

Year 11 - NEA Coursework Task

BRIEF THE BRIEF

Many accommodation resorts now offer leisure facilities as people want to keep active and eat healthy even when on holidays.

"Flip Flops" holiday complex is opening a new food service area; the main aim is to expand their facility and upgrade, and win star ratings for hygiene and being environmentally friendly.

They want to meet changing customer needs, as an increasing number of their customers are requesting specific dietary choices. The food bar is located close to the leisure complex and has a terrace area which is popular in the summer and cosy alcoves inside, and a kid's zone. A new catering manager and head chef have been appointed, and they have hired three catering assistants to work in the kitchen and they have plans to employ an apprentice.

The head chef and the manager are now finalising the menu. They want to serve nutritious, interesting dishes which will also cater for a range of nutritional needs and the different age groups that will stay at the complex. The establishment will need to meet all legal and environmental requirements.

You have been appointed as one of the catering assistants and your first responsibility is to plan some of the dishes for the bistro menu. The dishes can be starters, main courses, or desserts, but must include local ingredients. The apprentice must be able to prepare and cook at least two of the dishes that will be included on the new menu. You therefore need to ensure the dishes you choose allow the apprentice to demonstrate three skills in preparation and three in cooking. To help the apprentice you also need to produce a plan that he/she can follow to cook the dishes. To make sure your plan works, you should cook the dishes using the plan.

Introduction - In this coursework I will be talking about an establishment called Flip Flops. Flip flops is a modern leisure complex that is for all the family. I have been given the job as a catering assistant to meet customer needs. This consist of winning star ratings for hygiene, being environmentally friendly and to meet a range of nutritional needs in our food. To do this we will have to look at the eat well guide, to make sure that our food is very balanced and healthy, what we can do to be more environmentally friendly we will look at getting more local ingredients to make our food with. We also need to look at food for all ages and make sure that we have varies of different options for people with different religions and diets.

A/C 1.1 Describe the functions of the nutrients in the human body.

Nutrient	Function
Protein	Protein is digested by the body into its component parts called ammino acids. There are 8 which are essential for adults and 12 for children.
Fat	There are 2 types of fats saturated and unsaturated fats. Saturated fats: These fats are found in meat and other animal products, such as butter, cheese, and all milk except skimmed. Eating too much saturated fat can raise blood cholesterol levels and increase the risk of heart disease. Unsaturated fats: These are found in plant foods and fish. These may be good for heart health. The best of the unsaturated fats is found in olive oil, peanut oil, tuna, and salmon.
Carbohydrate	There are 2 types of carbohydrates (starchy and sugars). Starchy provides energy when broken down. They provide slow-release energy to the body. Wholegrain carbohydrates provide slower

	release carbohydrates. Sugary carbohydrates provide quick release energy to the body's cells.
Vitamin A	Vitamin A helps form and maintain healthy teeth, skeletal and soft tissue, mucus membranes, and skin. It is also known as retinol because it produces the pigments in the retina of the eye. Vitamin A promotes good eyesight, especially in low light.
Vitamin D	Vitamin D helps regulate the amount of calcium and phosphate in the body. These nutrients are needed to keep bones, teeth, and muscles healthy. A lack of vitamin D can lead to bone deformities such as rickets in children, and bone pain caused by a condition called osteocalcin in adults.
Vitamin E	Vitamin E is a fat-soluble nutrient found in many foods. In the body, it acts as an antioxidant, helping to protect cells from the damage caused by free radicals. Free radicals are compounds formed when our bodies convert the food we eat into energy.
Vitamin K	Vitamin K functions as a coenzyme for vitamin K-dependent carboxylase, an enzyme required for the synthesis of proteins involved in haemostasis (blood clotting) and bone metabolism, and other diverse physiological functions
Vitamin B1 (Thiamine)	Thiamine, also known as thiamine or vitamin B1, is one the of B vitamins. Thiamine helps to turn food into energy to keep the nervous system healthy. Your body is not able to make thiamine for itself.
Vitamin B12 (Riboflavin)	Vitamin B12 is a nutrient that helps keep the body's nerve and blood cells healthy and helps make DNA, the genetic material in all cells. Vitamin B12 also helps prevent a type of anaemia called megaloblastic anaemia that makes people tired and weak.
Vitamin C	Vitamin C is needed for the growth and repair of tissues in all parts of your body. It is used to: Form an important protein used to make skin, tendons, ligaments, and blood vessels. Heal wounds and form scar tissue
Iron	Iron performs many principal functions in the body. It is primarily involved in the transfer of oxygen from the lungs to tissues. However, iron also plays a role in metabolism as a component of some proteins and enzymes. Iron is toxic to the body in its free state.
Sodium	Sodium is both an electrolyte and mineral. It helps keep the water (the amount of fluid inside and outside the body's cells) and electrolyte balance of the body. Sodium is also important in how nerves and muscles work. Most of the sodium in the body (about 85%) is found in blood and lymph fluid.
Calcium	The body needs calcium to maintain strong

