

1.1 & 1.3 - Functions of nutrients
 What are Nutrients?
 Nutrients are the building blocks that make up food and have specific and important roles to play in the body. Some nutrients provide energy while others are essential for growth and maintenance of the body.

Macro Nutrient	Role in the body	Food Example	Deficiency
Carbohydrate	The main source of energy for the body.	Bread, rice, pasta, potatoes	Blood sugar levels drop Fat and protein deficiency
Protein	Provides the body with growth and repair.	Meat, poultry, beans, eggs, lentils, tofu, fish	Slow growth, poor condition of hair and nails. Oedema and Kwashiorkor
Fat	Provides the body with insulation and a small amount protects vital organs. Provides essential fatty acids for the body.	Butter, oil, cheese, cream, nuts, oily fish, crisps	Deficiency in fat soluble vitamins. Weight loss, less insulation, less protection.

Vitamin	Role in the body	Food examples	Deficiency
A	Helps to keep the eyes healthy and strengthen the immune system.	Dark green leafy vegetables, carrots, liver	Night blindness, weaker immune system and stunted growth.
B	Helps to release the energy from the food we eat.	Bread, milk, cereals, fish, meat	Tiredness, weak muscles, dry skin, memory loss, nerve damage.
C	Help with skin healing and healthy skin. Help with the absorption of Iron.	Fresh fruit, broccoli, tomatoes	Anaemia, scurvy, increased risk of cancer.
D	Important for absorbing calcium and help with healthy bone structure.	Oily fish, eggs, butter, Sunshine	Low absorption of calcium, weak bones and teeth. Rickets, Osteomalacia, Osteoporosis.

Mineral	Role in the body	Food Examples	Deficiency
Calcium	Important for strong teeth and bones. It also helps with blood clotting.	Milk, yoghurt, soya, dark green leafy vegetables	Rickets, Osteoporosis, weaker bones, slows down blood clotting.
Iron	Needed for red blood cells which help to transport oxygen around the body.	Nuts, whole grains, dark green leafy vegetables, meat, liver	Anaemia – Tiredness, pale complexion.

1.2 - Nutritional needs at different life stages



Child

Carbohydrates – Lots needed for energy.
Protein – Rapidly growing, needed for muscle growth.
Fats – A little needed to help with insulation and protection.
Calcium – Strengthen bones and teeth, prevents rickets.
Vitamin D – strengthen bones and teeth.



Teenager

Protein – Rapidly growing, needed for muscle growth. Males need more than females.
Calcium – Strengthen bones and teeth, reaching peak bone density and size.
Vitamin D – help with the absorption of calcium.
Iron – Females need more Iron than males due to menstruation.
Vitamin C – Helps with Iron absorption.



Adult

Protein – Males need more than females for growth of muscle mass.
Iron – Females still need plenty of this, due to menstruation.
Calcium – Keeps bones and teeth strong, prevents bone loss.
Vitamin D – Helps with absorbing calcium.



Elderly

Fibre – Helps prevent constipation and bowel diseases. Digestive system weakens with age.
Calcium – Keeps bones and teeth strong, prevents bone loss.
Vitamin D – Helps with absorbing calcium.
Vitamin A – Maintain eyesight.
Vitamin B12 – To help prevent memory loss.

1.4 - Cooking methods



Boiling: Heating liquid in a pan usually water, too cook foods. Water soluble vitamins lost in the water.



Grilling: Using dry heat at high temperatures to cook food. No fat is added, fat drips off of food cooked.



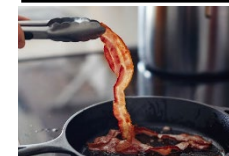
Poaching: cooking foods in a pan of liquid below boiling point. Water soluble vitamins lost in the water.



Microwaving: A quick and healthy way of cooking. No nutrients are lost through microwaving.

