

WJEC/Eduqas

Level 1/2 Hospitality and Catering

Unit 2 Catering in Action

Flip Flops Complex Brief

Name:



Centre Name:

Centre Number:

Candidate Number:

Introduction to the Brief and Background Information

For my year 11 coursework, unit 2 is based on Flip Flops which is a holiday accommodation resort or also known as a holiday park. Holiday parks are places for people such as couples, families and friends to go to whilst on their holidays and it's a time where they can relax and have fun.

Different costumers will go there such as, different age groups including children, teenagers, adults and the elderly, and some who also have allergies or medical conditions, some who are vegans, vegetarians and coeliac may go there too.

To plan menus for a holiday park, you will need to consider allergies, nutritional needs and different age groups as everyone has different appetites'. Flip Flops will need to take in consideration alternative food choices. For example, people who are vegans, will need to have soya or almond milk instead of cows milk therefore, that will need to be available to them.

These customers may go to holiday parks because, like flip flops, they offer leisure facilities including swimming pools, gyms or spas. Additionally, they may go there as flip flops are expanding their facility by opening a new food service. This will attract the tourist as well as the locals because they will want to see what the food service is like and the leisure facilities. They are also upgrading as they want a higher star rating for hygiene. To achieve the costumers attention, they will make sure dishes are well presented at a high quality.

At Flip Flops there are different types of actives ranging from play areas to sporting. Different age groups will enjoy different activities and therefore, each individual requires their own nutrients to support them. For example, leisure seekers, will need more protein and carbohydrates in their diet for energy and the growing of their muscles, therefore, Flip Fops will take it into account and provide it for them.

I have considered what food is going to be environmentally friendly and cost effective to ensure that no food is going to waste. Therefore, I have chosen 2 dishes that will meet the needs of this. I have also prepared and cooked two of the dishes that are on the menu which both are environmentally friendly and have a high star rating of hygiene.



AC 1.1 - Describe the functions of nutrients in the body.

AC 1.3 - Explain the characteristics of unsatisfactory nutritional intake.

Carbohydrates

Carbohydrates give us energy. They come in two different forms which includes starch and sugar. Starch foods such as rice, bread, pasta and cereals are slow release foods. This means that energy is released slowly throughout the day to maintain a sustainable, healthy and balanced diet. Then there's sugary carbohydrates in food sources such as energy drinks, chocolate, cakes and biscuits. These are fast release foods which means that energy is released quickly when consumed, therefore if you consume a lot, then you will have to keep your diet balanced by exercising daily. However, if you consume too much, they turn into fats and you can gain weight which will affect your mobility, health and diet. If you consume too little, it will make you tired because you have a lack of energy. Wholegrain carbohydrates such as brown rice, bread and pasta will give you fibre. These are unrefined grains which are beneficial for your body. However, if you consume too much, it can cause bloating, constipation and if you feel pain, it can lead to colon cancer. There are also refined grains that are in foods such as white pasta, bread and rice. These are not good for us because it can make you gain weight. Children will need to consume lots of carbohydrates as they need energy to grow and develop. The elderly will most likely need to consume lots of carbohydrates as they will become tired and have a lack of energy therefore if they consume many carbohydrates, their energy will increase. People at Flip Flops who may need extra carbohydrates will be the leisure seekers. This includes people who go to the gym, go swimming or play tennis as they will lose energy whilst doing the sport, therefore to maintain their energy they must consume lots of carbohydrates. On the other hand adults who are at Flip Flops to relax may need to reduce their carbohydrate intake to avoid over consumption and weight gain from unused calories. This weight gain could lead to type 2 diabetes. Another result of excess carbohydrates of the sugary kind could be linked to children where it could lead to tooth decay.

Protein

We need protein for the growing and repair of muscle cells. This is also a secondary source of energy. High biological value are foods that contain all nine of the essential amino acids. Amino acids are in foods including meat, fish and dairy products. If you are having all the nine essential amino acids, it will help with the structure of your new muscle tissues which is beneficial for fitness aims and goals. However low biological value are foods lacking in one or more of the essential amino acids. These are foods including beans, lentils, spinach and other plant sources. This means that your body cannot function properly and therefore experience symptoms including muscle loss, depression, anxiety and fatigue. If you are vegetarian, you will have to eat lots of fruit and vegetables, soya and dairy products to be able to have access to all nine amino acids. This is called protein complementation where you combine 2 low biological foods to make a high biological value. If you don't have enough protein, it will take longer to repair injuries, you may have low energy and you could even experience kwashiorkor, which is where fluid will build up in your stomach. However, this only mostly happens in developing countries. Children will need plenty of protein because it's crucial for the growth and development of their cells. When they are growing, they need additional protein and energy for themselves as their muscles are experiencing growth. There will be plenty of protein products at Flip Flops therefore children will be able to grow and develop their muscles whilst on their holiday. Vegans are another group who may lack protein because they simply don't eat it. Vegans will have to eat alternative foods to ensure they are having the protein needed for their diets. They can get protein from food sources including eggs and Quorn products.

AC 1.1 - Describe the functions of nutrients in the body.

AC 1.3 - Explain the characteristics of unsatisfactory nutritional intake.

Fats

We need fats to insulate our organs which is a secondary source of energy. There are two types of lipids: saturated and unsaturated. We should aim to eat unsaturated fats because these give us extra energy. These are in food sources such as olive oil, margarine, avocados, nuts/seeds and oily fish. However, saturated fats make us gain weight. This is because extra fat that we consume that's unnecessary, is stored and attacks muscle. They are also unhealthy as they have lots of sugar in them, which also causes weight gain. These are in foods including butter, dairy/animal products, cakes, chocolate etc. Besides this, it can also cause heart disease, cancer or blocked arteries if you consume too much. Elderly people tend to lose weight therefore they need some good fat sources to insulate organs due to them being frail. Obese people are most likely to be at risk because they will often have many cravings throughout the day and it will most likely be unhealthy, saturated foods. People who also have a sweet tooth may be at risk of eating too much because they always want cravings of sweet and processed foods, which will cause weight gain and type 2 diabetes. Furthermore, young children may also be prone to fats because they will prefer and want foods that are processed and foods high in sugar as they taste delicious, however they might put weight on which will cause problems with the heart. Flip Flops will provide many physical activities which will benefit those who consume lots of processed foods and they will also include healthy alternative options to reduce fat intake. Additionally, a lack of fats in children and adults could also mean a lack of omega 3. Due to this, it can cause brain damage, which prevents children concentration and learning in school and adults may lose concentration during work.

Vitamin A

Vitamin A is part of the fat soluble vitamins. It helps with your eyesight, healthy skin and growth. Vitamin A comes from food sources including carrots, oily fish and liver because these are the foods that are high in vitamin A. If you consume too much vitamin A, you will feel pain in the stomach especially if you are pregnant. Furthermore, it causes a deficiency in night blindness and your immune system may become weak. This will have an impact on the elderly because they will most likely not eat fruit and vegetables as it may be too hard for their teeth, therefore they will suffer from eyesight issues and problems. If they have these problems, they may fall and trip over creating wounds. This concludes that they should be eating products that are high in vitamin A to increase their eyesight. At Flip Flops they will provide food sources that include vitamin A to develop their skills and eyesight.

Vitamin D

Vitamin D is part of the fat soluble which absorbs calcium. This nutrient is needed to keep our bones, muscles and teeth healthy. They are in food sources such as egg, cheese and other dairy products. However, if you consume too much vitamin D, it can cause kidney damage because the kidneys are trying to process too much of the vitamin. It can also have a deficiency in children because they can get rickets which is a condition affecting bones as they will become bendy overtime. Additionally, deficiency in older adults will cause them to have brittle bones which is where they break easily and it's also called osteoporosis. At Flip Flops, they will have food sources including vitamin D to help you have strong bones and therefore protects you against any health problems. It is important when on holiday because often people try new things and new activities which can sometimes lead to injuries and therefore more vitamin D in the diet can help to strengthen the bones. In the same way it is likely that people will access plenty whilst on holiday from the sun.

