

CONTENUTI TERZO ANNO INDIRIZZO CUCINA

UNIT	TOPIC
1 The Catering Industry	<ul style="list-style-type: none"> -The world of Hospitality -Commercial and welfare catering -Types of restaurants -Famous food outlet chains -The restaurant: location and layout -Services and facilities -The rating system
2 Marketing and promotion	<ul style="list-style-type: none"> Business image -Customer profiling -Marketing strategies -The effects of the internet on the catering industry
3 Working in a kitchen	<ul style="list-style-type: none"> -The kitchen brigade -Kitchen stations -A chef's uniform and hygiene rules
4 Kitchen and equipment	<ul style="list-style-type: none"> -Kitchen configurations - Kitchen design and areas -Equipment -Food preparation appliances -Cooking appliances -Refrigerating appliances -Cookware -Kitchen utensils -Knives

Testo in adozione: "Mastering cooking" Catrin Elen Morris with Alison Smith ELI

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UNIT	TOPIC
<p>5 Food Stores and Supplies</p>	<ul style="list-style-type: none"> -Sourcing suppliers -Different Kinds of suppliers -Storing food
<p>6 Food ingredients</p>	<ul style="list-style-type: none"> -Cereals -Fruit and vegetables (Types of fruit and vegetables, preparation, cooking, and storage) -Dairy products -Eggs -Meat and Poultry -Fish -Pulses -Fats -Herbs, Spices and condiments
<p>7 Cooking techniques</p>	<ul style="list-style-type: none"> -Cutting techniques -Pre-cooking techniques -Water cooking techniques -Cooking with fats -Heat cooking techniques -Mixed cooking techniques -Molecular gastronomy -Plating and presenting food
<p>12 Basic ingredients</p>	<ul style="list-style-type: none"> -Flour (wheat flour, alternative flour) -Sweeteners -Leaving agents -Cocoa and chocolate -Milk and cream
<p>13 Basic techniques</p>	<ul style="list-style-type: none"> -Bread -Pastry -Cakes and biscuits

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UNIT	TOPIC
8 Menu Planning	What's in a menu? -Menu formats -Types of menus -Breakfast, lunch and dinner menus -Buffet menus
9 Diet and Nutrition	-Healthy eating -The Mediterranean diet -Other types of diet -Alternatives diets -Religious dietary choices -Teen and sport diets -Special diets for food allergies and intolerances
10 Safety procedures	-Food safety and food quality -HACCP -HACCP principles -Food contamination -Risks and preventives measures -Food preservation

	-Workplace safety
Dossier 1 e 2 Culinary Habits	-British cuisine: traditions and festivities -American cuisine: traditions and festivities

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