



Hospitality & Catering Summer Homework Pack

Hospitality and Catering Sectors (10 marks)

Complete the table.

Sector	Examples of Businesses	Products/Services Provided
Commercial		
Non-commercial		
Hospitality		
Catering		
Accommodation		

Explain the differences between commercial and non-commercial establishments.

Employment Opportunities

Choose **two careers** from the hospitality and catering industry.

Research:

- Main responsibilities
- Qualifications
- Skills
- Working hours
- Salary
- Career progression

Finally, explain which career would suit you best and why.

Health and Safety Audit

Visit or observe a kitchen at home.
Identify at least **10 hazards**.
Complete the table.

Hazard	Risk	How could it be controlled?

Food Safety Revision

Answer the following questions.

1. What is cross-contamination?
2. Explain the danger zone.
3. Name the four main food poisoning bacteria you have studied.
4. Explain how bacteria multiply.
5. Why is personal hygiene important?
6. Explain the importance of temperature control.

Food Allergies and Intolerances

Research the **14 major allergens**.
Complete the table.

Allergen	Foods containing it

Revision Mind Maps

Produce colourful revision mind maps for:

- Hospitality providers
- Health and safety
- Food safety
- Environmental issues
- Customer service
- Employment
- Job roles
- Food poisoning bacteria
- Special diets
- Menu planning

Hospitality in the News

For each article explain:

- What happened?
- Why is it important?
- How could it affect hospitality businesses?

Possible topics:

- Rising food prices
- Staffing shortages
- Sustainability
- Tourism
- Food waste
- Food safety
- Healthy eating

Recipes

- I have put some ideas together for you all to look at with the links to practice recipes over the summer holiday. You can choose what you want to cook but please keep in mind the skills you need for higher marks.

Medium skills	Complex
Creaming Dehydrating Folding Kneading Measuring accurately Mixing Portioning Reducing sauces Rubbing in (pastry) Sieving Whisking Making a roux sauce Shaping dough Stir-frying Baking Roasting Steaming Shallow frying Braising Simmering	Crimping pastry Laminating pastry (e.g. puff pastry) or pasta Melting using a bain-marie Piping Tempering chocolate Clarifying Filleting fish Deboning poultry Jointing meat Making fresh pasta Choux pastry Shortcrust or puff pastry from scratch Deep frying Caramelising Advanced garnishing and presentation techniques

Spinach & Feta Spiral Pie (£5–£7)

Skills

- Working with filo pastry
- Knife skills
- Egg mixture preparation
- Rolling and shaping
- Baking
- Portioning

Extension

Adapt for a vegetarian or reduced-fat diet

<https://www.bbcgoodfood.com/recipes/spinach-filo-spiral-pie>



Homemade Chicken Kiev with Potato Wedges & Seasonal Vegetables (£6–£8)

Skills

- Butterfly chicken breast
- Stuffing
- Breadcrumbs
- Coating
- Baking
- Knife skills
- Timing multiple components

Extension

Produce a vegetarian alternative.

<https://www.bbcgoodfood.com/recipes/chicken-kievs>



Vegetable & Chickpea Curry with Homemade Flatbreads (£4–£6)

Skills

- Spice blending
- Dough making
- Kneading
- Rolling
- Simmering
- Knife skills

Learning Focus

Bread making without yeast.



<https://www.bbcgoodfood.com/recipes/satay-cauliflower-chickpea-curry-storecupboard-flatbreads>

Fishcakes with Homemade Tartare Sauce (£5–£7)

Skills

- Fish preparation
- Mash potato
- Breadcrumb coating
- Shallow frying
- Sauce making
- Presentation



Sweet & Sour Chicken (or Tofu) with Egg Fried Rice (£6–£8)

Skills

- Knife skills
- Stir frying
- Sauce making
- Egg cookery
- Rice cookery
- Multi-tasking



https://www.bbc.co.uk/food/recipes/chillifriedtofuwiththe_93035

Cottage Pie (£5–£7)

Skills

- Sauce making
- Knife skills
- Mashed potato
- Piping (optional)
- Baking

Challenge

Improve the nutritional value.

<https://www.bbcgoodfood.com/recipes/cottage-pie>



Falafel with Homemade Flatbread & Tzatziki (£4–£6)

Skills

- Food processor
- Portioning
- Frying/Baking
- Dough making
- Sauce making



<https://mydelikitchen.co.uk/recipes/homemade-falafel-on-flatbread/>

Homemade Gnocchi with Tomato Sauce (£4-£6)

Skills

- Potato preparation
- Dough making
- Rolling
- Portioning
- Sauce making

Excellent for demonstrating higher-level practical ability using inexpensive ingredients.

- <https://www.bbcgoodfood.com/recipes/gnocchi-tomato-bake>



Meringues

Skills

Accurate weighing

Egg separation

Whisking to stiff peaks

Folding

Piping

Temperature control

Baking

Presentation



<https://www.bbcgoodfood.com/recipes/ultimate-meringue>

List of other recipes <https://www.bbcgoodfood.com/>

- Chicken Kiev (stuffing, coating, frying)
- Beef or pork Wellington (pastry, searing, baking)
- Fresh pasta with homemade sauce
- Choux éclairs with piped filling
- Lemon meringue pie
- Fish and chips with homemade tartare sauce
- Vegetable samosas with homemade pastry
- Puff pastry tarts
- Swiss roll
- Profiteroles