AC 1.1 - Describe the functions of nutrients in the body.

AC 1.3 - Explain the characteristics of unsatisfactory nutritional intake.

Vitamin E

Vitamin E is a fat soluble vitamin made up of 8 compounds. It is an antioxidant therefore it prevents any body tissues from damage caused by radicals. Radicals are substances that can harm cells, organs and tissues. Vitamin E also helps maintain healthy eyes and skin. It is found in food sources including nuts, seeds and vegetables. Its also at Flip Flops to help prevent the body tissues from damage caused by radicals and to support teenagers and young adults as they have stopped growing and are now more susceptible to catching disease.

Vitamin K

Vitamin K is a fat soluble which helps with blood clotting. This is helpful because if you have an open wound, vitamin K will help to clot the blood therefore it will help to close the wound. Vitamin K is in high foods sources including spinach or other green vegetables. However, there can be a deficiency where wounds do not heal. Children should aim to consume vitamin K most days of the week because children are delicate and fragile therefore they will fall and get many cuts on their skin. This means vitamin K will help stop the bleeding of the children's cuts/wounds as well as keeping bone and muscles healthy and strong. In Flip Flops, they will have foods containing vitamin K because those children who will go to Flip Flops, will need consume more due to them potentially falling in the children's zone.

Vitamin B

Vitamin B is a water soluble which helps with energy release. It is high in food sources such as wholegrains and meat. However, there can be a deficiency in tiredness, fatigue, dry skin and you may also have a sore throat. Vegetarians or diets that exclude any animal products need to ensure they obtain their daily intake from other sources or supplements because they are not getting the energy required for their diet due to them not eating meat. Additionally active people need to consume good amounts of vitamin B as vitamin B absorbs macronutrients including carbohydrates, protein and fats. These macronutrients give off energy and are essential for growth and the repairing of muscles, therefore active people need to consume good amounts to develop their bones and healthiness at Flip Flops.

Vitamin C

Vitamin C is a water soluble and it is essential because it helps with your immune system and keeps it healthy. There is vitamin C in food sources including strawberries, tomatoes and citrus fruits such as lemons and oranges. If you have a cold and your taking vitamin C, it could prevent complications like pneumonia by boosting your immune system. Nevertheless, if you consume excess vitamin C, it could cause diarrhoea and gastritis but it is unlikely. Additionally, in the UK its rare to have a deficiency but you can have scurvy which is tiredness and bleeding of the gums. If a child lacks vitamin C, they could become more ill more quickly because the vitamin will not be helping the immune system, and therefore it will not be healthy, causing symptoms. Flip Flops will contain these foods high in vitamin C as they will want you to have a healthy immune system.

AC 1.1 - Describe the functions of nutrients in the body.

AC 1.3 - Explain the characteristics of unsatisfactory nutritional intake.

Calcium

Calcium is a mineral which helps to keep our teeth and bones healthy. Dairy products such as milk and cheese are all food sources containing calcium. Furthermore, you may have a deficiency in rickets and osteoporosis. Rickets is a condition that children often get as it affects their bones due to them being weak and soft. It also slows down the development of growth and skeletal structures therefore children need to consume and need much more in their diet. Osteoporosis is also a condition that affects bones. It is where bones become less dense and start to get into the process of weakening. This can lead to broken bones and a fracture if you don't consume enough calcium. At Flip Flops, calcium will be provided for those who are active as their bones will develop and become stronger. Calcium is at Flip Flops to ensure children are consuming enough for their growth and development of bones.

Iron

Iron is a mineral which plays the role of keeping our red blood cells healthy. Haemoglobin are found in the blood cells which are essential for transferring oxygen in the blood from the lung to the tissue. Iron can be found in two different food sources including animal products and plant based products such as red meat, spinach and other green vegetables. However, iron from meat sources are easier to absorb because if it's from plant products, it needs the help of vitamin C to absorb it. Adolescents females will need to consume a lot more because during menstruation cycle they lose a lot of blood. However, if they don't they can get a deficiency in anaemia. At Flip Flops they will include iron for those lacking in it, and for those children who it helps develop rapid growth.

Water

Water is essential in our diet as it has many functions in the body. One being, it helps get rid of waste as it eliminates toxic substances in your urine. It also helps regulate body temperature in a warm and cold environment as the body releases and absorbs heat. Additionally, it acts as a lubricant for joints and eyes and its main component is saliva. However, the body always loses water for example, from when we go to the toilet, when the water from our skin evaporates and also from sweat, therefore if we do not consume enough water we may become dehydrated. However, if you drink lots of amounts of water each day, your body will create lots of urine which can be unhealthy. Flip Flops will have plenty of water for everyone as you can get dehydrated easily, therefore they will provide water to ensure you're hydrated and healthy.

Dietary Fibre

Fibre is essential for the correct and effective digestion of nutrients from our food. It comes from the plant based carbohydrates and is very important in avoiding any deficiencies of any nutrients because if people lack in this nutrient then their body could be able to digest nutrients from other food sources and this could lead to other health problems that have been mentioned about. Excess fibre is rare but can cause constipation which if it impacts adults they may have to miss work due to feeling discomfort.

AC 1.2 - Compare nutritional needs of specific groups.

Specific groups	Key information
Children	They need lots of energy, therefore they will need to consume lots of carbohydrates, portion sized should be based on the healthy eat well guide , need a good supply of protein for their growth and repair of muscles and cells. Furthermore, they will need calcium for the growth of teeth and bones. Additionally, highly processed foods will be included in their diet.
Teenagers	Lot more calcium, protein and carbohydrates in their diet to achieve growth and development. Teenage girls especially will need to consume lots of iron to rejuvenate blood into red blood cells. This is due to them loosing access amounts of blood during their menstruation cycle. Furthermore, they will need high levels of vitamins and minerals as they're constantly around people which will spread germs.
Adults	Women during pregnancy need to consume lots of protein to help the baby grow. They will also need calcium and vitamin D for the growth of theirs and the babies bones. Furthermore, they need to ensure they're consuming lots of fruit and vegetables for energy, and lots of vitamins and minerals. Adults will also need to reduce their fat intake as their metabolism starts to slow down.
Older adults/ elderly	Need protein for repair of cells and building of muscles, consume soft foods, eat foods in fibre, need more fat in their diet as they become thinner and colder, prone to brittle bones in which they need calcium and they are frail to sunlight therefore they need vitamin D.
Active or leisure seekers	Need protein for the rebuilding of muscles and bones, need plenty of fibre to help digestion and need plenty of water to stay hydrated as they do physical activities.
Vegetarians	Lacto don't eat meat or fish products but they eat dairy, lacto ovo don't eat meat or fish but eat dairy products and eggs. They may lack in vitamin B therefore they need to find protein for other food sources.
Vegans	They do not eat any animal or dairy products, they need to make sure they have enough protein and calcium.
Diabetes	Diabetics need to consume less fats/sugary foods, their bodies cannot use glucose properly due to lack of hormone insulin, they should reduce their intake in starchy and sugary carbohydrates.
Coeliac	They cannot eat any gluten products as they cannot eat wheat. Due to this they cannot eat any carbohydrates.
Other allergies	Lactose intolerance should avoid milk and milk products, they should have alternatives such as soya and nut milks. Having a lack of calcium will cause affects including nausea, bloating or diarrhoea.

AC 1.2 - Compare nutritional needs of specific groups.

I will be comparing the dietary needs of children and adults and considering what they need to maintain a healthy lifestyle. Firstly, children will need to ensure that they're eating correctly as the Eatwell Guide suggests due to them growing and developing into a new life stage. For this to happen, children should consume a wide range of nutrients to achieve the energy needed for the growth and development of their muscles. To maintain a healthy diet, they should follow the Eatwell Guide which states accurately how much of each nutrient you should ingest. Likewise, adults should be following the Eatwell Guide to maintain their good physical shape and to help them get through each nutrient that's vital.