	bones and to carry out many essential functions. All calcium is stored in bones and teeth, where it supports their structure and hardness. The body also needs calcium for muscles to move and for nerves to carry messages between the brain and everybody part.
Fibre	Dietary fibre increases the weight and size of your stool and softens it. A bulky stool is easier to pass, decreasing your chance of constipation. If you have loose, watery stools, fibre may help to solidify the stool because it absorbs water and adds bulk to stool. Helps maintain bowel health.
Water	Your body uses water in all its cells, organs, and tissues to help regulate temperature and maintain other bodily functions. Because your body loses water through breathing, sweating, and digestion, it is important to rehydrate by drinking fluids and eating foods that contain water.

Conclusion: (What have you found out how will this help you answer the brief).

A/C 1.2 Compare nutritional needs of specific groups.

Children: nutritional needs for babies and toddlers are that they should only have milk for their first 4-6 months. At round about 6 months, you should try and introduce a wide variety of textures and colours also you should avoid nuts for choking hazard, salt, and sugar. For children aged 5-12 a balanced diet is needed. To do this you need to follow what the eat well guid is telling you as it is the most recommended thing by doctors and nurses across the world. Children will need high needs of energy and protein due to rapid growth and constant movement. The Eatwell guide also recommends that you follow the 5 a day rules it keeps your child healthy. They will also need a good supply of protein, calcium, iron, vitamin A and D to be able to get a balanced diet and help them maintain it. You need to limit sugary carbohydrates such as sweets and chocolate to try and prevent things like tooth decay. Feed them tiny amounts of fat, enough for their energy and insulation. Children form the ages 5-12 consist on having small stomachs so feed them small frequent meals so there is NO room for junk food. Finally, children need plenty of flued and they should be encouraged to drink regularly, especially if they are very active.

Teenagers: teenagers need a lot of nutritional needs. Teenage girls need an increased number of iron due to menstruation and teenage boys need extra iron initially for growth and muscles but this decreases after age 19. Also, teenage boys need more protein and energy than girls due to their later growth spurt. All teenagers need calcium intake and vitamin D are important to ensure Peak bone mass is reached. This sets up bone health for life. Many teenagers in the UK are lacking in calcium, iron, and vitamin A and this needs to change.

Adults: The body stops growing in hight approximately at the age of 21. The body needs to be maintained to keep it free from disease and to keep the body strong and active. Weight gain can occur if the energy intake of the diet is unbalanced and insufficient physical activity is taken. The skeleton continues to take up minerals until peak bone mass is reached at around 30 years of age.

Elderly: body systems such as digestion, blood circulation starts to slow down. Also, blood pressure might increase. The metabolic rate gradually slows down, so weight gain may happen if energy balance is wrong. The appetite usually gets smaller. Some nutritional needs of the elderly are protein, vitamin A, B, C, D, and E, carbohydrates and especially essential fatty acids and all minerals.

Compare 2 of these relevant to the design brief (You need to do this to achieve the Distinction grade)

Teenagers need a lot of nutritional needs. Teenage girls need an increased number of iron due to menstruation and teenage boys need extra iron initially for growth and muscles but this decreases after age 19. Also, teenage boys need more protein and energy than girls due to their later growth spurt. All teenagers need calcium intake and vitamin D are important to ensure Peak bone mass is reached. This sets up bone health for life. Many teenagers in the UK are lacking in calcium, iron, and vitamin A and this needs to change. Whereas the elderly only needs little amount of food compared to teenagers. The elderly only needs little nutritional needs such as protein, vitamin A, B, C, D, and E, carbohydrates and especially essential fatty acids and all minerals.