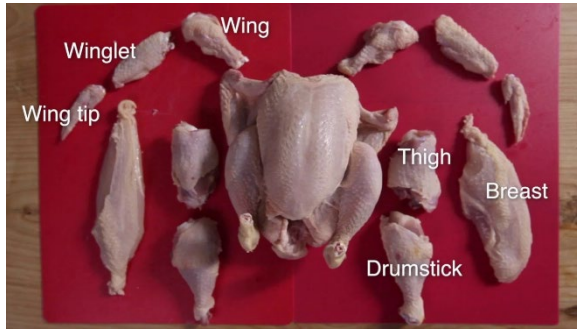


Steaming: cooking food with steam from boiling water of stock. No fat is added, and vegetables keep more of their nutrients.



Frying: using a pan coated in a small amount of fat to cook foods. Adds fat to the product, making the product unhealthy.

Cooking with different cuts of chicken



Thighs

Breast



Drumsticks



Wings



Side dishes



Gnocchi



Duchess potatoes



Potato rosti

Vichy carrots



Other meat dishes

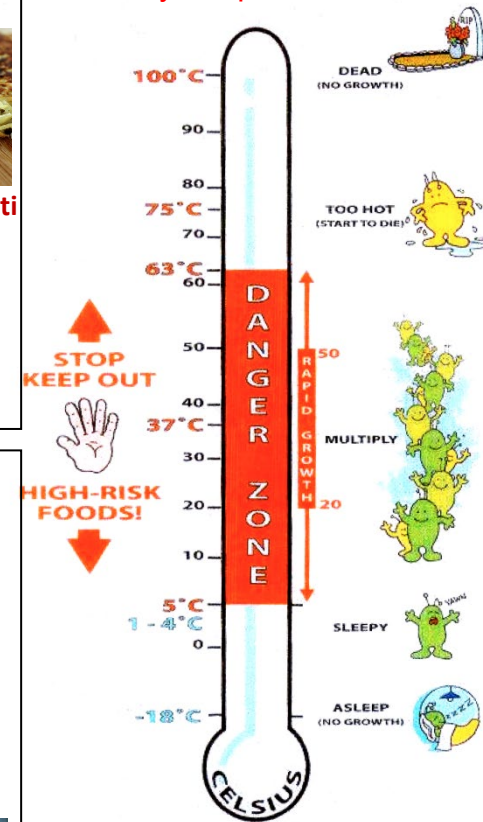


Fresh pasta and meatballs

Italian beef cobbler



Key temperatures



-18 °C freezer
 0-5 °C fridge
 63 °C Hot hold
 75 °C Core temperature of cooked food



First Aid treatments



Cuts = clean, dry and cover with a blue waterproof plaster

Burn = put under cold running water for 10 minutes or until stinging stops. Do not cover. If larger than a 10p seek medical advice



Bacteria conditions for growth

IN ORDER TO GROW AND MULTIPLY BACTERIA NEED:



