**Questions**

1. Ashley is a cook in a nursery school.

(a) State the important points that should be considered when planning

healthy meals for children. **(4)**

(b) Plan a healthy **two course meal** that will appeal to the nursery children. **(3)**

(i) main course

(ii) accompaniments

(iii) dessert

**Answers**

. (a) protein for growth and repair. Starchy foods as they are very active. Good supply of vitamins and minerals. Fibre for good digestions. Calcium important for bone mass. Small portions, attractive food needed to try something new. Good use of colour. Low in fat/sugar/salt/ as little E numbers/additives/preservatives as possible. **(4)**

(b) Correctly name 3 dishes that take the above information into consideration. Sandwiches/wraps not acceptable. **(3)**

**Questions**

4. Discuss how the caterer could make the table and room look attractive for a children’s party. **(3)**

5. “The quality of food you serve your customers is important. Food has to look good, taste good and most importantly be safe to eat.” Discuss this statement with reference to flavour, texture and appearance. **(6)**

**Answers**

4. Seating arrangements. Place names. Size of chairs/tables. Toys/games/activities. Balloons/banners/party hats. Themes. Party bags. Music. Paper table cloths. Colourful cups and plates. **(3)**

5. **Flavour:** correct flavour is a result of adequate seasoning. Chef’s ability t combine ingredients to create interesting flavours. **Texture:** food cooked to correct length of time ensures correct texture. **Appearance:** we eat with our eyes, if it looks tasty we’re more likely to enjoy it. **Food Safety:** food safety and hygiene is of paramount importance to ensure that food is stored, prepared and eaten in clean safe environments. **Kitchen area:** correct storage of food (temperatures). Clean work surfaces. Personal hygiene – high standards. **Food preparation:** keep cold foods at 5ºC or below. Hot foods above 63ºC. Avoid cross contamination. Cover foods where possible. Cook food properly, core temperature above 70ºC. **(6)**

**Questions**

2. (a) Describe the role of waiting staff (waiters/waitresses) in a hotel restaurant. (5)

3. (a) Outline the main qualities of a successful chef. (3)

4. (a) Discuss the role of the wait staff (waiter/ess) in a buffet food service system. (4)

(b) A customer complains that the hot food served from the buffet is luke warm. Explain how to deal with this situation. (4)

**Answers**

2. (a) Customer care, greeting and seating customers, laying table, checking cutlery, resetting tables, taking orders, serving food, clearing tables, serving drinks, preparing bills. **(5)**

3. (a) Good manipulative skills, creative flair, presentational skills, artistic, able to organise and delegate, able to work under pressure, cope with stress, highly motivated, responsible, good team leader, good team member, good communication skills, knowledge of food and menus, well qualified, able to maintain standards and customer care. **(3)**

4. (a) Dealing with complaints, explaining the menu, greet customers, show to table, explain buffet system, offer drinks and bread rolls, check customer is ok, serve protein / hot foods, help disabled customers, clear tables, replenish buffet table. **(4)**

(b) Apologise to customer, inform chef / manager, offer another meal, be understanding and polite, offer some form of compensations, adjust temperature of serving trays **not reheat**. **(4)**

**Questions**

1. (a) Name three knives that are essential for a chef. (3)

(b) Give four safety rules to follow when using knives. (4)

1. Identify four features a chef should look for when choosing a set of knives. (4)

**Answers**

(a) Cook’s knife, chef’s knife, palette knife, paring knife, vegetable knife, boning knife, meat cleaver, filleting knife, bread knife, peeler/peeling knife. **(3)**

(b) Use a sharp knife, use correct type/size of knife, keep handles grease free, carry knives point facing down, never put knives in washing up bowl, keep knives away from surface edge, pass knives by handle not blade, never catch a falling knife, store knives in knife block, cut away from you, don’t run with knife, wipe with the edge of the blade away from your hands. **(4)**

2. Stainless steel blades (don’t rust), colour coded (easy to identify and avoids cross contamination), plastic handles (non slip), wooden handles (ease of holding), appropriate weight for chef, balance of knife (blade to handle ratio), knife where blade continues through the handle (for added strength), range of sizes for different jobs, appropriate case/block to store knives, quality/known make of knife, sharpness. **(4)**