Adults that are physically active will need to consume lots of protein for the development of muscles and bones. At Flip Flops, they will have many leisure facilities for the sporty people who enjoy staying active. Those people should meet healthy eating guidelines to accomplish what their looking for. They should aim to eat lots of protein for the growth and repairing of cells and tissues. However, our body cannot make the essential amino acids that we need for our diet therefore, to achieve them you should target to eat foods found in animal sources and plant sources. Furthermore, active people should always stay hydrated whilst exercising because the body will release huge amounts of sweat. Similarly, children should always drink lots of water as dehydration causes tiredness. During school, if children are dehydrated and tired, they may fall behind in school work as they won't be concentrated and focused which is affecting their intellectual development.

Additionally, children can be very picky eaters with their foods and sometimes with their drinks. When children drink water, they may think it tastes of nothing and therefore won't drink it at all. As a result of this, their parents/ careers will have to give them flavoured water, which contains sugar. On the other hand, adults will drink water naturally as they would have gotten used to drinking it and they understand how essential water is for our body. Furthermore, adults metabolism starts to slow down therefore their blood circulation and digestion will start to slowly slow down also. Consequently, they will have to reduce their fat intake as they could gain weight due to the slower metabolism. Gaining weight could lead to obesity, high blood pressure, type 2 diabetes, heart diseases and cancer. Equally, children may also gain weight and experience some affects of too much sugar in their diets.

Children and adults both need to consume minerals including calcium and iron. They should eat calcium because both of their bones can become brittle and lead to the development of osteoporosis. Additionally, they both need iron in their diet because it helps to keep red blood cells healthy. Children will need to consume high fibre to help bowels functions properly and to stop the sugar from getting absorbed quickly as this could lead to weight gain.

Both children and adults may have medical conditions that may lack them in consuming any important nutrients. For example, if a child or an adult may have eating problems and they might find it hard to swallow, they will be restricting their consumption on nutrients. A food that may struggle on swallowing could be bread. This is because it is quite chewy and can make you give up on eating and consuming it, resulting in you not swallowing it. By them not consuming it and not having it in their diet, it will lack them in having energy. This will result in them being tired constantly and not wanting to do anything. Bread is a carbohydrate and if they're not eating it they may think all carbohydrates are hard to eat and can be difficult eating, which can lead to them not consuming carbohydrates and not getting the energy needed for the body.

AC 1.2 - Compare nutritional needs of specific groups.

Children will need to consume low amounts of salt because they will develop a taste for salty food in the future. If they ingest a large amount of salt each day during childhood, they will continuously eat salt during the rest of their life stage which will affect their diet. However, a healthy amount of salt helps regulate your body and it helps control the correct amount of fluids that your body needs. Children are recommended to eat 1g-3g of salt a day because this is reduce weight gain. Adults however, will still need to consume low amounts of salt as they may experience some side effects. Adults should aim to eat less than 6g of salt a day.

Adults will have chosen to become vegetarian or vegan as they have a lifestyle choice. As adults choice what they want to eat, they will have a lack of protein in their diet if they're vegetarian and a lack of calcium if they're vegan. Those who lack in protein should aim to eat eggs and Quorn products as an alternative to achieve the protein they need. Vegans should aim to consume alternative milk products such as soya and nut milks and plant sources for food. This is ensure they're having calcium in their diet for the growth of bones and teeth. Children however, will develop their choices in the future as they will eat what they get given from their parents. By eating what they are getting given, they will be consuming all the correct amounts of nutrients.

Furthermore, adults may diet or be influenced by social media, therefore they will be consuming different foods to change their diet. By changing what they eat, they might not consume foods that are high in nutritional value, which could mean that they will be lacking in one or more of the essential nutrients. This can have an impact on children as they will have a lack of control over what they are consuming due to them being provided by adults. This may make the child loose in nutritional value as they will possibly be fed the same as their parents.

AC 1.4 - Explain how cooking methods impact on nutritional value of food.

Boiling

Boiling reduces vitamin C more than any other cooking method. This is because when you boil vegetables such as broccoli, spinach and lettuce, they leach out water soluble vitamins such as vitamin C and vitamin B because the vegetables think that they are being digested in your body, therefore they release the vitamins. Some vegetables lose up to 50% of their vitamin C when boiled which negatively impacts us due to us not getting half of the percentage of vitamins in our diet. Furthermore, the left over water can be used to make gravy's and soups. This is because it contains the vitamins that have been leached out when being cooked.



Simmering

When foods are cooking in water, the low temperatures in simmering will reduce the loss of vitamin C. However, the vitamin C leaches out and dissolves into the water. Furthermore, the fat soluble vitamins are heat tolerant so are not leached out when cooking in water. Additionally, when simmering sauces or soups, the mixture at the end is going to be eaten, therefore there will be no nutrient lost due to you consuming it at the end.



Poaching

Likewise boiling and simmering, poaching loses up to 50% of vitamin C. This is because vitamin C leaches out into the water due to it feeling like it the human body. The fat soluble vitamins are not affected as they are heat tolerant. Additionally, when fish are poached, they have little effect on omega 3 fats.

Roasting/baking

When roasting and baking foods, there is a minimal amount of vitamin C lost. Due to long cooking times at high temperatures, B vitamins when roasting meat may decline by 40%. When roasting some foods, the fat content will decrease if the fat drains of the foods.

Microwaving

When microwaving foods, it is the most convenient, easy and useful way to cook foods. The microwave takes a short period of time to cook therefore, the nutrients are preserved because it is not exposed to any heat. In green vegetables, 20-30% of vitamin C is lost, which is less than boiling them.



AC 1.4 - Explain how cooking methods impact on nutritional value of food.

Deep fat frying

When deep fat frying foods, there is huge amount of oil contained when cooking, therefore the fat soluble vitamins believe that they are being digested in the body so they release and leach out the vitamins into the oil. This means that a huge percentage of fat soluble vitamins are being lost and not consumed by the consumer.



Grilling

When grilling foods at such high heat and dry heat, it adds flavour to the foods that are being cooked. 40% of B vitamins are lost due to nutrients in the juice leaching out from the meat. Furthermore, the black, charcoal stripes that are printed on the meats after grilling, can give you cancer.



Steaming

Steaming is one of the best ways of cooking foods. This is because the water soluble vitamins are not in contact with the water due to it cooking quickly therefore, there will be less vitamins lost. However, because water soluble vitamins are in water, a small percentage of vitamin C and vitamin B are lost.

Stir frying

Stir frying is a quick method of cooking foods because the foods are being cooked at a high temperature with a small amount of oil. Water soluble vitamins are not lost due to fast cooking time and a lack of water. Fat soluble vitamins are also not lost during cooking because when you stir fry foods, it only needs a small amount of oil, therefore the vitamins will not leach out into it.



AC2.1 - Explain factors to consider when proposing dishes for a menu.

When proposing a menu, I have to consider the following factors to ensure the dishes are well prepared, cooked and sold.

Firstly, I have to consider the **time of year** that foods are its best and seasonal events. This needs to be considered because we will need to know the different types of foods that are appropriate for the different types of events. During Christmas, you will expect to have foods that are in relation to that event. Therefore, hot and warm foods will be the types of foods that you will be expecting, such as roast dinners. This is because during the Christmas season, its cold and wintry outside, therefore you are most likely to be eating hot foods to warm your body temperature. Likewise, in summer, you will be expecting quite cold or room temperature foods due to the weather outside being hot and humid. Foods you will anticipating will be ice cream and sandwiches. Furthermore, during different times of the year, you might have to consider the temperatures, meaning if its cold outside, you may only have seating areas indoors rather than outside. But in the summer, you may have chairs and tables out so that costumers can sit outside in the warm temperatures, or even have a terrace.

