



- 1. Food hygiene and safety
- 2. Specialist equipment and kitchen workflow

Food spoilage

Spoilage - The action or process of spoiling (to ruin) food; spoiled food is food that is no longer safe to eat.

High risk - Any ready-to-eat food that will support the growth of pathogenic bacteria easily or does not require any further heat treatment or cooking.

Use by date - The date printed on perishable food items, indicating the date by which the item should be consumed. Consuming the product after this date may pose health risks.

Best before date - The best before date, sometimes shown as BBE (best before end), is about quality and not safety.

Dietary requirements

Food allergy – A condition where the body's immune system reacts abnormally to certain foods, causing symptoms ranging from mild discomfort to severe reactions.

Food intolerance – A digestive system response, where the body has difficulty digesting certain foods.

Environmental Health Officer

EHO - Environmental Health Officer. An EHO is responsible for ensuring public health and safety by inspecting and regulating food safety. They work to prevent the spread of disease and ensure compliance with regulations.

Hygiene rating - The rating shows how well the business is doing overall, based on standards found at the time of inspection. This is rated from 0 - 5.

High risk foods

High Risk Foods - High risk foods are those that tend to spoil because of unsuitable storage conditions or improper cooking methods.

Ready to eat - Ready-to-eat food is food that will not be cooked or reheated before serving.

Low risk - Low risk foods are those we tend to store in the cupboards. E.g. Bakery goods, jams and biscuits.

Specialist equipment

Specialist equipment - Specialist equipment are tools that are only used for one specific purpose for example a whisk.

Balloon whisk - A balloon whisk is used to add air into a mixture.

Spiral Whisk - A spiralled whisk is used to remove lumps from a mixture.

Zester - A kitchen utensil for removing fine shreds of zest from citrus fruit.

Fish Slice - A kitchen utensil with a broad flat blade for lifting fish and fried foods.

Spatula - A flat thin implement used especially for spreading or mixing soft substances.

Kitchen workflow

The systematic process of tasks and activities involved in preparation, cooking and serving food in a kitchen.



3. Function of ingredients

4. Sensory analysis
5. Cooking and preparation

Function of Flour

Flour - Flour is a powder made by grinding raw grains, roots, beans, nuts, or seeds.

Self-raising flour - Flour that contains the grain of the wheat plant and baking powder.

Plain flour - Flouring containing just the grain of the wheat plant, no raising agent is added.

Strong white bread flour - Strong white bread flour is made from 'hard' wheat varieties which are high in gluten.

Raising agents

Raising agents - A substance added to dough to make it rise.

Yeast - Yeast is a living organism, a type of fungus, yeast is an example of a biological raising agent.

Biological raising agent - Microorganism, known as a type of fungus used to make food rise.

Chemical raising agent - Chemicals used in baking to make something rise. Two chemical raising agents are: Baking powder and bicarbonate of soda. Once these powders are mixed with a liquid and heated, they produce carbon dioxide gas.

Physical raising agent - An example of a physical raising agent is air. When incorporated into batters or doughs through whisking or folding, air creates bubbles that expand during baking, causing the mixture to rise.

Coagulation

Coagulation - The change in the structure of protein (from a liquid form to solid) brought about by heat, mechanical action or acids.

Solidify - To make something change from a liquid to a solid structure.

Mechanical action - Completed by physical movement, e.g. whisking.

Irreversible - Impossible to reverse or undo.

Sensory analysis

Sensory analysis - The evaluation of products to assess characteristics such as taste, texture, aroma and appearance.

Taste - How a food tastes, for example - spicy.

Texture - The feel of the food, for example - greasy.

Aroma - The smell of the food, for example - sweet.

Appearance - The look of the food, for example - glossy.

Cooking and preparation

Julienne - A portion of food cut into short, thin strips.

Shallow Fry - Shallow frying is a hot oil-based cooking technique.

Reduce - To make smaller or less in amount, degree, or size.

Aromatic - Having a pleasant and distinctive smell.

Dice - Small cubes of food. 1cm x 1cm.