

S2 information
evening
Hospitality



Introduction

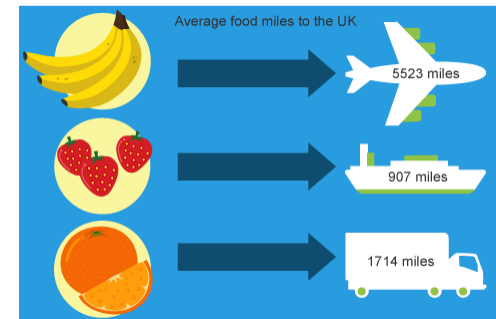
- The hospitality course encompasses both practical and theory lessons to cover a range of topics concerned with the food and hospitality industry. Throughout the course pupils will develop skills in food preparation and cookery processes.
- The course consists of 4 units to cover experiences and outcomes for HWB and food technologies.

Unit 1 - The Journey of Food

- Scotland find itself in a position where we produce some of the finest food and drink in the world, but as a nation, our diet can often let us down.
- The pace of modern life means that too many of us rely on quick and cheap convenience food, which is high in saturated fats and calories.

The Journey of Food

- In this unit we explore a range of issues which affect food choice and impact on health such as;
- Farm to fork - where their food comes from?
- Seasonality - Scottish foods - what we grow and when / benefits.





Factors



- Media / advertising - celebrity endorsements / deals offers / fad diets - bootea / slimfast / kale

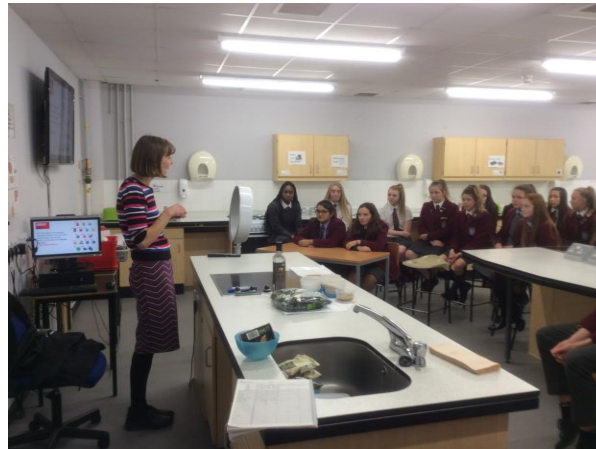
- Peer pressure



- Cost - are "healthy" foods more expensive than processed foods?

Journey of food

- Students took part in a workshop run RHET on sustainable foods.



- A visit and a cookery demonstration from a chef from Quality Meats Scotland (QMS). Where students looked at ways to cook lamb.

Sustainable Foods Presentation



QMS Talk & Demonstration



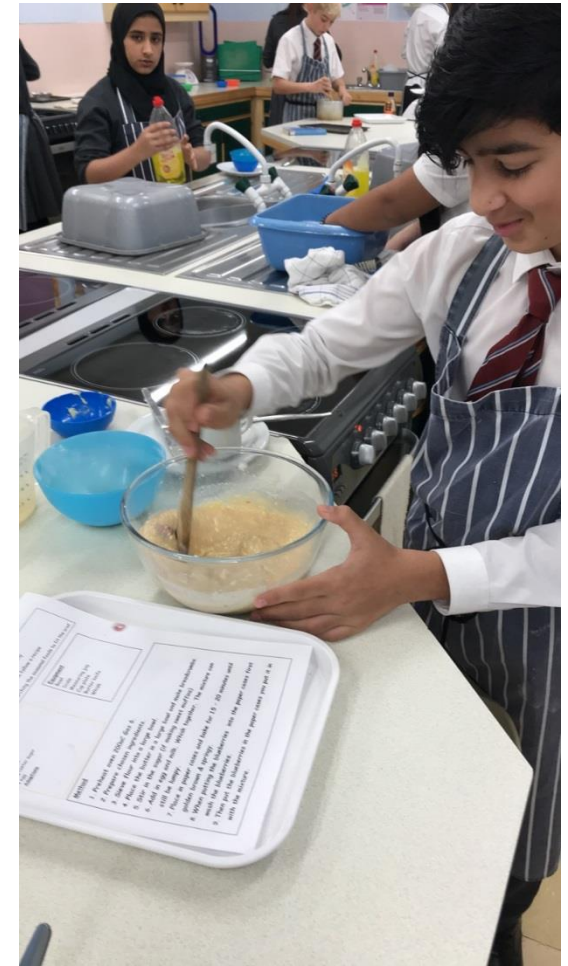
Task

- You have been asked to create a breakfast product using local and seasonal Scottish food.

Use the internet to find out;

- What foods are in season,
- What a breakfast product is,
- What foods are available locally,
- Recipes for a breakfast product,
- Create a survey to find out what people like and dislike,
- What skills you need to make this product / what skills you already have.

Breakfast Manufacture



Final Breakfast Product Design



Wholemeal Banana
& Raspberry
pancakes

Raspberry Danish
Pastries



Breakfast Muffins

Assessments

- In this unit pupils have followed a design brief to create a breakfast product to showcase Scottish produce.
- The students are assessed on their response to the brief as well as what they chose to create using local and seasonal Scottish produce.
- Students also have the opportunity to showcase their skills and what they have learned.

Students work



Healthy Choices

- Students are developing their understanding of nutrients, sources and functions.
- Students are developing their understanding of people who have different nutritional needs.
- Pregnant women,
- Diabetics,
- Elderly etc.



Health Consequences

- Students will also be looking into the various health effects of eating too much fat, sugar salt etc.
- As part of this unit, students will have a design brief to test their understanding of nutritional and dietary advice by creating a suitable dish for a specific health need.



Food around the world

- Students are looking at the role of food within different social and cultural context.
- Chinese New Year banquet
- Religion & food
- Staple and traditional foods from around the world.
- Students do an investigation on a Country and research traditional foods, cultural influences and dishes of that country.

Unit 4 - Food Hygiene & Safety

- Pupils will develop a knowledge and understanding of food safety principles when buying, storing and cooking food in the food industry.
- This is preparation for S3 REHIS certificate.
- Students will prepare a range of dishes where they must apply their food safety principles. E.g. The handling of raw chicken and avoiding cross contamination.
- The conditions of bacteria growth.

How can you support the pupils??

- Encourage pupils to practice their practical skills at home. By making or helping to make dinner and lunches.
- Recipes are available on GLOW.
- Encourage students to keep up to date with food and health issues by watching the news, watching food programs, environmental health programs.
- Check students diaries to make sure that they are prepared for class / assessments and meet homework deadlines.