Another factor I have to consider is the **seasonality** of the foods. This is because different types of foods grow best in different types of environments. If foods are presented to the restaurant and are bad quality, they will not use it as it can not be served to the costumers. The foods must be at their peek. This means that all different types of foods that grow are harvested and have the greatest amount of flavour. These types of foods will be sold at a cheaper price and will be the freshest foods in the market. Furthermore, when fruit and vegetables have been picked out, they have been harvested at the right time and are naturally ripened, which means that they will have lots of flavour and nutrition. The use of seasonal foods are better for the environment because you're reducing the number of miles the food travels before it reaches your location. By reducing food miles, you're preventing the amount of pollution that is going into the atmosphere due to reducing the fuel that has been used.

Additionally, **the skills of staff** will be taken into consideration. When at a restaurant, the chefs will need to be able to prepare and cook foods but if they get given a meal they do not know how to prepare or cook, they will be lacking in skills due to them not experiencing any further techniques. The staff at the service must ensure that they're able to prepare and cook foods because dishes must be presentable and hygienic. If the food doesn't turn out to be as expected, the costumers may not come to the place any more. Furthermore, teamwork will help the service improve. This can be done because when each of the staff have the ability to work as a team and cooperating with one another, the jobs of the staff will be much easier as they can help each other out.

As we proceed, the factor of **equipment available** must be taken into consideration. This is because for each type of food, you will need to have different and certain equipment to handle them as different types of equipment will often not work on the food. For example, if you want finely chopped vegetables, you might use a knife to chop them into smaller pieces but using the correct equipment, a vegetable blender, the vegetables will be chopped into a fine mixture and be used in the right way. If certain types of equipment are not available, it may restrict you from making a certain type of dish.

AC2.1 - Explain factors to consider when proposing dishes for a menu.

Furthermore, when proposing a menu, I will need to take in consideration the **time available**. This means that foods that are being prepared should take a limited amount of time because people waiting at a restaurant for example, will not want to be waiting very long for their food to arrive. This also corresponds to the cooking time. This is because costumers again, will not want to be waiting for their orders and food to arrive late. The time available could lead to costumers leaving or costumers coming and experiencing the catering service due lacking in available time or having the correct time to prepare and cook foods. Furthermore, to be able to have time available, the staff should have effective communication skills. This is because working will be done at a much faster pace as everyone will understand and know what they're doing and taking part in. Due to this, the flow of preparation and cooking will increase as nobody will be stressed or panicking.

The **type of provision** Flip Flops is will also be taken into consideration. The food and costumers will be dependent on the type of service Flip Flops will be, due to different people having different preferences. We will need to consider the types of costumers that will be entering and coming to Flip Flops. The different types of costumers can be either vegan, vegetarians, they can have different dietary needs, age groups, costumers depending on their religion and costumers coming as a family, couple or even friends. Furthermore, the style of the service will need to be considered. This includes services like buffets, counter services, silver services, table services, plate services and gueridon services. These types of services can serve different types of foods therefore we need to consider the costumers and which type of service is can relate to. At a fast food establishment, plastic chairs and tables will be accepted as it is not considered to be posh. However, for a fine dining establishment, costumers would expect table cloths on tables, napkins and cutlery condiments.

Additionally, the **cost** of the food will be taken into consideration. This is because we will need to make sure that the food meets the price. The food should be at a reasonable price therefore, the cost shouldn't be expensive or not to cheap. Firstly, when identifying a cost, you should be relating it to the ingredients that make up the food which means everything that goes into the dish should be counted and taken into consideration. This is called a direct cost. Once you know an estimate for the cost of all your ingredients in your dish, you can then determine the price. The service should be able to make profit out of working, therefore the gross profit percentage needs to be taken into account. When proposing the cost, the indirect cost should be considered because they go towards making the foods. This includes lighting, heat, equipment, cleaning materials and VAT.

AC2.2 - Explain how dishes on a menu address environmental issues.



At flip flops we are reducing the amount of issues there are towards the environment. We can do this by using these factors to help with the environmental issues.

A factor of helping the environmental issues is **reducing**. Firstly, at Flip Flops we can reduce the amount of ingredients we buy for the preparation of dishes. This will reduce the amount of food waste left over when measuring out the correct amount and it will also reduce the waste of money. Furthermore, you should reduce big portions sizes. This is because, sometimes the chefs put on an excessive amount of food onto the plate, therefore some people may leave lots of access food which will eventually go to waste. Due to this, the remaining food will get binned and therefore become wasted. Furthermore, we can reduce the amount of fruit and vegetables that go to waste. We can do this by encouraging them to turn the access fruit and vegetables into a powder. This will be useful as we can use it for seasonings. Additionally, we can turn access fruit and vegetables into jams, chutneys or sauces. This will reduce the amount of money spent, as you are using food that you already own.

At Flip Flops, we can **reuse** foods that are kept in reusable containers. This is because the foods kept in there will be fresh and still usable to use in dishes. Plastic containers will also made the foods last longer as its not exposed to air. Furthermore, we can serve drinks in glass bottles. This will reduce the amount of cups that have been used and then binned as with glass bottles, you can wash them and reuse them. We can also use refillable containers for condiments, sauces and salt and pepper. This will be better for the environment as you are reusing washable containers that will not be binned or cause any harm to the environment. Additionally, at restaurants you can use table liners that are washable rather than it being disposable because it will be reducing the amount of money spent on them and the wastage of them. Here at Flip Flops, we can also reuse certain foods that have been leftover. This is because if you have leftover egg whites, you can make meringues out of them. Similarly, we can use leftover cake to make trifles.

At Flip Flops, we also use renewable energy because we have solar panels



Furthermore, Flip Flops want you to **recycle** plastic, glass, tins or anything that is recyclable. This is because councils will come round collecting recycled equipment/bottles so that they can reuse them for something incredible by making something out of them. Instead of throwing away food waste, you can send it to be used for compost or animal feed. Furthermore, you should recycle sturdy and well-made plastic containers. This is because you can use them for food storage which keeps the food last longer and keeps them looking fresh. Additionally, you should recycle used cooking oil as some companies collect them for free and then turn the oil into bio diesel. The cooking oil will be much useful if it was to be turned into something that can be used as something else. To be able to recycle, you should use the bins that are outside your houses and sometimes around public places.

AC2.2 - Explain how dishes on a menu address environmental issues.

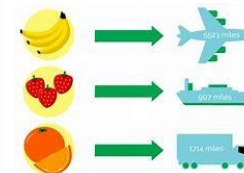


Conservation of water is a factor that must be considered when addressing the environmental issues. Firstly, at Flip Flops you should reduce the amount of water coming from the taps. To do this, you can switch off the taps when you are not using them in between intervals. Furthermore, you can get taps that can be switched off after certain times, which will reduce water loss. You also should use less water when using it for cooking. This will reduce the amount of water being wasted when it could have been used for something useful. Additionally, when filling up the sink to prepare for washing, you should use a plug to reduce water. This will also help reduce water because you are not refilling the sink with more water. Furthermore, you should only serve water to clients when they request to have it because if it was to be on the table, they might not drink it, which would be a waste of water.

Another factor that must be considered is the **packaging**. Using less packaging at Flip Flops is important because less will go to waste. This will reduce the amount of energy used to break down the packaging which will also reduce the greenhouse emissions. When buying ingredients, you should buy the products with less packaging. This will ensure you're saving energy and the amount of packaging that will be broken down. You should also buy recyclable packaging as it is safer for the environment. When carrying the ingredients, you should use a plastic bag because it is reusable and environmentally friendly. If the packaging is made out of glass bottles, jars or cardboard, then you can recycle them by putting them in a recyclable bin.

