

## Preparing for college: September 2024

### Course title: Level 1 - Professional Cookery & Food Service

- To help you prepare for your course, you will need to complete the following tasks.
- These will be reviewed by your teacher at the start of term.
- You will be instructed how to upload and submit this task during your induction week
- You can write, powerpoint or record on your phone

**Time required:** No longer than 4 hours

**Deadline:** Induction week 2024

**Task 1 - Professional Cookery:** Explain why the following are important to the body and give an example of each

- **Carbohydrates**
- **Nutrients**
- **Vitamins**

**Task 2 - Food Service:** Explain why good customer service is important a) for guest and b) for the business

**Task 3 - Inspiration:** Write about someone who has inspired you and why they inspire you

#### What will I learn?

Knowledge	Skills
Menu planning, design and costing	IT Skills
Coffee production and quality checks	Research skills
Employment opportunities	Writing/English Language
Self-Management & Development	Mathematics (costings)

***Good luck and we look forward to reading your submissions!***

Summarise and write about your finding per topic.

The work can be produced in any way you wish e.g. computer or hand written. However the work must be your own; do not copy and paste.

**Top Tips:**

- Put your name on every page of your work.
- Take pride in your work.
- Present it neatly in a logical order, use headings and subheadings.
- Check our layout and font is consistent.
- Use images to make your work visually appealing
- Check your work for spelling & grammar before submission

**Word Process in your own words, not copied and paste**

***Good luck and we look forward to reading your submissions!***