Time



Moisture

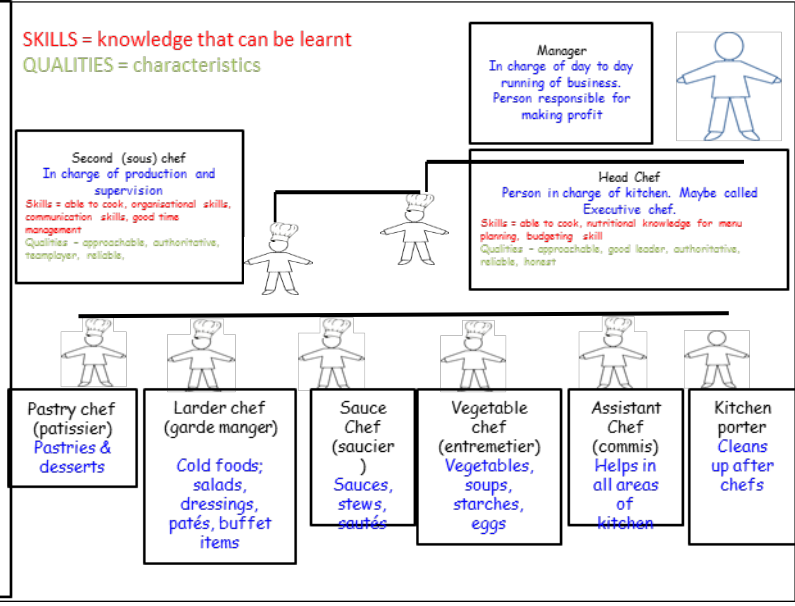


Food

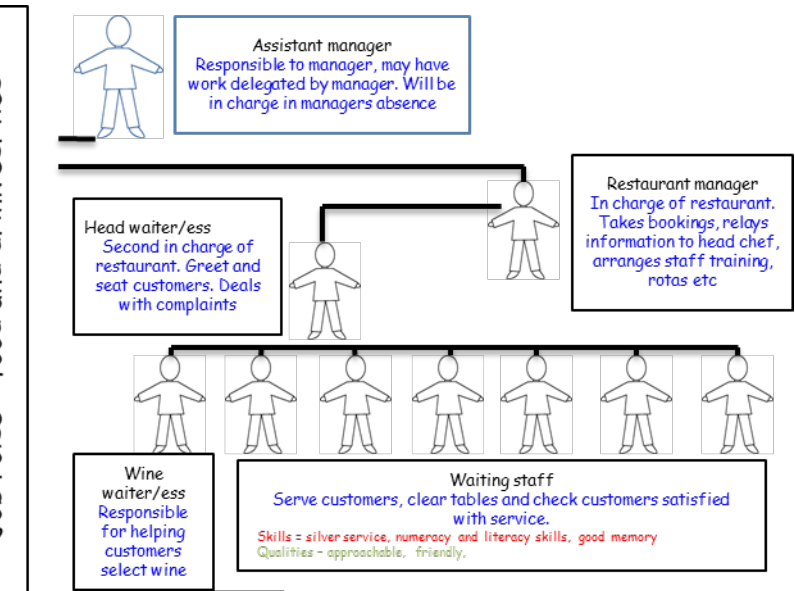


Warmth

Job roles - Kitchen staff



Job roles - food and drink service



Menu planning

- **WHO** is going to eat the food
- **WHEN** is it going to be eaten
- **WHERE** is it going to be served/eaten
- **WHAT** type of food is going to be eaten

Remember a range of **TEXTURES, FLAVOURS, SHAPES** and **COLOURS**

Customer complaints

1. Stay calm and listen to what they have to say.
2. Apologise
3. Try to resolve the problem. Return it to the kitchen and inform the Head Chef. Offer a replacement or alternative
4. Explain to the customer what you intend to do
5. Apologise again for the problem

- Examples of portion control**
- scoops
 - ladles
 - Fruit juice glasses
 - Individual pie dishes
 - ramekins
 - Sundae dishes
 - Individual moulds
 - Individual pudding basins
 - Individual disposable foil covered plastic pots
 - Dispensing machines
 - Soup plates or bowls
 - Tablespoons/ serving spoons

★ **ONE STAR**

- At least 5 bedrooms with en-suite or private facilities
- Open 7 days a week
- Guests have access at all times
- Clearly defined reception area
- Restaurant serving breakfast 7 days a week & evening meals 5 days a week
- Licensed bar

★★ **TWO STARS**

- All of the above, plus...
- Higher standards of cleanliness, hospitality & maintenance

★★★ **THREE STARS**

- All of the above, plus...
- Access without a key 7am - 11pm, & with a key at all other times
 - Dinner served 6 evenings a week, snacks on the 7th
 - Room service for drinks & snacks during daytime & evening
 - All bedrooms en-suite
 - Internal telephone system
 - Wi-fi in public areas

★★★★ **FOUR STARS**

- All of the above, plus...
- 24-hour room service with full breakfast and dinner
 - Restaurant open to residents & non-residents for breakfast & dinner every day of the week
 - Higher staffing levels
 - Wi-fi in bedrooms
 - 24-hour access facilitated by on-duty staff
 - En-suite bathrooms with thermostatic showers
 - Enhanced services such as afternoon tea, luggage assistance or meals at lunchtime

★★★★★ **FIVE STARS**

- All of the above, plus...
- Open all year round
 - Proactive service & customer care
 - Multilingual receptionists
 - Additional facilities such as a second dining area, business centre, spa & permanent luxury suite
 - Enhanced services such as valet parking, concierge & escort to bedroom
 - Restaurant open every day for all meals
 - Baths in at least 80% of bathrooms

Food standards and awards

