to include organisation, health & safety and hygiene – total independent work.
75%+	To put bridge and claw hold into practice. Using this method to prepare an onion, correctly using the correct coloured chopping board and understand how by doing so prevents bacteria growth – minimum assistance required.	To produce a detailed costings sheet with formula shown. A time plan with some special points included. A valid nutritional analysis and a thorough evaluation – occasional assistance required.	To be able to discuss all special diets including religious beliefs and understand and name five nutrients and explain why they are needed – occasional assistance required.	To produce a detailed project with a bibliography and pictures. Mood board needs to be completely relevant to the topic with descriptors. Practical lesson needs to show all skills learnt in previous lessons to produce a dish – some assistance required.
45%+	To put bridge and claw hold into practice and use chopping board effectively with some assistance	To describe mise en place and put into action with some assistance given.	To discuss 2 different special diets and understand the importance of following a healthy diet – some assistance given	To produce a more in depth project/ mood board on the country being discussed – occasional assistance required.
15%+	To follow personal hygiene and kitchen rules in a practical lesson with some assistance.	To understand with frequent assistance given the meaning of mise en place. How to do basic costings with no formula. A basic time plan, basic nutritional awareness and be able to produce a basic evaluation.	Students to be aware of special diets and healthy eating – full assistance required.	To produce a basic project/ mood board on the country being discussed. To produce the required dish within the practical lesson – frequent assistance required
5%+	To be aware of personal and kitchen hygiene and put into practice with frequent assistance.			