**Year 7 10 Food/Hospitality facts:**

1. We use aprons when cooking to protect ourselves and our clothing.
2. The equipment we use to prevent burns when using the oven are oven gloves/mitts.
3. The Eatwell guide is a government based initiative to ensure people have a wide variety of food in their diets.
4. The two safety methods to ensure we use knives safely are the ‘Bridge’ and the ‘Claw’ method.
5. We use a measuring jug to measure liquid correctly.
6. The units we weigh ingredients in are grams.
7. The nutrient ‘protein’ is for growth and repair.
8. The nutrient ‘carbohydrates’ are to provide our bodies with fast and slow releasing energy.
9. A method of cooking is a step by step guide to cook a dish of choice.
10. Fine dining is a type of restaurant in a formal setting.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date |  |  |  |  |  |
| Score out of 10 |  |  |  |  |  |

**Year 8 10 Food/Hospitality facts:**

1. The equipment we use to put out a hob fire/small fire would be a fire blanket.
2. The Eatwell guide is a government based initiative to ensure people have a wide variety of food in their diets.
3. The two safety methods to ensure we use knives safely are the ‘Bridge’ and the ‘Claw’ method.
4. We use a measuring jug to measure liquid correctly.
5. Three job roles within a hotel are Hotel manager, porter and a housekeeper.
6. The nutrient ‘fat’ is for insulation to keep our bodies warm.
7. The nutrient ‘carbohydrates’ are to provide our bodies with fast and slow releasing energy.
8. A method of cooking is a step by step guide to cook a dish of choice.
9. Food should be stored at the following temperatures: 5 degrees Celsius (fridge) -18 degrees Celsius (freezer).
10. Three types of food poisoning are Salmonella, listeria and E.coli.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date |  |  |  |  |  |
| Score out of 10 |  |  |  |  |  |

**Year 9 10 Food/Hospitality facts:**

1. Another name for ‘germs’ is bacteria.
2. Raw meat should be stored at the bottom of the fridge to prevent cross contamination ‘juices’ dripping onto other foods.
3. The Eat well guide is a government based initiative to ensure people have a wide variety of food in their diets.
4. The two safety methods to ensure we use knives safely are the ‘Bridge’ and the ‘Claw’ method.
5. The three types of spoons used are large: tablespoon, medium: dessert spoon and small: teaspoon.
6. The units we measure liquid are millilitres and the units we measure ingredients are grams.
7. The nutrient ‘fat’ is for insulation and keeping us warm.
8. The nutrient ‘fibre’ is to maintain a healthy digestive system.
9. Three types of food poisoning are Salmonella, listeria and E.coli.
10. Bed and breakfast, budget, hostel, 1-5\* star, halls of residence are all types of hotels.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date |  |  |  |  |  |
| Score out of 10 |  |  |  |  |  |