

# Hospitality and Catering Exam Prep.

To revise exam topics

## \* Grade Boundaries

Grade	Pass Lv 1	Pass Lv 2	Merit	Distinction
Score out of 90	26	48	58	67

## Success criteria. I can:

Pass Lv 2 - You have an idea of different exam topics and can answer questions on these in simple terms

Merit - You have a good idea of different exam topics and can answer questions on these in detailed terms

Distinction –  
You have an excellent idea of different exam topics and can answer questions on these in highly detailed terms

# Knowing your terminology

You should understand the following terms commonly used on examination papers:

☐ **Define:**

give the meaning of

☐ **List:**

make a list

☐ **State:**

write clearly but briefly

☐ **Describe:**

give an account of

☐ **Discuss:**

give important aspects of; give advantages and disadvantages of; give benefits and constraints of

☐ **Explain:**

make clear, giving reasons

☐ **Evaluate:**

give important aspects of; give your own opinion of

☐ **Assess:**

consider, weigh up, evaluate, make a judgement about

## **Most common mistakes in exams:**

- ☐ Not knowing basic catering terms.
- ☐ Confusing personal hygiene with kitchen hygiene.
- ☐ Confusing safety with food safety (hygiene).
- ☐ Confusing the first aid treatment for a cut with that of a burn.
- ☐ Confusing restaurant manager with head chef or assistant manager.
- ☐ Misreading questions.
- ☐ Giving answers that are stated in the question.
- ☐ Giving answers that are too brief.
- ☐ Answering longer type questions with one word answers or writing a list.

# Hospitality & Catering – Written Exam Preparation Guide

## October Mock 2018

1 ½ hour paper

Equipment needed.

- Black pen or fine liner

### Focus on the following areas:

- The staff structure in a hotel
- Taking delivery of food
- Hotel work patterns, responsibilities and duties
- Specialist kitchen equipment
- Events that impact on sales in the hospitality and catering sector
- Types of accommodation
- Health & Safety in a commercial kitchen
- The Environmental Health Officer
- Hospitality & Catering and the Tourist Industry



### Web Resources

<http://www.hse.gov.uk/catering/>

<https://www.slideshare.net/carowilli/types-of-catering-establishments>

<https://www.instituteofhospitality.org/>

<https://www.food.gov.uk/>

<https://www.tes.com/articles/hospitality-and-catering-teaching-resources>

## **20 Key Terms you must understand to do well in the exam:**

Hospitality

Accommodation

Catering

Technology

Perishable food

Sous Chef

Work pattern

Adventure Park

Shift work

Control measures

Dress code

Safety risks

Blending ingredients

Disinfectant

Internal

Irritate

Caramelising

Legislation

Sector

Symptom

1. Take a bottle of **water** in with you. **Sip it slowly** throughout.
2. Always read the question **twice** and **underline** key words.
3. Allow, on average, **one minute per mark**. 8 marks, 8-10 minutes.  
Write down the **time** at the start of each question.
4. If you are asked to **describe** something, you must use full **sentences**.
5. If you are asked to **explain** something, you must use full **sentences** and include enough **detail** to gain the marks. A **6 mark** question would be looking for **three justified** responses.
6. **Never leave blanks**. A guess has more chance than an empty space.  
Use common sense. Sometimes the correct answer is the **most obvious** one.
7. **Because**, because, because, because, because... (use connectives to **explain** every response)
8. **Don't give up**. If you get stuck, move on to the next question and come back to it at the end. **Never sit** there staring at the walls.
9. **Use all the time**. If you finish. Read back over your answers and try to improve them.
10. **Believe** in yourself. You can do this!



