

Street food business

**Street food** is prepared & cooked food sold on the streets & not in a restaurant or café, that is ready for immediate consumption.

**Logo** is a symbol used by a business that the public can identify with that business.

**Slogan** a short memorable phrased used in advertising.

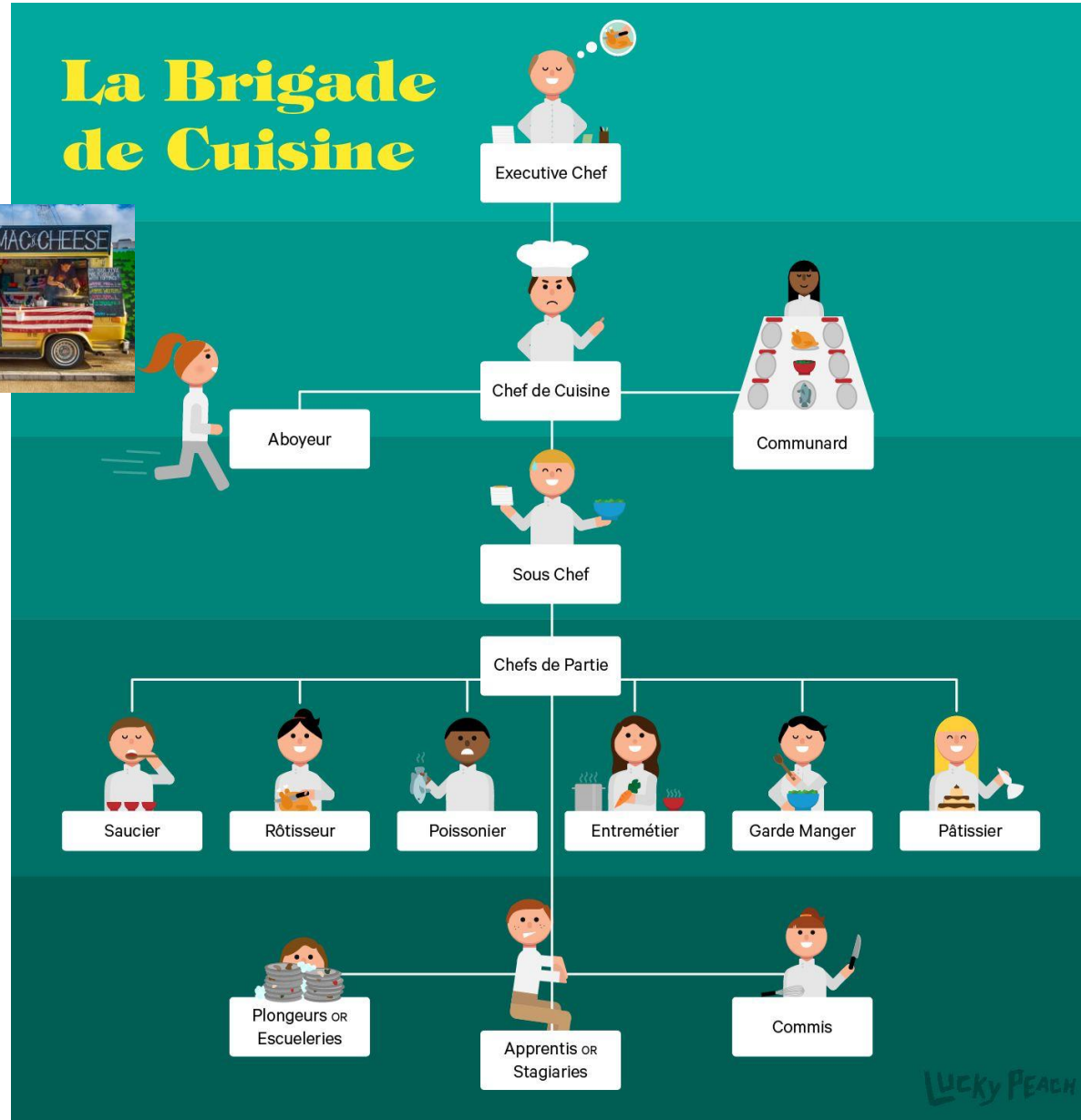


Different types of menus

A **menu** is a list of dishes & drinks on offer for a customer, with prices.

An **a la carte** menu is a menu where you can order individual dishes.

