

GCSE personal learning checklist; Level 1 / 2 Hospitality and Catering Unit 2



LO1 Understand the importance of nutrition when planning menus

AC1.1 Describe functions of nutrients in the human body			
Nutrients			
• Protein			
• Fat			
• Carbohydrate			
• Vitamins			
• Minerals			
• Water			
• Dietary fibre (NSP)			
AC1.2 compare nutritional needs of specific groups			
Specific groups			
• Different life stages			
• Childhood			
• Adulthood			
• Later adulthood			
• Special diets			
• Medical conditions			
• Activity levels			
• Specific groups			
AC1.3 Explain characteristics of unsatisfactory nutritional intake			
Characteristics			
• Visible			
• Non-visible			
• Unsatisfactory			
• Nutritional deficiencies			
• Nutritional excesses			
AC1.4 Explain how cooking methods impact on nutritional value			
Cooking methods			
• Boiling			
• Steaming			
• Baking			
• Grilling			
• Stir-fry			
• Roasting			
• Poaching			

LO2 Understand menu planning

AC2.1 Explain factors to consider when proposing dishes for menus			
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Factors			
• Time of year e.g. seasonality of commodities, seasonal events			
• Skills of staff			
• Equipment available			
• Time available			
• Type of provision e.g. service, location, size, standards			
• Finance e.g. costs, customer needs			
• Client base			
AC2.2 Explain how dishes on a menu address environmental issues	😊	😐	😞
Dishes			
• Preparation and cooking methods			
• Ingredients used			
• Packaging Environmental issues			
• Conservation of energy and water			
• Reduce, reuse, recycle			
• Sustainability e.g. food miles, provenance			
AC2.3 Explain how menu dishes meet customer needs	😊	😐	😞
Needs			
• Nutritional			
• Organoleptic			
• Cost e.g. premium priced dishes, value for money			
• Needs			
AC2.4 Plan production of dishes for a menu	😊	😐	😞
Plan			
• Sequencing			
• Timing			
• Mise en place			
• Cooking			
• Cooling			
• Hot holding			
• Completion			
• Serving (presented as if to be served)			
• Waste			
• Equipment			
• Commodity quantities			
• Tools			
• Contingencies			
• Health, safety and hygiene			
• Quality points			
• Storage			
LO3 Be able to cook dishes			
AC3.1 Use techniques in preparation of commodities	😊	😐	😞
Techniques			
• Weighing and measuring			
• Chopping			
• Shaping			
• Peeling			
• Whisking			
• Melting			

• Rub-in			
• Sieving			
• Segmenting			
• Slicing			
• Hydrating			
• Blending			
Commodities			
• Poultry			
• Meat			
• Fish			
• Eggs			
• Dairy products			
• Cereals, flour, rice, pasta			
• Vegetables			
• Fruit			
• Soya products			
AC3.2 Assure quality of commodities to be used in food preparation	☺	☹	☹
Quality			
• Smell/Aroma			
• Touch			
• Sight			
• Storage			
• Packaging			
AC3.3 Use techniques in cooking of commodities	☺	☹	☹
Techniques			
• Boiling			
• Blanching			
• Poaching			
• Braising			
• Steaming			
• Baking			
• Roasting			
• Grilling (griddling)			
• Frying			
• Chilling			
• Cooling			
• Hot holding			
AC3.4 Complete dishes using presentation techniques	☺	☹	☹
Presentation techniques			
• Portion control			
• Position on serving dish			
• Garnish			
• Creativity			
AC3.5 Use food safety practices	☺	☹	☹
This should be in relation to preparation and cooking of commodities and in relation to use of equipment.			