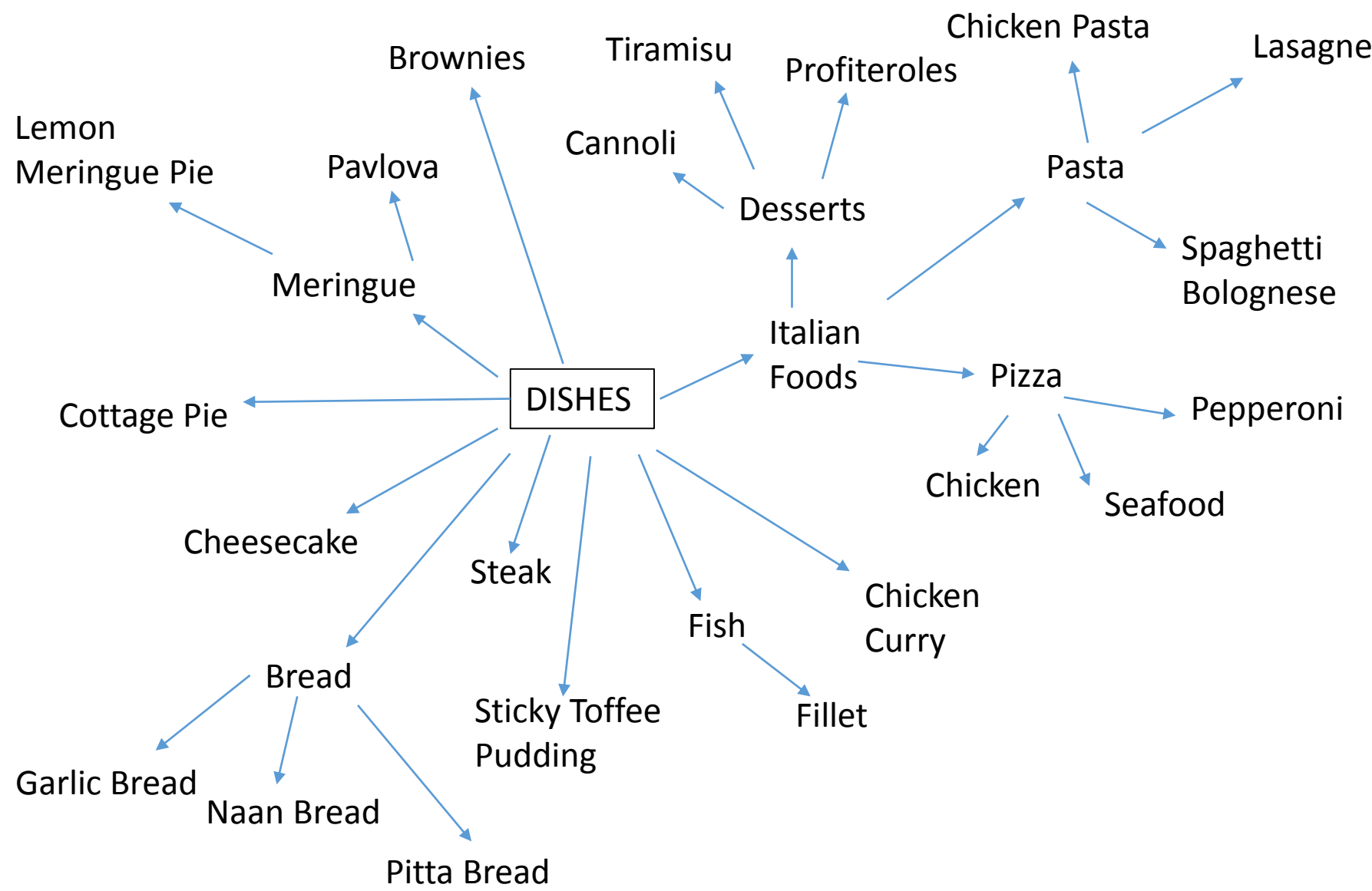


Sustainability is another factor that must address environmental issues. This is because at Flip Flops, we use locally sourced foods because it ensures that there are no air miles and a reduced amount of packaging. Being sustainable is also by reducing, reusing and recycling lots of different products and the different ways it could be achieved. We can also use renewable energy such as, putting solar panels in the area to improve it and make it sustainable.



Food miles is another factor that must be taken into consideration. Food miles is the distance the food travels from where it was produced to where is consumed or sold. Therefore, transporting foods to your destination with long distances is harmful to the environment because CO₂ is produced. However, we need food miles because some foods don't grow in certain environments and climates, therefore we need that type of transport to ship out our foods. It is also cheaper to collect foods from food miles.

Seasonality is another factor that must be considered. This is because different types of food grow best in different climates and environments. The foods that grow in the different seasons has to be at their peak, therefore they should be harvested and have the greatest amount of flavour. The foods that have been grown outside, will be the freshest due to it growing in season. The use of seasonal foods are better for the environment because you're reducing the number of miles the food travels before it reaches your location. By reducing food miles, you're preventing the amount of pollution that is going into the atmosphere due to reducing the fuel that has been used.



Propose and analyse 4 suitable dishes.

Possible dish	Appearance appeal - colour, flavour texture	Nutrients included and customers they will be suitable for	Cooking methods and skills shown	How the dish meets the brief
<p>Lasagne served with garlic bread and mayonnaise and salad.</p>	<p>Pasta- cream , beige colour, soft bite texture. Bolognese sauce- red, maroon colour, chewy texture, meaty flavour. White sauce- beige colour with a smooth creamy texture. Cheese- yellow, beige colour, soft, smooth texture and rich cheesy flavour. Garlic bread- white, golden colour with green flakes of herbs, doughy, fairly chewy texture and a garlic and herb flavour. Mayonnaise- yellow/creamy colour, smooth texture.</p>	<p>Pasta- complex carbohydrates which is a slow release food, appropriate for all ages as everyone requires energy, not be suitable for egg allergies or people with coeliac. Bolognese sauce- protein from the mince beef, vitamins from chopped up vegetables, eaten from most age groups, elderly may not be able to chew, also not suitable for vegetarians. Roux sauce- calcium, all ages, not suitable for lactose and tolerant. Garlic bread- carbohydrates, suitable for all ages, but elderly may not be able to chew. Mayonnaise- calcium, not suitable for dairy intolerance. Tomatoes, basil and red onions- suitable for everyone, contains vitamins.</p>	<p>Pasta making Mincing meat Bread making knife skills Baking Heating Hot hold Boiling Simmering Weighing Measuring Proving</p>	<p>This dish meets the brief because it is filled with lots of nutrients. All the different nutrients will help develop the structure of our bones and muscles, along with giving us energy. Furthermore, it is suitable for all ages, therefore the nutrients will help give us energy and help with the development of our bones. Additionally, it has various of colours which is eye catching and it makes it look appealing to consume.</p>

Propose and analyse 4 suitable dishes.

Possible dish	Appearance appeal - colour, flavour texture	Nutrients included and customers they will be suitable for	Cooking methods and skills shown	How the dish meets the brief
Lemon cream filled profiteroles with a chocolate drizzle, topped off with raspberries and mango coulis.	<p>Choux pastry- golden brown colour, flavour of eggs.</p> <p>Lemon cream- yellow colour, has a flavour of sourness, soft cream texture.</p> <p>Chocolate drizzle- brown colour makes it dominant and stand out, soft creamy texture.</p> <p>Raspberries- red colour which stands out, sweet fruity flavour.</p> <p>Mango coulis- yellow colour, juicy flavour, easy to eat.</p>	<p>Choux pastry- protein from eggs, not suitable for vegetarians.</p> <p>Lemon cream- vitamin C from lemons, calcium from cream, for all ages, not suitable for lactose and tolerant or vegans.</p> <p>Chocolate drizzle- fats, suitable for all ages, not suitable for vegans.</p> <p>Raspberries- vitamins, appropriate for all ages</p> <p>Mango coulis- contains vitamin A, suitable for all ages and meets all dietary requirements.</p>	<p>Whisking</p> <p>Baking</p> <p>Pastry making</p> <p>Heating</p> <p>Cooling</p> <p>Choux pastry</p> <p>Simmering</p>	<p>This dish meets the brief because it contains various of nutrients. This will help give everyone energy and insulate our organs because it contains dairy and fats. This dish will be appealing as it is sweet and contains various of colours.</p>
Lemon meringue pie served with a raspberry coulis.	<p>Meringue- white, cream colour, soft texture.</p> <p>Lemon- yellow colour, tangy, sour flavour, soft creamy texture.</p> <p>Raspberry coulis- bright red colour, soft, smooth texture.</p> <p>Short crust pastry- golden brown colour, crumbly texture.</p>	<p>Meringue- protein from eggs, dairy. This is not suitable for lactose and tolerant restrictions.</p> <p>Lemon- vitamin C, suitable for most ages, children may find it to sour.</p> <p>Raspberry coulis- vitamins, suitable for all ages, not suitable for any raspberries allergies.</p> <p>Short crust pastry- contains protein from the eggs.</p>	<p>Whisking</p> <p>Piping meringue</p> <p>Baking</p> <p>Lemon curd</p> <p>Making coulis</p> <p>Shortcut pastry</p> <p>Weighing</p> <p>Simmering</p> <p>Separating eggs</p>	<p>This dish meets the brief because it contains various of nutrients. There is protein from the eggs in the meringue and vitamins from the citrus fruits including lemons and raspberries. This dish also is eye catching which will grab every ages attention.</p>