Kitchen brigade



TOQUE

100 folds initially signified status, today worn for protective purposes

Chefs uniform

COAT

Double-breasted to cover up spills + heavy cotton to insulate from heat

APRON

Added protection from spills and hazards

PANTS

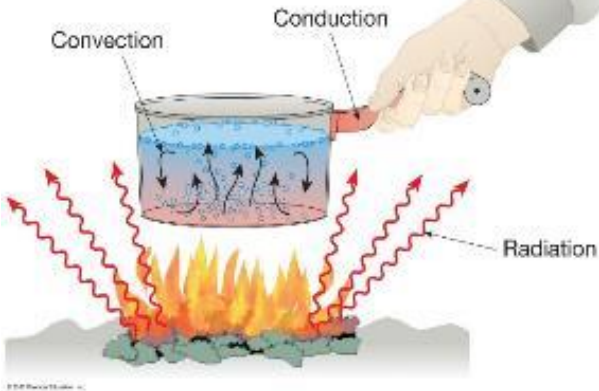
Loose + checkered pattern pants distract from spills and allows movement in the kitchen

SHOES

Slip-resistant black leather shoes prevent falls



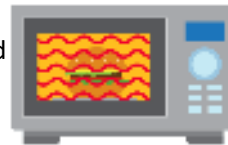
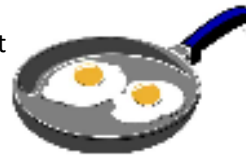
Heat Transfer Methods



**Conduction** - when heat travels by direct contact through **solid** materials such as food or metal.

**Convection** - when heat travels through **gas or water**. E.g. in an oven or boiling an egg.

**Radiation** - when heat rays travel towards food through **air** e.g. grilling, toasting, microwaving



Kitchen equipment

**Frying pan** used for frying off meat (can also be done in a saucepan)

**Vegetable Knife** - a small knife for preparing fruits and vegetables

**Garlic crusher**



**Colander** used for draining foods like pasta & potatoes.



**Chefs Knife** - a large all purpose knife



**Colour Coded Chopping Boards**

**Red** for raw meats  
**Green** for fruit & salad vegetables



Skills and Processes Used In Year 9



**Chilli Wraps** Knife Skills- **bridge old** & **claw grip**. High risk food minced beef. Cooking methods- **frying** & **simmering** a reduction sauce.



**Burgers** Knife skills- **Bridge hold** & **claw grip**. Working with a high risk food (beef)- use red chopping board to prevent cross contamination. Shaping the burger. Cooking method- **Frying**. Sealing in the juices of the meat.

Cooking methods

There are **2** main types of cooking methods: **WET/ MOIST & DRY**.  
**WET/ MOIST cooking methods**- use **WATER** for eg- Boiling, simmering, steaming, stewing, braising, poaching.  
**DRY cooking methods**- use **NO WATER** for eg- Baking, Roasting, Grilling, BBQ, & stir frying.

Time plans

**Time plans** are needed to help with your organisation when cooking. They always start with **Mise en place** which means everything in its place. This means your organisation at the start- apron on, hair tied up, wash hands, equipment out, etc. Time plans have 3 columns- time, activity/ method steps & special considerations which includes hygiene & safety points & quality control points.

TIME	ACTIVITY	SPECIAL CONSIDERATIONS
9:30-9:35am	Mise en place- Put hair up, wash hands, put apron on, collect ingredients, collect equipment	Check ingredients use by dates. Check equipment is clean. Check work area is clean.

**Nutritional needs of a Teenager**



Teens experience huge growth spurts & therefore need to ensure they are eating the right foods in the right amounts to ensure they grow to their full potential.

**Carbohydrates** are needed in good amounts to meet the **energy** levels of teens.

**Protein** is needed in good amounts for **growth** of the body & to help **repair** cells.

**Calcium** is needed in good amounts for **strong bones & teeth**, & help the body grow to its full potential.

**Vitamin D** is needed to support the **absorption of calcium** in the body.

**Iron** is needed to help the **blood carry oxygen** to body cells. A lack of iron is sometimes seen in female teens due to menstruation.

Choose **healthy snacks** like fruit, nuts & seeds.

Don't skip **breakfast**. Eat a breakfast high in fibre, low in fat, sugar & salt.

Limit soft drinks & drink water instead.



Keyword	Meaning
<b>Anaemia</b>	Too few <b>red blood cells</b> caused by a lack of <b>iron</b> in the diet.
<b>Bowel Cancer</b>	Can be prevented by eating <b>dietary fibre</b> .
<b>Deficiency</b>	A lack of a particular nutrient in the diet.
<b>Diabetes (Type 2)</b>	Caused by too much <b>processed sugar</b> , obesity and lack of exercise.
<b>Fibre (NSP)</b>	Is the indigestible part of a plant. Found in fruit, vegetables. Helps digest food & remove waste.
<b>Heart Disease (CHD)</b>	When coronary arteries get blocked with fatty deposits.
<b>Malnutrition</b>	Caused by a lack of nutrients in the diet.
<b>Osteoporosis</b>	Brittle bone disease, lack of <b>calcium</b> .
<b>Sodium Chloride</b>	<b>Salt</b> – linked to strokes and heart attacks.
<b>Saturated Fat</b>	Raises <b>cholesterol</b> and can be harmful.
<b>Tooth Decay</b>	Caused by plaque and too much <b>sugar</b> .

