

**Level 1 / 2 Hospitality and Catering Unit 2**

The learner can:	Assessment Criteria	Content			
<b>LO1 understand the importance of nutrition when planning menus</b>	AC1.1 Describe functions of nutrients in the human body	<b>Nutrients</b> <ul style="list-style-type: none"> <li>• Protein</li> <li>• Fat</li> <li>• Carbohydrate</li> <li>• Vitamins</li> <li>• Minerals</li> <li>• Water</li> <li>• Dietary fibre (NSP)</li> </ul>			
	AC1.2 compare nutritional needs of specific groups	<b>Specific groups</b> <ul style="list-style-type: none"> <li>• Different life stages</li> <li>• Childhood</li> <li>• Adulthood</li> <li>• Later adulthood</li> <li>• Special diets</li> <li>• Medical conditions</li> <li>• Activity levels</li> </ul>			
	AC1.3 Explain characteristics of unsatisfactory nutritional intake	<b>Characteristics</b> <ul style="list-style-type: none"> <li>• Visible</li> <li>• Non-visible</li> <li>• Unsatisfactory</li> <li>• Nutritional deficiencies</li> <li>• Nutritional excesses</li> </ul>			
	AC1.4 Explain how cooking methods impact on nutritional value	<b>Cooking methods</b> <ul style="list-style-type: none"> <li>• Boiling</li> <li>• Steaming</li> <li>• Baking</li> <li>• Grilling</li> <li>• Stir-fry</li> <li>• Roasting</li> <li>• Poaching</li> </ul>			

The learner can:	Assessment Criteria	Content			
<b>LO2</b> <b>Understand menu planning</b>	AC2.1 Explain factors to consider when proposing dishes for menus	<b>Factors</b> <ul style="list-style-type: none"> <li>• Time of year e.g. seasonality of commodities, seasonal events</li> <li>• Skills of staff</li> <li>• Equipment available</li> <li>• Time available</li> <li>• Type of provision e.g. service, location, size, standards</li> <li>• Finance e.g. costs, customer needs</li> <li>• Client base</li> </ul>			
	AC2.2 Explain how dishes on a menu address environmental issues	<b>Dishes</b> <ul style="list-style-type: none"> <li>• Preparation and cooking methods</li> <li>• Ingredients used</li> <li>• Packaging Environmental issues</li> <li>• Conservation of energy and water</li> <li>• Reduce, reuse, recycle</li> <li>• Sustainability e.g. food miles, provenance</li> </ul>			
	AC2.3 Explain how menu dishes meet customer needs	<b>Needs</b> <ul style="list-style-type: none"> <li>• Nutritional</li> <li>• Organoleptic</li> <li>• Cost e.g. premium priced dishes, value for money</li> </ul>			
	AC2.4 Plan production of dishes for a menu	<b>Plan</b> <ul style="list-style-type: none"> <li>• Sequencing</li> <li>• Timing</li> <li>• Mise en place</li> <li>• Cooking</li> <li>• Cooling</li> <li>• Hot holding</li> <li>• Completion</li> <li>• Serving (presented as if to be served)</li> <li>• Waste</li> <li>• Equipment</li> <li>• Commodity quantities</li> <li>• Tools</li> <li>• Contingencies</li> <li>• Health, safety and hygiene</li> <li>• Quality points</li> <li>• Storage</li> </ul>			

The learner can:	Assessment Criteria	Content			
<b>LO3</b> <b>Be able to cook dishes</b>	AC3.1 Use techniques in preparation of commodities	<b>Techniques</b> <ul style="list-style-type: none"> <li>• Weighing and measuring</li> <li>• Chopping</li> <li>• Shaping</li> <li>• Peeling</li> <li>• Whisking</li> <li>• Melting</li> <li>• Rub-in</li> <li>• Sieving</li> <li>• Segmenting</li> <li>• Slicing</li> <li>• Hydrating</li> <li>• Blending</li> </ul> <b>Commodities</b> <ul style="list-style-type: none"> <li>• Poultry</li> <li>• Meat</li> <li>• Fish</li> <li>• Eggs</li> <li>• Dairy products</li> <li>• Cereals, flour, rice, pasta</li> <li>• Vegetables</li> <li>• Fruit</li> <li>• Soya products</li> </ul>			
	AC3.2 Assure quality of commodities to be used in food preparation	<b>Quality</b> <ul style="list-style-type: none"> <li>• Smell/Aroma</li> <li>• Touch</li> <li>• Sight</li> <li>• Storage</li> <li>• Packaging</li> </ul>			
	AC3.3 Use techniques in cooking of commodities	<b>Techniques</b> <ul style="list-style-type: none"> <li>• Boiling</li> <li>• Blanching</li> <li>• Poaching</li> <li>• Braising</li> <li>• Steaming</li> <li>• Baking</li> <li>• Roasting</li> <li>• Grilling (griddling)</li> <li>• Frying</li> <li>• Chilling</li> <li>• Cooling</li> <li>• Hot holding</li> </ul>			
	AC3.4 Complete dishes using presentation techniques	<b>Presentation techniques</b> <ul style="list-style-type: none"> <li>• Portion control</li> <li>• Position on serving dish</li> <li>• Garnish</li> <li>• Creativity</li> </ul>			
	AC3.5 Use food safety practices	This should be in relation to preparation and cooking of commodities and in relation to use of equipment.			