Conclusion: (What have you found out how will this help you answer the brief).

A/C 1.3 Explain characteristics of unsatisfactory nutritional intake.

Nutrient	Explanation
Protein	Eating too much... This can lead to weight gain over time, especially if you consume too many calories while trying to increase your protein intake. Not enough... If you don't have enough then a lot of bad things will happen in your body like poor growth, thinning hair or hair loss, catch infections easily and get fluid under the skin (oedema)
Fat	Eating too much... You will gain a lot of weight which can lead to obesity. Also, it raises bad cholesterol levels in the body as well as risk of type 2 diabetes, high blood pressure and coronary heart disease. Not enough... Not eating enough will lead to extreme weight loss, lack of essential fatty acids and lack of vitamins A, D, E and K
Carbohydrate	Eating too much... Eating too much will lead to increase in the body fat and weight, leading to obesity. Too much sugar will lead to tooth decay Not enough... Not enough carbohydrates will lead to loss of fat and weight also it will lead to poor growth in children.
Vitamin A	Eating too much... Large amounts of vitamin A is poisonous to the body. If you are pregnant you should avoid any foods high in vitamin A. Not enough... If you eat too little of vitamin A the you will start to get night blindness
Vitamin D	Eating too much... The main consequence of vitamin D toxicity is a build-up of calcium in your blood (hypercalcemia), which can cause nausea and vomiting, weakness, and frequent urination. Vitamin D toxicity might progress to bone pain and kidney problems, such as the formation of calcium stones.

	<p>Not enough... A lack of vitamin D can lead to bone deformities such as rickets in children, and bone pain caused by a condition called osteomalacia in adults.</p>
Vitamin E	<p>Eating too much... high doses of vitamin E might increase the risk of bleeding (by reducing the blood's ability to form clots after a cut or injury) and of serious bleeding in the brain (known as haemorrhagic stroke).</p> <p>Not enough... Vitamin E deficiency can cause nerve and muscle damage that results in loss of feeling in the arms and legs, loss of body movement control, muscle weakness, and vision problems. Another sign of deficiency is a weakened immune system.</p>
Vitamin K	<p>Eating too much... Vitamin K is necessary for normal blood clotting. It is also needed for healthy bones and other tissues. The effects of vitamin K toxicity can include anaemia due to rupture of red blood cells and jaundice. Jaundice in new-borns can cause kernicterus (a type of brain damage).</p> <p>Not enough... Severe vitamin K deficiency can cause bruising and bleeding problems because the blood will take longer to clot. Vitamin K deficiency might reduce bone strength and increase the risk of getting osteoporosis because the body needs vitamin K for healthy bones.</p>
Vitamin B1 (Thiamine)	<p>Eating too much... There are no harmful side effects</p> <p>Not enough... A deficiency of vitamin B1 commonly leads to beriberi, a condition that features problems with the peripheral nerves and wasting. Weight loss and anorexia can develop. There may be mental problems, including confusion and short-term memory loss</p>
Vitamin B12 (Riboflavin)	<p>Eating too much... supplementing with excessively high levels of B12 has been linked to some negative side effects. Several studies have shown that megadoses of the vitamin can lead to outbreaks of acne and rosacea, a skin condition that causes redness and pus-filled bumps on the face.</p> <p>Not enough... Vitamin B12 deficiency can lead to serious complications such as nerve damage, anemia and fatigue, which is why those at risk should add a high-quality B12 supplement to their diet</p>
Vitamin C	<p>Eating too much... Taking large amounts (more than 1,000mg per day) of vitamin C can cause: stomach pain. diarrhoea.</p> <p>Not enough... Persistent lack of vitamin C in your diet can lead to a condition called scurvy. Symptoms of scurvy include easy bruising, easy bleeding and joint and muscle pains. Vitamin C deficiency can be treated with supplements of</p>