Propose and analyse 4 suitable dishes.

Possible dish	Appearance appeal - colour, flavour texture	Nutrients included and customers they will be suitable for	Cooking methods and skills shown	How the dish meets the brief
White rice served with curry and garlic bread.	<p>White rice- white colour</p> <p>Curry- red/marron colour, slight spice</p> <p>Garlic bread- white, cream colour with green flakes of herbs, doughy, fairly chewy texture and a garlic and herb flavour.</p>	<p>Rice- carbohydrates, not suitable for coeliac, all costumers are free to have it.</p> <p>Curry- protein from chicken pieces and vitamins from vegetables in it, not suitable for any vegetarians.</p> <p>Garlic bread- carbohydrates, suitable for all ages, but elderly may not be able to chew.</p>	<p>Weighing</p> <p>Measuring</p> <p>Cooking</p> <p>Knife skills</p> <p>Proving</p> <p>Simmering</p> <p>Sauce making</p> <p>Deboning</p>	<p>This dish meets the brief because it has various of nutrients contained within. This will help develop the structure of our bones and muscles as well as give us energy. This dish also has a contrasting colours which will be eye catching and appealing to consume.</p>

Selected Dishes with Reasons for Choice.

Lasagne served with garlic bread and mayonnaise and salad.

I have chosen to cook this dish because of its nutritional value. Firstly, when preparing the lasagne sheets, it contains complex carbohydrates which is a slow release food. In the bolognese sauce, the mince contains protein which repairs muscles and damaged tissues. Also, in the bolognese sauce, there are vitamins due to the bolognese having the chopped up carrots, celery and onion. In the lasagne, the white sauce has calcium as there is milk contained within. In the garlic bread, there are carbohydrates which will give us energy. Furthermore, in the salad with basil, red onion and cherry tomatoes, there are vitamins which help with general health. The mayonnaise also contains vitamins, in particular, vitamin A which helps with the immune system and clear vision.

Furthermore I have chosen this dish because it is cost effective. This means that when buying each of the ingredients, it is easy access and affordable.

This dish is also very appealing because it varies in colour. The lasagne is a golden orange, the garlic bread is a lighter shade of golden brown and the salad contains basil, red onion and cherry tomatoes which create a pop of colour on the plate.

Additionally, this dish is varied in flavour which means that when consuming it, the flavours are distinctive and appealing. The texture is also not too chewy, which means that all ages can eat it.

Lemon cream filled profiteroles with a chocolate drizzle, topped off with raspberries and mango coulis.

I have chosen to cook this dish because it is cost effective. This will ensure that when buying the ingredients, the cost of them will be inexpensive meaning its affordable and reasonable.

Furthermore, this dish has been chosen because of the variation in colour. The golden choux pastry which has a lemon cream inside, creates the profiterole to stand out and be prominent. Similarly, the mango coulis and the raspberries make the dish have a variation in colour.

Additionally, this dish will be soft and easy to eat. This is because the cream has a smooth consistency and the pastry is not chewy and hard to consume.

The profiterole dish will also attract young people in general because its a sweet dish. However this dish contains lots of calcium which will ensure that the children and all ages will help maintain healthy teeth and bones. Additionally, the choux pastry contains eggs which will help with the growing and repairing of muscles cells.

Lasagne served with garlic bread and mayonnaise and salad.

Children:

- It contains lots of nutritional value such as proteins from the mince beef, carbohydrates from the garlic bread and pasta and vitamins and minerals from the tomatoes, basil leaves and red onion.
- Its appealing to consume meaning that when they eat it, they'll be getting the nutrients. It makes it appealing because it contains various colours which is eye catching.
- It varied in flavour but not too strong.
- It is not spicy.
- It is soft and easy to consume and it can be cut into bite size pieces.

Teenagers:

- It helps give them the nutrients needed for their diet such as protein from the mince beef, carbohydrates from the pasta and garlic bread and vitamins from the tomatoes, red onion and basil leaves.
- Contains carbohydrates which will give them energy when exercising.
- The protein in the meat will ensure that the muscles are growing and being repaired.
- Contains iron which will help girls as they lose blood during menstruation.

Adults:

- It helps give them the nutrients needed for their diet such as protein from the mince beef, carbohydrates from the pasta and garlic bread and vitamins from the tomatoes, red onion and basil leaves.
- This dish is varied in flavour.
- Not too chewy to consume.
- Varied in texture as the lasagne is soft and can be eaten easily but the salad has a crunch.

Elderly people:

- This dish is soft and easy to eat.
- They will be getting the nutritional value needed such as protein from the mince beef, carbohydrates from the pasta and garlic bread and vitamins from the tomatoes, red onion and basil leaves.
- The calcium in the white sauce is beneficial as they will need that to maintain healthy bones and teeth.

Lasagne served with garlic bread and mayonnaise and salad.

Vegetarians and vegans:

- Not suitable but the white sauce can be made with soya milk or almond milk for them to consume it.
- The white sauce in the lasagne can also be made with vegan butter.
- The garlic bread can be made with vegan butter.
- The salad will give them vitamins which will help with their general health.
- Not suitable for vegetarians as it contains meat.
- The meat in the bolognese can be altered for vegetarian mince beef (Quorn)

Active and Leisure seekers:

- The lasagne sheets and garlic bread are carbohydrates which will give them energy when doing their activity.
- The protein in the mince beef will help grow and repair their muscles.
- The basil and tomatoes contains vitamin C which will help with their immune system.

Medical conditions:

- For coeliac conditions, the garlic bread and lasagne sheets can be made out of gluten free flour.
- The white sauce can be made from soya or almond milk as an alternative for those who are lactose intolerant.
- Those who have diabetes are able to consume as it doesn't contain much sugar carbohydrates.
- This dish doesn't contain any nuts therefore, people who have nut allergies can consume.

Lemon cream filled profiteroles with a chocolate drizzle, topped off with raspberries and mango coulis.

Children:

This dish will meet the needs of children because:

- It contains calcium which will help maintain healthy teeth and bones.
- Soft to eat.
- Not spicy meaning they will consume it.
- This dish has lots of flavour.
- The raspberries provide antioxidants which will protect them from illnesses.

Teenagers:

- Contains carbohydrates which will give them energy.
- The calcium will help keep their teeth and bones healthy and strong.
- Eggs in the pastry as a source of protein.
- This dish has a variety of flavours.

Adults:

- The protein in the eggs will help with the growing of muscles.
- The calcium will ensure healthy teeth and bones
- The mango coulis is a good source of vitamin A, which will help with the immune system and clear vision.

Elderly:

- Soft and easy to consume.
- The cream is a good source of calcium to ensure strong and healthy bones.
- The eggs are a source of protein.

Lemon cream filled profiteroles with a chocolate drizzle, topped off with raspberries and mango coulis.