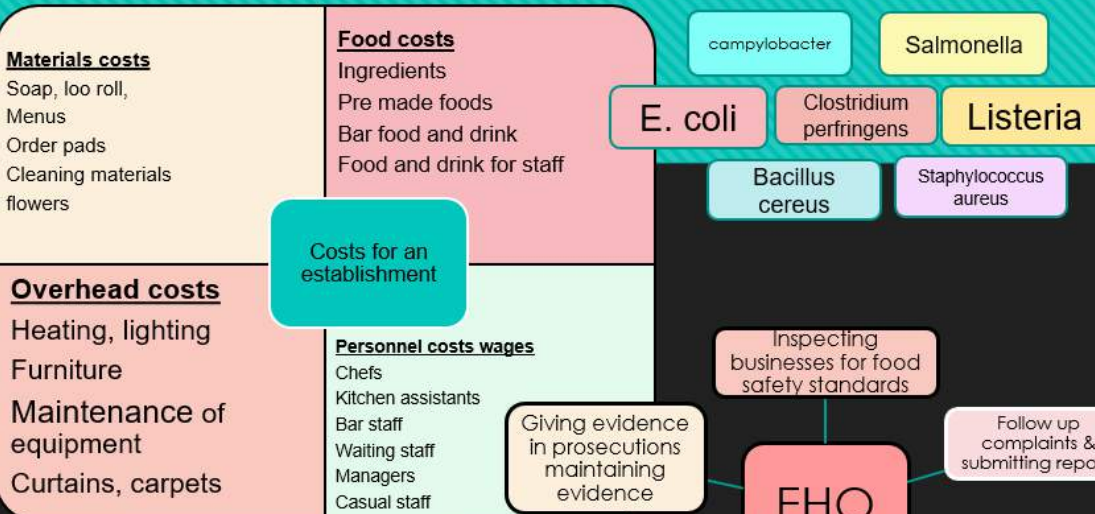
# Hospitality and Catering Exam

**Hazard Analysis**

**Critical Control Points**

A hazard is something that has the potential to cause harm.....

A critical control point is a step which eliminates or reduces the hazard



## The Food Safety Act (Temperature Control) Regulations.

Temperatures at which to store or hold food.

- Freezers from  $-18^{\circ}\text{C}$  to  $-24^{\circ}\text{C}$
- Chillers from  $3^{\circ}\text{C}$  to  $8^{\circ}\text{C}$
- Fridges from  $1^{\circ}\text{C}$  to  $5^{\circ}\text{C}$
- Cooked core temperature at  $75^{\circ}\text{C}$  or above
- Hot holding above  $63^{\circ}\text{C}$

## The Food Safety Act (General Food Hygiene) Regulations.

Ensures food producers **HANDLE** all food hygienically.

## The Food Safety Act.

Food safety from the manufacturer or producer to the point of sale. Might involve different companies or premises e.g. suppliers, manufacturers or kitchens, shops or restaurants.