	vitamin C and a diet rich in vitamin C.
Iron	<p>Eating too much... Excessive iron can be damaging to the gastrointestinal system. Symptoms of iron toxicity include nausea, vomiting, diarrhea and stomach pain. Over time, iron can accumulate in the organs, and cause fatal damage to the liver or brain. Toxic cellular effects occur as well.</p> <p>Not enough... in the short term, getting too little iron does not cause obvious symptoms. The body uses its stored iron in the muscles, liver, spleen, and bone marrow. But when levels of iron stored in the body become low, iron deficiency anemia sets in. Red blood cells become smaller and contain less hemoglobin</p>
Sodium	<p>Eating too much... Excess sodium increases blood pressure because it holds excess fluid in the body, and that creates an added burden on the heart. Too much sodium will increase your risk of stroke, heart failure, osteoporosis, stomach cancer and kidney disease. And, 1 in 3 Americans will develop high blood pressure in their lifetime.</p> <p>Not enough... Hyponatremia is a condition characterized by low levels of sodium in the blood. Its symptoms are similar to those caused by dehydration. In severe cases, the brain may swell, which can lead to headaches, seizures, coma, and even death</p>
Calcium	<p>Eating too much... Getting too much calcium can cause constipation. It might also interfere with the body's ability to absorb iron and zinc, but this effect is not well established. In adults, too much calcium (from dietary supplements but not food) might increase the risk of kidney stones.</p> <p>Not enough... If your body doesn't get enough calcium and vitamin D to support important functions, it takes calcium from your bones. This is called losing bone mass. Losing bone mass makes the inside of your bones become weak and porous. This puts you at risk for the bone disease osteoporosis</p>
Fibre	<p>Eating too much... Too much fiber in the diet can cause bloating, gas, and constipation. A person can relieve this discomfort by increasing their fluid intake, exercising, and making dietary changes. These uncomfortable side effects of excessive fiber can occur when someone eats more than 70 grams (g) of fiber a day.</p> <p>Not enough... if you are constipated this means your fiber intake is too low. If you have a healthy colon, you will have regular, frequent and soft bowel movements. If you eat foods low in fiber, they take longer to digest, lead to irregular bowel movements, loose stools and can also cause stomach pain</p>
Water	<p>Drinking too much... Its rear that people drink too much water</p>

Not enough...not drinking enough water can cause headaches, dehydration and constipation

Conclusion:

This information is useful because it helps me understand all the different nutrients and all the nutrients that people need and what's enough and what's too little.

A/C 1.4 Explain how cooking methods impact on nutritional value

Cooking Method	Explanation
Boiling	Boiling is the fast vaporization of a liquid. Boiling is the method of cooking food in boiling water or other liquids like stock or milk. Boiling is a popular method because it is quick and simple. Some positives of boiling foods are that it softens vegetables and that it does not add fat so it is healthy. Some negatives are that it loses vitamins/B1, B2, B3 and vitamin C. boiling can cause 22% to 34% loss of vitamin C. foods suitable for boiling are rice, noodles, meats, sources, stock, and soups. Up to 50% of vitamin C is damaged when green vegetables are boiled in water. Also, when boiling foods such as potatoes, rice, flour, and pasta absorb water and gelatinise between 60 deegree and 100 deegree.
Steaming	Steaming foods works by boiling water continuously causing it to vaporize into steam: the steam then carries heat to nearby foods. The food is kept separate from the boiling water but has direct contact from the steam making a moist texture on the foods. Foods that can be used well for steaming consist of chicken, vegetables, and shellfish. For added flavour steam food on a bed of herbs, scallions, lemon slices or greens. Steaming is the best method for conserving vitamin c as only about 15% is lost because the food does not come into direct contact with the boiling water. I am considering using this method for Flip Flops.
Baking	Baking is a dry cooking method of cooking and normally uses a sustainable heat like an oven and does not include moister, without direct exposer to a flame and is mostly used for deserts and breads. Food that can be used with the baking technique are: breads, cake, pastries, and scones. The high heat can overcook protein and damage vitamin B and C, it does not add any fat so keeps fat levels down.