Vegetarians and vegans:

- Contains no meat or gelatine meaning its suitable for vegetarians.
- Not suitable for vegans but the semi-skimmed milk can altered for soya or almond milk. However, it does also contain cream and eggs.

Active and Leisure seekers:

- The eggs are a good source of protein meaning it will help with the growing of muscles.
- The pastry contains carbohydrates, providing them with energy.
- The cream is a good source of calcium ensuring bones are strong and healthy.

Medical conditions:

- This dish is not suitable for lactose intolerance as it contains dairy products.
- It is suitable for any nut allergies as it does not contain any nuts.
- Someone with diabetes will not be able to consume as it is high in sugar.

AC 2.4 – Plan production of dishes for a menu.

Requisitions

Green Grocer	Grocer	Dairy	Butcher/fishmonger
<p><u>Lasagne - bolognese</u></p> <ul style="list-style-type: none"> • 1 carrot • 1 celery stick • 1 onion • 1 garlic • 1 tin of chopped tomatoes <p><u>Salad</u></p> <ul style="list-style-type: none"> • 1 packet of basil leaves • 1 red onion • 1 packet of cherry tomato's <p><u>Profiteroles - presentation</u></p> <ul style="list-style-type: none"> • 1 packet of raspberries <p><u>Profiteroles- mango coulis</u></p> <ul style="list-style-type: none"> • 250g fresh mango chunks • ½ lemon 	<p><u>Lasagne – bolognese</u></p> <ul style="list-style-type: none"> • 2 teaspoons of basil • ½ teaspoon of salt • 2 tablespoons of oil <p><u>Lasagne – white sauce</u></p> <ul style="list-style-type: none"> • 40g plain flour • ½ teaspoon of nutmeg • ½ teaspoon of salt <p><u>Lasagne - sheets</u></p> <ul style="list-style-type: none"> • 200g plain flour • 1 egg • ½ teaspoon of salt <p><u>Profiterole – pastry</u></p> <ul style="list-style-type: none"> • 100ml cold water • 60g plain flour • 1 teaspoon of salt • 2 eggs • ½ teaspoon of baking powder <p><u>Profiterole – cream</u></p> <ul style="list-style-type: none"> • 60g caster sugar • 1 tablespoon of lemon extract • 3 drops of yellow food colouring 	<p><u>Lasagne – white sauce</u></p> <ul style="list-style-type: none"> • 200ml semi-skimmed milk • 40g unsalted butter <p><u>Lasagne – topping</u></p> <ul style="list-style-type: none"> • 1 packet of mozzarella cheese <p><u>Profiterole - pastry</u></p> <ul style="list-style-type: none"> • 45g unsalted butter <p><u>Profiterole – cream</u></p> <ul style="list-style-type: none"> • 1 tub of double cream 	<p><u>Lasagne- bolognese</u></p> <ul style="list-style-type: none"> • 250g mince beef

Equipment

- Freezer
- Ramekin
- Large glass bowl
- Small glass bowl
- Small plastic bowl
- Wooden spoon
- Electric whisk
- Jug
- Baking tray
- Parchment paper
- Cling film
- Tin foil
- Oven
- Hob
- Food processor
- Pasta maker
- Grater
- Green chopping board
- Chef's knife
- Large pot
- Hand whisk
- Oven proof dish
- Cutlery
- Plates
- Pan stand
- Small saucepan
- Piping bag
- Tea towels

Serving plates/dishes

- Black, square slate
- Long, rectangular, black slate
- Clear glass
- Spoon, knife, fork

AC 2.4 – Plan production of dishes for a menu.

Requisitions

Green Grocer	Grocer	Dairy	Butcher/fishmonger
	<p><u>Profiterole – presentation</u></p> <ul style="list-style-type: none"> • 1 dark chocolate bar <p><u>Profiteroles- mango coulis</u></p> <ul style="list-style-type: none"> • 1 tablespoon of sugar <p><u>Garlic bread- bread</u></p> <ul style="list-style-type: none"> • 100g strong white bread flour • ½ packet of yeast • 1 teaspoon of oil • ½ teaspoon of salt • 100ml water <p><u>Garlic bread- garlic mixture</u></p> <ul style="list-style-type: none"> • 1 teaspoon of dried parsley • 1 garlic clove <p><u>Mayonnaise</u></p> <ul style="list-style-type: none"> • 2 egg yolks • 1 tablespoon of Dijon mustard • 2 tablespoons of white vinegar • ½ teaspoon salt and pepper 	<p><u>Garlic bread – garlic mixture</u></p> <ul style="list-style-type: none"> • 10g butter 	

AC 2.4 – Plan production of dishes for a menu.

Time	Method of Production	Food Safety, Quality Control and Contingency Considerations
8:30 - 9:00	Start your mise en place by tying your hair back, removing any jewellery, putting on an apron and washing your hands in hot soapy water. Once your hands are washed, you will fill the sink with hot soapy water in preparation for the washing of equipment's. Then, you will clean your work surface with a wet tea towel to ensure good hygiene. After that, you can prepare and get all of your equipment together. On a green chopping board you can cut up half of 1 onion and 1 celery into finely chopped cubes and then grate 1 carrot to ensure that it is finely chopped for your lasagne dish.	FS- When washing hands, use a anti-bacterial soap and wash thoroughly to remove any bacteria. Wash sink with hot water and anti-bacterial soap to ensure you are getting rid of bacteria. QC- Make sure you use a green chopping board when cutting vegetables to ensure that you are not cross contaminating between meats.
9:00 – 9:15	Prepare your garlic bread dough by mixing 100g of strong white bread flour with 1 teaspoon of oil, 100ml of water, ½ packet of yeast and ½ teaspoon of salt in the food processor. It should come together to form a dough, in which you will take it out and knead yourself for a further 5 minutes. After kneading, you will set the dough aside in a circular shape, on top of a towel with a sprinkle of flour and then another towel on top and leave it to prove.	C- In the processor, it will take 5 minutes to mix and get it into a dough. However, if the food processor is broken, you can do it with the method using your hands. QC-Don't add too much yeast because the dough will rise too quickly meaning it will produce excess gluten, and the dough may collapse.
9:15 – 9:30	You can now start to make the mango coulis. Firstly, in a small saucepan, mix the chunks of mango with 1 tablespoon of sugar and ½ lemon juice. Cook over a median heat, allowing it to bubble and reduce, for 10 minutes. You must stair it often otherwise it will overflow. Once it has been 10 minutes, you can take it off the heat and sieve the sauce into a small plastic bowl and then leave it in the fridge to cool down between the temperatures 3-5 degrees.	C- Bring extra sugar in case the sauce is to sour. C- Bring more mango pieces to thicken the sauce. QC- Extra mango can thicken the sauce as it will reduce the liquid and make it in to a thicker consistency.
9:30 – 9:40	You can now prepare for your profiteroles by making the choux pastry. You will need to mix 100ml of cold water with 40g of unsalted butter, ½ teaspoon of baking powder and 1 teaspoon of salt in a small saucepan on the hob until it starts to bubble. Once it is starting to bubble, you can add 60g of plain flour and start to mx with a wooden spoon very fast until it comes together and forms a dough. Once a dough is formed, you may take it off the heat and wrap in the pastry in cling film and leave it to cool down in the freezer for 15 minutes at -18 degrees. You can now wash the equipment used in the hot water in the sink.	QC- The 100ml of water should be at a cold temperature. FS- Wash the equipment in hot water and use anti-bacterial soap which will remove any bacteria. QC- If the mixture doesn't come together, you should add more flour to make it come together.

AC 2.4 – Plan production of dishes for a menu.

