



Getting Ahead – Pre-course Work

#ThinkBrock

City and Guilds - Level 1 Professional Cookery and Food & Beverage Service

Welcome to the **Department of Hospitality Studies**. In preparation for the start of the course, please complete these tasks and have them with you to hand in during your first week of college in September.

These tasks should take you approximately four and a half hours to complete and are designed to give you an introduction to the subject, and the expectations we have for you to complete at least four and a half hours of independent study, per subject, per week.

Task 1 – Food and Beverage service

As you probably know we have a very popular restaurant called MJ's which we use for our training – there is always lots to learn so here are a few things that you can be taking a look at before we get started.

Please watch the following video clips and prepare a list of the key stages of each activity:

<https://www.youtube.com/watch?v=SpK1owmRemQ>

<https://www.youtube.com/watch?v=K5T42WfUcnM>

<https://www.youtube.com/watch?v=4c2slvi196c>



Getting Ahead – Pre-course Work

#ThinkBrock

Task 2 – Professional Cookery

A good chef has a keen interest in the commodities available and how best to use them.

Salt and sugar are used a lot in cookery – research these 2 valuable commodities and produce a presentation displaying your findings.

Things to consider

- what they are
- where they come from
- when were they first used
- how are they produced
- who produces them
- different types available
- why and how we use them
- health problems associated with these ingredients



Getting Equipped

You will need the following:

- An A4 ring binder to keep class notes in
- Stationery (pens, pencils, highlighters)
- Notebook and pen to bring into the practical areas
- Uniform – purchased / applied for a bursary and have your measurements – more details available by contacting – sjsmith@brock.ac.uk