<b>Macronutrients - We need these in large amounts.</b>			
Nutrient	Key Information	Main Functions in Body	Foods
<b>Carbohydrates</b>	Breaks down into starch and sugar. 1/3 of our diet should consist of starchy carbs. Wholegrain versions are higher in fibre.	<b>Starch (complex carbohydrate) – Gives slow release energy.</b> Fibre – Helps digestive system. Sugar (simple carbohydrate) – Gives fast energy.	Potatoes, bread, pasta, cereals, rice. (choose wholegrain versions to get more fibre).
<b>Protein</b>	Broken down into HBV (mainly from animal sources) and LBV (from plant sources) proteins.	Growth, repair and of muscles and cells. Body chemicals (hormones & enzymes). Secondary source of energy.	Meat, fish, eggs, nuts, seeds, pulses, lentils.
<b>Fat</b>	Broken down into saturated and unsaturated fats. Saturated fats are bad if eaten in large amounts.	Insulates our vital organs (heart, lungs etc) and keeps us warm. Gives concentrated energy.	Butter, lard, margarine, sunflower oil, olive oil etc.



<b>Micronutrients - We need these in small amounts.</b>	
Vitamins	Minerals
<b>Fat Soluble (dissolve in fat) - A, D, E, K</b>	Calcium, Iron, Sodium, Phosphorus, Potassium, Magnesium, Zinc.
<b>Water Soluble (dissolve in water) - B Vitamins and Vitamin C</b>	



**Special Diets**



**Coeliac disease**- a person has has Coeliac disease can't eat anything with **GLUTEN** which is found in **wheat flour**, but also **rye & barley**. So bread, cakes, biscuits all need to be made using **gluten free flour**.

Foods can't eat:

**Wheat flour, rye or barley**



**Lactose intolerant**- Lactose is the sugar found in **COWS MILK**. If you are lactose intolerant, your body can't digest the lactose & it cause reactions in your body like cramps, headaches, diarrhoea. You have to have **lactose free dairy products** or **soya milk**.

Foods can't eat:

**Cows milk & dairy products like cheese**



**Diabetes**- can be Type 1 or Type 2. Your pancreas can't produce enough insulin- a hormone to deal with the sugar you eat. **Type 2** tends to developed when you are older from being overweight. They need to eat a healthy diet- **high in fibre & low in carbohydrates** & watch their sugar intake.

Foods:

**Healthy diet high in fibre & low in carbohydrates & sugar**



**Vegetarians**- don't eat meat, fish or sometimes other animal products. An **OVO LACTO vegetarian** will eat eggs & milk products but won't eat red meat & other meats.

Foods can't eat:

**Red meat & other animal products**



**Vegan**- is a **STRICT vegetarian** & doesn't eat any animal product at all or a food derived from an animal. So their diet is completely plant based.

Foods can't eat:

**Red meat & no animal products**



**Pescatarian** is a type of vegetarian, the person won't eat meat- **RED MEAT** or poultry but will eat **FISH & SHELLFISH**.

Eats fish

**Won't eat red meat, poultry**

**Food Miles** - The distance food travels from **Farm To Fork**



**Locally Sourced Foods** – A way of reducing food miles is to buy locally sourced foods, these are also seasonal and can sometimes be organic too.

**Local and Seasonal Foods**



**Seasonal Foods** - Foods that are harvested and eaten in the season they are naturally ready to eat.



Most **UK-grown fruit and vegetables** are not available all year round.



<http://eatseasonably.co.uk/what-to-eat-now/calendar/>

**Other Factors Affecting Food Choice**

Many people follow '**special diets**'. They have to choose or avoid foods carefully for a range of different reasons.

<b>Cost</b>	Some families have to budget due to low incomes.
<b>Age Groups</b>	Different age groups have different nutritional needs.
<b>Health Reasons</b>	E.g. obesity, type 2 diabetes, anaemia, osteoporosis.
<b>Vegetarian/Vegan</b>	Don't eat meat/Don't eat or use ANY animal products.
<b>Religion</b>	E.g. Hindu, Muslim, Kosher, Buddhist, Rastafarian etc.
<b>Intolerances</b>	E.g. intolerance to wheat/gluten, dairy/lactose etc.
<b>Allergies</b>	E.g. nuts, shellfish, fish, eggs, wheat, dairy etc.