Time	Method of Production	Food Safety, Quality Control and Contingency Considerations
9:40 – 9:50	After you have put the choux pastry in the freezer and washed up, you can begin to make the bolognese sauce, by firstly mincing the beef. Then, in a large pot, you can firstly add 2 tablespoons of oil, 2 teaspoons of dried basil and with a wooden spoon mix it with the chopped onions, carrots and celery. Once 2 minutes have passed, you can add 250g of mince beef and cook that until it turns into a brown colour. Once it is cooked, add 1 tin of chopped tomatoes and leave it to simmer at a lower temperature of 63 degrees.	FS- Always remember to keep turning the bolognese sauce because it will create bubbles and sometimes overflow. FS- When cooking the mince beef, the colour of it will change and become brown, which means that it is completely cooked throughout.
9:50 – 10:00	You can now begin to make the white sauce. Firstly, in a small saucepan, whisk 200ml of milk, ½ teaspoon of salt, ½ a teaspoon of nutmeg and gradually add the flour. Now you can place the pot on top of the heat and add 40g of unsalted butter into the mixture. After 3 minutes, the mixture will begin to thicken up and make a thick sauce. Once it has thickened, you can take it off the heat and set it aside to cool down on a pan stand.	QC- If the sauce is to thick, you can add more milk to soften it. C- Bring more milk in case the sauce is to thick. To add more milk in the mixture, you will place the saucepan on the heat, gradually adding more milk until it has softened. However, don't add too much as it might liquidise to fast.
10:00-10:15	Switch on the oven at 200 degrees, line a baking tray with parchment paper and then get your profiteroles out from the freezer. Start by putting the choux pastry in a large glass bowl and with an electric whisk, whisk 1 egg until it is absorbed. In a small plastic bowl, with a fork whisk 1 egg and after it has been whisked, you can pour half of that egg mixture into the pastry and whisk that with an electric whisk until it is absorbed. The pastry should be at a consistency of a smooth batter. Once that's complete, you should pipe the pastry mixture onto the baking tray, making sure they are the same size and keeping them a small-rounded shape, then cook it in the oven for 25 minutes.	C- Bring an extra egg in case one breaks. FS- Make sure you wash your hands after handling with eggs, as it may cause contamination.

AC 2.4 – Plan production of dishes for a menu.

Time	Method of Production	Food Safety, Quality Control and Contingency Considerations
10:15-10:30	<p>Once your choux pastry is in the oven, you can wash up the equipment that has been used to ensure that there will not be an overflow at the end. After it has been washed, you can then make the mayonnaise. Firstly, you can tip 2 egg yolks and 1 tablespoon of mustard into a glass bowl and season it with ½ teaspoon of salt and ½ a teaspoon of pepper, and whisk them until they are combined. Whilst whisking, add 3 teaspoons of sunflower oil and then the mixture will start to thicken. Once it has thickened, you can add 2 teaspoons of white vinegar and then put it in the fridge until served.</p>	<p>C- Bring an extra egg in case it breaks. QC- Make sure you don't add too much sunflower oil otherwise it will curdle. FS- wash the equipment with anti-bacterial soap to remove the bacteria. Make sure when washing knives you are holding it the correct way. QC- Before serving make sure that the mayonnaise is served cold.</p>
10:30-10:50	<p>Then you can make your lasagne sheets. In the food processor, you will need to mix 200g of plain flour, ½ teaspoon of salt and 1 egg. Whilst the ingredients are combining together, you can sprinkle flour onto your surface area and begin to place your pasta maker. Once they are all combined together, it will form a dough, in which you will take out and start to knead it for 2 minutes on the surface. Once it is non-sticky and easy to handle, you can split the dough into 2 parts and do them separately. The pasta maker should be set to the last number which means that it has the biggest space. You should place the dough into the space and turn it with the handle which makes the dough thinner. Then, you can gradually decrease the number and the dough should overall come out to be very thin. Repeat this with the other half of the dough. Once you have 2 long sheets of dough, cut them into small rectangles and lay them on the counter to dry. You can now also take out the choux pastry from the oven and set it aside to cool down. Additionally, you can refill the sink and wash up any equipment used.</p>	<p>QC- Remember to keep the same thickness of lasagne sheets and to keep them the same size. C- Bring an extra egg in case there are any damages. FS- You can refill the sink ensuring the water is hot and has anti-bacterial soap. You can then wash the equipment that has been used.</p>
10:50-11:10	<p>You can now get the garlic bread dough from the towel and it should have expanded. Once it has risen, you will poke holes with your fingers causing indents. Then you will bake it in the oven at 180 degrees for 10 minutes. Whilst it is in the oven, you can make the garlic mixture. You can crush the garlic clove and then in a small plastic bowl, you can mix 10g of butter with 1 teaspoon of dried parsley and the crushed garlic, and mix it until it turns into a paste.</p>	<p>QC- The butter should be at room temperature to ensure that when mixing with the herbs, it's easy to handle as it will be soft.</p>

AC 2.4 – Plan production of dishes for a menu.

Time	Method of Production	Food Safety, Quality Control and Contingency Considerations
11:10-11:30	Once your garlic bread is in the oven, you can now assemble your lasagne. You will start by placing the bolognese sauce at the bottom of the oven proof dish, then by placing the pasta sheets, the bolognese sauce again, the white sauce, mozzarella cheese, pasta sheets and then repeat these steps another two times but leaving the bolognese sauce, white sauce and mozzarella cheese on top of the dish. You can then place it in the oven at 180 degrees for 30 minutes. Once 10 minutes have passed from when you put the garlic bread in the oven, you can take the garlic bread dough out using oven gloves and spread the garlic mixture on top. You can then place it back in the oven for a further 5 minutes at the temperature 180 degrees.	C- If the white sauce has thickened up whilst preparing other foods, put it on the heat again and add more milk whilst whisking. This will soften up the mixture. QC- Remember to keep check of the garlic bread because it will cook faster and turn into the golden brown desired colour immediately.
11:30-11:40	You can now begin to make the lemon cream for the profiteroles. In a large glass bowl, mix 1 tub of double cream with 60g of sugar, 1 tablespoon of lemon extract and 3 drops of yellow food colouring. With an electric whisk, whisk the mixture until it creates stiff peaks. You can now take out the garlic bread and set aside to cool down. Furthermore, you can also melt the dark chocolate in a small glass bowl over the hob at a high temperature by placing hot water from the sink in a small pot, putting the small glass bowl on top and setting the chocolate pieces into the glass bowl to melt.	QC- Make sure you do not whisk the cream too much because it will then turn out to be liquid. QC- Don't add too much lemon extract as the cream may become too overpowering and taste sour.
11:40-12:00	After it has been 30 minutes, you can take out the lasagne from the oven using oven gloves and place it on the pan stand and leave it aside to cool down. You can wash up the rest of the equipment used and begin to prepare for presentation.	FS- Wash the equipment with anti-bacterial soap to ensure the bacteria is removed. FS- Ensure that the presentation plates are clean before placing any of the food.
12:00	When presenting the dishes, you firstly need to get the lemon cream out from the fridge and begin to pipe it onto the profiterole pastry. You then have to put the melted chocolate in a small piping bag and drizzle it on top of the profiterole. Place the profiterole onto the small, rectangular, black slate and with the mango coulis, make swirls on opposite sides to each other. Then place 3 raspberries on the right side of the profiteroles in a line.	FS- Before placing the food onto the serving dishes, make sure they are clean beforehand by wiping it down with a wet tea towel.

AC 2.4 – Plan production of dishes for a menu.

Time	Method of Production	Food Safety, Quality Control and Contingency Considerations
12:00	<p>Secondly, on a green chopping board, cut the cherry tomatoes in half and slice the red onions. You can then cut a slice out of the lasagne and place it onto the black serving dish and aside it, you may place the basil leaves, the chopped tomatoes and sliced red onions. Then, you can cut the garlic bread into four pieces with a chef's knife and with two of them, place them adjacent to the lasagne on the opposite side of the salad. Above the garlic bread, you can place the mayonnaise in a ramekin.</p> <p>Place the knife, fork and spoon along side the dishes on top of a napkin and then a large glass beside the cutlery. Now you're ready to be served.</p>	FS- When cutting the vegetables, they should be cut on the green chopping board to prevent cross contamination.