

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!