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# LEVEL 3 FOOD & CATERING

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## Context:

Working at Level 3 will see you look deeper into the catering industry. Investigating customer needs, food trends and nutritional requirements will build your core subject knowledge. Partnered with upskilling your practical skills, this will help you develop complex, well presented dishes.

## Reading Material:

There are plenty of sites and magazines out there to help inspire and educate. Some of the most useful are listed below;

- **Bon Appetit** (modern video tutorials, podcasts and recipe sheets)
- **The Caterer** (industry read magazine with topical articles, jobs and information about the industry)
- **Jamie Oliver** (simple website with tutorials, recipes and articles)
- **NHS Live Well** (information about nutritional, healthy eating and special diets)
- **Pinterest** (although not factual it's a great place to get inspiration for plating and presentation)

## Tasks:

Create a recipe book of dishes you can make for those at home, focussing on the needs of the people you live with, ingredients you have access to and presentation skills. Write a recipe card and time plan for these dishes and produce them. Remember a time plan should be clear enough for others to following and include the following areas;

- Ingredients including quantities
- Equipment lists
- Method
- Quality Control Checks
- HACCP (health and safety)
- Timing
- Contingency (what do to if something goes wrong)

Try to plate the recipes professionally and take a photo, please no people in the photo. Once you have done it ask a family to review your dish.

If you are unable to use ingredients\*, then make a scrap book of recipes you would like to produce. Looking at world foods, specialist diets, UK seasonal ingredients and recipes which demonstrate high levels of presentation.

\*Please remember do not go out to the supermarket, use only the ingredients you can get hold of and ask an adult before starting. Stay home Stay safe