Grilling	Grilling is a dry cooking method that is used for foods like fish, burgers, chicken, vegetables, sea food, halloumi, tofu, and fruit. Grilling is where you put your food directly on a heat source and let it cook. When grilling up to 40% of vitamin B can be damaged. Although it maintains other vitamins and minerals. High heat can easily over cook protein.
Stir Frying	Stir frying is a Chinese cooking technique in which ingredients are fried in a small amount of extremely hot oil while being stirred in a wok. Stir frying is cooked in a saucepan over medium to high heat in a small amount of oil. Stir frying is often stirred, the temperature is high and the cooking time is shorter. Cooking for a brief time without water prevents loss of vitamin B. stir frying has been shown to significantly reduce the amount of vitamin C in broccoli and red cabbage. The fat used in stir-frying increases amount of vitamin A the body can absorb from some vegetables. The heat will damage some vitamin C and B but as the only cooked for an abbreviated time the damage is minimal.
Roasting	Roasting is a cooking method that uses dry heat where warm air envelops the food, cooking it evenly on all sides with temperatures of at least 150 c form an open flame, oven, or other heat source. When roasting you need to cook the food in some fat or oil in the oven. When roasting the red meats will turn brown; poultry will turn a creamy white colour. Foods like onions, parsnips, carrots become golden brown due to caramelisation of sugar, the colour of vegetables will get stronger also vegetables shrink as water evaporates from them.
Poaching	This is a wet method of cooking and is when a food is cooked in boiling water (or other liquids). You make a vortex in the water that moves in a spiral. The foods that are best for poaching are: most vegetables, fish, eggs, peaches, pears, and apples. When poaching vitamins b1, b2 and b3 are damaged by heat and dissolved into the water. It does not require any fats to cook and thiamine is lost in the water.

Conclusion: (What have you found out how will this help you answer the brief).

I will consider the use of cooking tenancies whilst preparing my dishes and will make sure that now I am aware of what the cooking has on food I will be more aware thinking about how nutrients are affected by that and this will help me balance the amounts of nutrients in the dish. Also, I will now look at all the different cooking techniques to see which will be the healthiest and has the most nutrients.

A/C 2.1 Explain factors to consider when proposing dishes for menus.

Dish

Chicken curry with wholegrain rice.

The chicken and rice provide protein. The curry spices and wholegrain rice provide a good source of iron. The rice and vegetables in the curry provide carbohydrates for energy, as well as dietary fibre. The coconut milk provides fat for energy.

Chicken is a relatively low-cost meat, and the rice and vegetables are also relatively low cost. This means that the cost of the dish would be affordable for the target groups.

Flavour/taste: the dish provides a range of flavours from the spices, coconut milk and vegetables.

Texture: the sauce is smooth, and the chicken and vegetables are tender. The rice adds the texture to the dish.

Aroma: the aroma of the curry spices adds to the appeal of the dish.

Appearance: the curry sauce is a good contrast to the rice. Vegetables such as sweetcorn and peas could be added to the rice for additional colour, flavour, texture and nutrients.

Cost - (I.e., consider special deals for families etc)

Image/Name of Dishes	Ingredients (How could they be adapted for special diets? Discuss textures, seasonality of foods, cost, aesthetic quality)	Factors (Time, skill, cost)	Suitability (nutrition - link to customers)
Brownie/ ice cream	This dish can be easily adapted for coeliac by using gluten free flour.	This is a medium skill dish so this is suitable for the bistro	It appeals and is suitable for everyone.
Cheese cake (strawberry)	This dish can be easily adapted for coeliac by using gluten free flour.	Can be made in bulk This is a medium skill dish so this is suitable for the bistro	It appeals and is suitable for everyone.
Lasagne	This dish can be easily adapted for coeliac by using gluten free flour. Change beef to soia beef	Can be made in bulk This is a medium skill dish so this is suitable for the bistro	It appeals and is suitable for everyone.
Swiss role	This dish can be easily adapted for coeliac by	Can be made in bulk This is a medium skill	Nutrition; the cream contains calcium-

	using gluten free flour.	dish so this is suitable for the bistro	helping develop teeth and bones. The strawberries contain potassium, this helps prevent osteoporosis and kidney stones, and the cake mixture contains eggs, which contain protein- good for maintaining energy.
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Conclusion:

A/C 2.2 - Environmental issues

Discuss how your dish will demonstrate the following:

it is important that the hospitality and catering industry consider key environmental issues as some types of food production have more of an effect than others. For example, rearing animals for food produces far more greenhouse gasses than plant-based protein food, such as beans.