## The kitchen brigade

Head chef

Sous chef

Pastry chef

Larder chef

Sauce chef

Vegetable chef

Commis chef

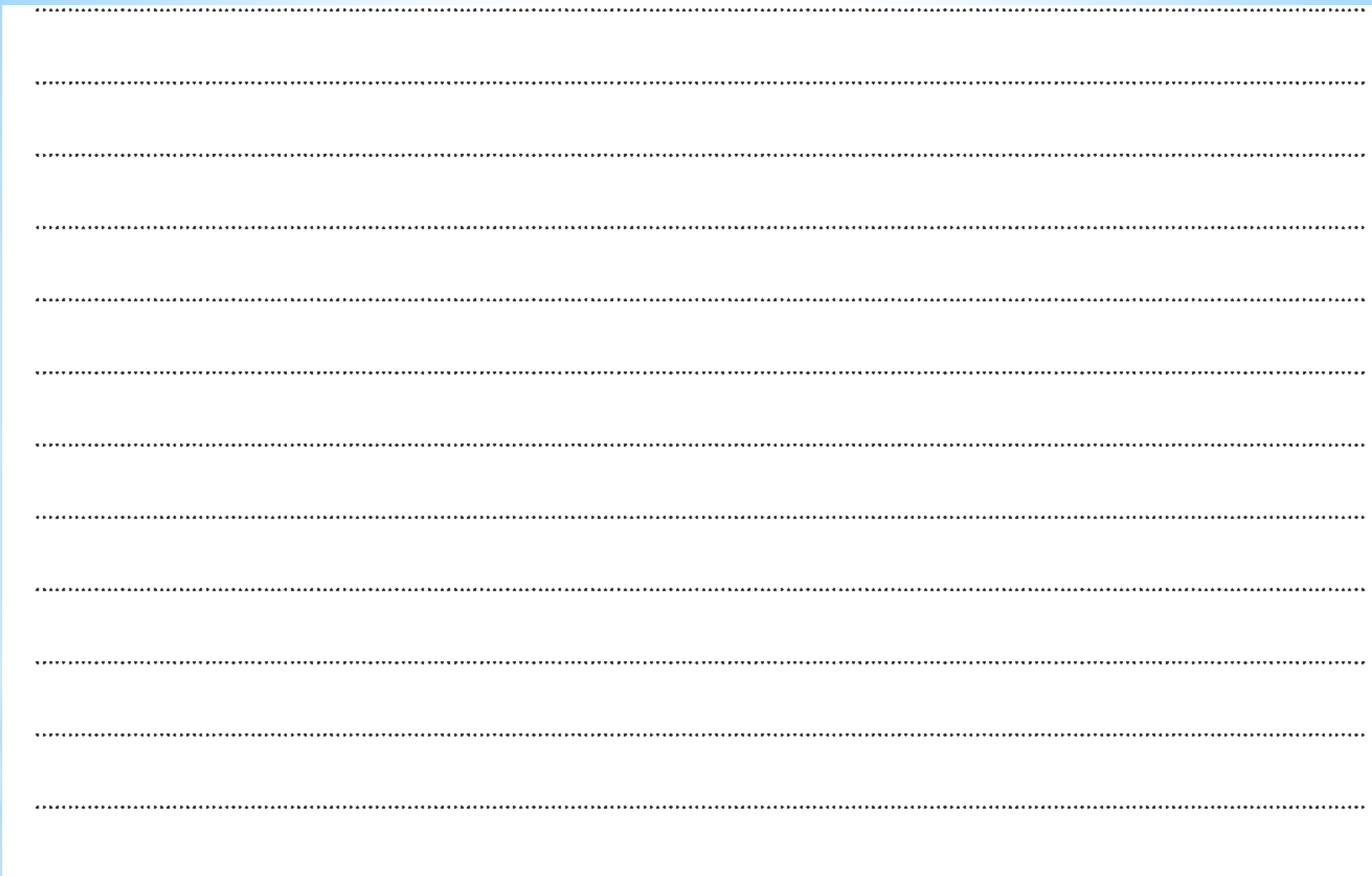
Kitchen assistant

Kitchen porter

Abbreviation	Full name
HASAWA	Health and safety at work act 1974
RIDDOR	Reporting of injuries diseases and dangerous occurrences regulations 1995
COSHH	Control of substances hazardous to health regulations 2002
PPER	Personal protective equipment at work: regulations 1992 <a href="http://www.hse.gov.uk/pubns/indg174.pdf">http://www.hse.gov.uk/pubns/indg174.pdf</a>
MHR	Manual handling operations regulations 1993









\*Environmental Health  
Officer  
- what do they do



\* Officers have a right to enter and inspect premises at all reasonable hours.

# Environmental Health

Information and Advice



\*They will discuss any problems and advise on possible solutions.



They have the power to:

- a) Inspect a premises
- b) Inspect food





\*Take samples, photographs and examine records. Seize food for sampling





# \* Serve Hygiene Improvement Notices where breaches of the law are identified

Chronicle News

ChronicleLive news in association  
with Rapid Solicitors

## Filthy

Oct 29 2005 By Rob Kennedy, The Evening Chronicle

1 2 next



A Tyneside hotel has been ordered to clean up after guests complained of cockroaches, mice, ants and filthy rooms.

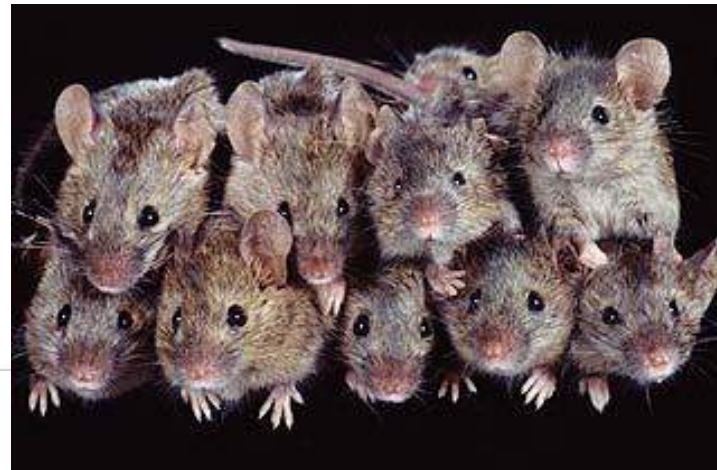
The Park Hotel sits proudly on the seafront in a prime location looking out to sea at Tynemouth.