Flip flops restraint can save energy in their place of work by using mechanical equipment instead of electric equipment, for example chop, cut, slice, grate, shred and whisk using hand skills. To save energy you should fill the oven up when cooking, so the whole meal is cooked together also use a tiered steamer for cooking vegetables, so only one hob is needed as well as using a microwave oven to cook food quickly and putting lids on saucepans. as for recycling any litter that is recyclable such as plastic and card board should be recycled. recycling bins can be placed all around the flip flops restraint to keep a healthy and safe environment.

RETHINK for rethink instead of burning coal to get heat you can use another renewable energy that saves power and releases less pollution into the earth's atmosphere.

REPAIR to show this It will be things like if the oven were to breakdown, I would not throw it away but instead hire an engineer whom could fix it to extend its life further.

REFUSE? this like rethink is refuse negative choices for the environment and in this case, I would have to say it would have to say it would be things like the reduction of food miles which can then reduce carbon dioxide that is released into the atmosphere.

What energy saving equipment could you use? Minimising lighting to save power, if necessary, you can use an energy saving lightbulb. You need to minimise the amount of electrical use and do things manually where possible.

How can you save energy when making dishes? I can wash up by hand instead of using a dishwasher.

I can stir my dishes by hand instead of using an electric Wisk.

How could you reduce your carbon footprint? I can reduce carbon footprint by minimising food miles as transporting food across the world pollutes the planet with carbon dioxide emissions.

Also, I can minimise my use of coal and natural gasses in my dishes for cooking.

A/C 2.3 How the menu dishes meet the customer needs

Name of dish 1/accompaniments: Swiss Roll and ice cream

Skills: Whisking, handling raw egg, sieving

Preparation and Cooking methods: Whisking method and baking in the oven. Make a crème anglaise, a fresh custard.

Nutrition: the nutritional needs of customer should be considered carefully when planning a menu.

Eating out is a regular occurrence for many families rather than just for special occasions, so healthy eating is a priority. The Eatwell guide shows the government recommendations for a healthy balanced diet. It is recommended for all ages from two years of age. Nutritional needs change from birth until old age, so the age range of customers should be taken into consideration when planning a menu to suit them. To follow healthy eating, I will make sure that I use low fat ingredients and follow the Eatwell guide as much as I can.

Adapting dish:

This dish can be easily adapted for coeliac by using gluten free flour. It can also be adapted for people that are lactose intolerant by using lactose free milk

Seasonality /environment/food miles

I would buy ingredients locally to lower food miles and to support the local economy, by buying products in bulk this will help reduce packaging to help the local environment.

Presentation: I will use a brown square plate; I will cut an individual portion and stand it up. I will fan out a strawberry icing sugar around a spoon for decoration and scoop ice cream into a glass. This will make the dish look attractive and appeal to customers.

Storage, preparation of dish in advance, link to suitability for bistro service: the Swiss role will have to be placed in a sealed container to prevent it from drying out. I will store my ice cream in a sealed container in the freezer keeping it cool and stopping it from melting. This can be stored up to three months in the freezer.

Name of dish 2/accompaniments: lasagne with garlic bread

Skills: knife skills, making a roux source, making fresh pasta, handling raw meat.

Preparation and Cooking methods: simmering the source, using pasta machine, cutting the onions into brunoise

Nutrition: high in carbohydrates Because of the pasta. This is good because teenagers are connected to teenagers and teenagers need a lot of carbohydrates as this will provide them with lots of energy. This dish also has a lot of protein because of the amount of mincemeat. This dish also has a lot of calcium because of the amount of cheese and the roux source.

Healthy eating: lasagne fits very well in the eat well guide because it contains a lot of the different food groups. Which is important for all the customers at flip flops.

Adapting dish: This dish can be easily adapted for coeliac by using gluten free flour in the pasta. It can also be adapted for people that are lactose intolerant by using lactose free milk. This dish can be suitable for younger

children if we make the portion sizes smaller also the dish is soft and not spicy. I will use low fat meat, low fat milk and low-fat cheese to make it more suitable for people that want to cut down on calories.

Seasonality /environment/food miles

I would buy ingredients locally to lower food miles and to support the local economy, by buying products in bulk this will help reduce packaging to help the local environment.

Presentation: I will use an individual dish so that everybody gets an equal portion and place garlic bread on the side with a seasonal salad. This will make the dish look colourful and appeal to the customers and grab their attention.

Storage, preparation of dish in advance, Once cooled I will cover it up and put it on the top shelf of the fridge. This will need to be eaten within 24 hours. This dish is also suitable for freezing and this should be used within 3 months.

A/C 2.4 Plan production of dishes for a menu

Mis-en-place	Special points
Wash hands in hot soapy water, covering any wounds with blue plasters and applying a clean apron. Preheat oven to 180 degrees. Collect all equipment. Place equipment that is not being used to the side.	Hands must be washed in hot soapy water as the skin has bacteria on it. The hot water will help remove this. Things not in use are being placed to the side to keep the work place organised to optimise efficiently.
Place ingredients into the fridge.	Place raw meat onto the bottom shelf to prevent cross contamination at a 0-5 temperature. Place all perishable ingredients in the fridge – cream, milk, butter, eggs.
Prepare tin for Swiss role.	Ensure grease proof paper is cut out correctly.
Place ice cream bowl in freezer 24 hours before exam day.	

Name of dish	Ingredients/quantity
Dish 1 lasagne	2 tbsp olive oil, plus a little for the dish 750g lean beef mince 90g pack prosciutto half quantity of our tomato sauce 200ml hot beef stock a little grated nutmeg 300g pack fresh lasagne sheets half quantity of our white sauce 125g ball mozzarella, torn into thin strips
Dish 2 Swiss role	3 egg, 75g SR flour, 75g Caster sugar Ice-cream
Accompaniments ice cream, salad, garlic bread	

Time	Activity	Special point/contingencies
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8.45	Mise en scene: attend to personal hygiene. E.g., wash hands and put on an apron.	Ensure to wash hands in hot water with antibacterial soap to remove any staphylococcus bacteria on the surface of the skin. Tie back hair to avoid hair in food and also from getting in the way whilst preparing the food.
8.50	Measure out ingredients needed to make the Focaccia bread and gather equipment needed	Make sure all of the ingredients are in date.
8.55	Place flour, salt, yeast, oil and 75ml of water in a large bowl and stir to form a dough. Knead in the bowl for 5 minutes adding the rest of the water.	If dough is too sticky then add some flour or add water if the dough is too dry. Ensure the correct amount of each ingredient is added into the bowl to make sure working dough is formed
9.00	Stretch dough by hand in bowl, tuck sides into centre, turn bowl 80 degrees and continue for 5 minutes	Once the bread flour has been mixed with water, gluten is formed. By kneading the dough the gluten will develop to cause the dough to become stretchy and elastic.
9.05	Tip dough on oiled surface and knead for 5 minutes. Cover and leave in a bowl until it has doubled in size.	Continue to knead the dough for the specified amount of time or until the dough is soft and elastic and springs back when touched. If the dough tears when it is stretched then make sure to keep kneading for a few more minutes. Bread needs to be covered and allowed to prove in order to allow it to rise and improve the texture of the bread. Covering the bread will create a warm environment for the yeast to activate the dough as well as creating parts of carbon dioxide in the dough
9.10	Wash up all equipment, tidy away and clean the work surfaces.	Clean work surfaces to prevent any bacteria from growing and to keep area tidy to continue the cook. Clean equipment to prevent cross-contamination.
9.15	Measure out the ingredients needed for the homemade pasta and set up the equipment.	Ensure all of the ingredients are in date and the equipment is clean.
9.20	Combine flour and salt: Make a well in the flour and add slightly beaten egg and a firm dough should form.	If dough does not form (dough is too dry) add 1 – 2tbsp of water
9.25	On a lightly floured surface, knead the dough for around 3-4 minutes. Wrap in cling film and leave in the fridge for 30mins.	The pasta dough should be kneaded to stop it from falling apart as it provides springiness and structure to the dough. The gluten needs to become stronger so the dough can be rolled out and formed. Pasta dough is left in the fridge to rest.
9.30	Wash up all equipment, tidy away and clean the work surfaces.	Clean work surfaces to prevent any bacteria from growing and to keep area tidy to continue the cook
9.45	Dice half an onion and carrot and finely slice a garlic clove. Line a baking tray with baking paper and flatten bread on baking sheet. Leave to prove for an hour.	If you cut yourself whilst dicing the vegetables make sure to clean the cut and use a blue plaster. These are more visible if they fall off into food.
9.50	Heat some oil in a pan over a low heat and fry the onion, carrot and garlic until it has softened. Set up the pasta maker and place a few sheets of cling film on the side.	The onion will go clear once they are softened so this may be an indication of when they are done. When setting up the pasta machine, make sure to clamp the machine to work surface to prevent it from falling off and potentially causing an accident but also to make rolling the dough easier as the machine will not move.
9.55	Push the carrot, onion and garlic to one side put half of the mince in the pan and fry it on a medium heat until golden, repeat with the other half.	
10.00	Pour out the fat. Stir in the chopped tomatoes, tomato puree, stock and Worcestershire sauce and simmer for 15mins or until the liquid has reduced.	Pouring out the fat is recommended especially if on a diet. Also, by pouring the fat out before adding the stock and chopped tomatoes will make sure that none of the flavour is lost.
10.05	Meanwhile, make the white sauce by melting the butter in saucepan and whisk in the flour until combined. Remove from the heat and gradually whisk in the milk until there is a loose sauce and return to a gentle heat.	Slightly turn up the heat if sauce takes longer than 5 minutes to thicken. The starch in the flour is what enables the sauce to thicken. The movement of the starch and milk will reduce as the