But a Chronicle probe can reveal environmental health officers have been called

Last month North Tyneside Council issued four improvement notices under the Food Safety Act warning the hotel to shape up or face being closed down. The notices complained about inadequate cleaning and hand-washing facilities, a lack of training in food hygiene, poor food storage and holes in walls in the food area encouraging pests. A fifth improvement notice under the Health and Safety at Work Act highlighted "the poor state of repair of the wooden cellar hatch" near to the kitchen, which someone could have fallen down.

The council said the hotel had started to implement changes.

A spokeswoman said: "Our environmental staff have made 13 visits to the Park Hotel in the last 12 months. As a result the hotel was required to make improvements to address food hygiene issues and health and safety. Remedial matters identified by environmental health officers have now been implemented."





\* In serious cases, carry out a prosecution



\* Where there is an imminent risk, serve an Emergency Hygiene Prohibition Notice which forbids the use of the premises or equipment.

Home News

Chronicle News

LocalMole - the fast way to find local businesses

## Boss fined over takeaway's appalling hygiene standards

Aug 7 2008

by Adam Jupp, Evening Chronicle



RATS scurrying around, grease-lined surfaces and staff cleaning with filthy cloths.

This is just a snapshot of the life of grime discovered when a Tyneside takeaway was inspected.

## Cafe from Hell

Dec 6 2007

by Adam Jupp, Evening Chronicle



ROTTING shellfish, mice droppings and staff slicing meat on the floor.

These are just some of the hygiene horrors discovered at a Tyneside restaurant by environmental health officers.

And today, the life of grime at MAM African Foods is exposed after its owners were convicted of eight food safety offences.

# High Risk Foods and key temperatures

Meat, fish, prepared salads, cooked rice and cooked pasta are **High Risk Foods** and must be stored in a fridge and not left out for long!

What are these temperatures?

The danger zone of temperature is particularly bad for **High Risk Foods**.

Bacteria multiplies faster when these foods warm up

Water Boils	100°C
Heat & Reheat Foods Between These Temperatures	75°C
SAFETY ZONE FOR HOT FOODS	63°C
DANGER ZONE DO NOT Hold Foods Between These Temperatures	37°C (body temperature)
SAFETY ZONE FOR COLD FOODS	5°C
Water Freezes	1°C
Bacteria Survives but Does Not Grow Proper Food Freezing Temperature	-18°C



**Culinary Terms appear every year on the examination paper, make sure you know the following words and there meanings**

Terms used	Meaning	Photo
Accompaniments		
Al dente		
Au gratin		
Bain-marie		



Terms used	Meaning	Photo
Brûlée		
Bouquet garni		
Coulis		
Croutons		
En croute		
Entrée		

Terms used	Meaning	Photo
Flambé		
Garnish		
Julienne		
Marinade		
Mise-en-place		
Purée		

Terms used	Meaning	Photo
Reduce		
Roux		
Sauté		

# Equipment

Equipment to serve portions of food?

- \* Ladles and spoons help to serve equal portions of soup and vegetables
- \* Scoops can be used for ice-cream and mashed potato



***What is a Paring knife?***

A multipurpose knife used for small jobs such as topping and tailing vegetables, removing skins from onions and preparing small fruits.



***What is a Filleting knife?***

A filleting knife has a medium-length blade that is narrow and flexible so it can bend while running along the bone structure of fish, particularly flat fish.



***What is a Chef's knife?***

A multi-purpose knife generally used for larger items. Better versions will be well balanced. It can be used on many different ingredients such as vegetables, fruits, meat and poultry. The knife can be used for a variety of cutting techniques, including chopping, dicing shredding and slicing.



***Palette knife***

Is blunt but flexible. For turning items over during the cooking process for example sautéed potatoes. It is also used for lifting food from the pan to plate. Another use is spreading, frosting onto a cake. A palette knife is usually fairly long.