	Return to the heat and whisk constantly until the sauce thickens	starch granules press against each other in the sauce. This causes the sauce to thicken. Continue to whisk the sauce to stop it from burning at the bottom of the saucepan and but also to stop it from going lumpy and to create a smooth consistency.
10.10	Layer up the lasagne with the ragu, pasta and white sauce. Top with cheese.	This is the traditional way to layer up a lasagne. A traditional lasagne will be layered in this way often with three layers. Add more layers depending on the depth of the dish and the amount of ingredients you have.
10.15	Wash up all equipment, tidy away and clean the surfaces.	Clean work surfaces to prevent any bacteria from growing and to keep area tidy to continue the cook. Clean equipment to prevent cross-contamination. Ensure all of the ingredients are in date and the equipment is clean
10.20	Preheat the oven to Gas 7, 220C and 425F for the bread.	Preheating the oven is especially important whilst cooking yeast but generally so that the oven is at the correct temperature so that the food can cook as soon as it goes in the oven
10.25	Make some dents in the bread and fill with the herbs and spices and then put the bread in the oven and cooked for around 15 – 20mins.	Ensure that the holes are deep enough so that they can hold the herbs but make sure that they do not go all the way through the dough. Adding these herbs and spices as well as garlic, coriander, etc. will give the bread flavour
10.30	take the bread out of the oven and leave to cool.	
10.35	Set the oven to gas mark 6, 200C, fan 180C and cook the lasagne for around 30minutes.	Add a variety of salad vegetables to create a wider colour range. Tomatoes, different colours of pepper, rocket, spinach, lettuce etc.
10.40	Begin preparing a salad to accompany the lasagne and the Focaccia bread. Cut up some chunks of cucumber and tomatoes and place on a bed of rockets.	Add a variety of salad vegetables to create a wider colour range. Tomatoes, different colours of pepper, rocket, spinach, lettuce etc.
10.45	Take the lasagne out of the oven and plate up with bread and salad.	Make sure to serve the lasagne whilst it so piping hot. This will make sure that is it cooked properly but also that is enjoyable to eat
	End of cook. Serve main and dessert. Wash up any remaining pieces of equipment and clean the surfaces	

Task 3 - Make your dishes following your time plan

Pictures of final dishes