

INDIRIZZO CUCINA

TERZO ANNO

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

QUARTO ANNO

UNIT	TOPIC
5 Food Stores and Supplies	<ul style="list-style-type: none"> -Sourcing suppliers -Different Kinds of suppliers -Storing food
6 Food ingredients	<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
7 Cooking techniques	<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
12 Basic ingredients	<ul style="list-style-type: none"> -Flour (wheat flour, alternative flour) -Sweeteners -Leaving agents -Cocoa and chocolate -Milk and cream
13 Basic techniques	<ul style="list-style-type: none"> -Bread -Pastry -Cakes and biscuits

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QUINTO ANNO

UNIT	TOPIC
<p style="text-align: center;">5</p> <p>Menu Planning</p>	<p>What's in a menu?</p> <ul style="list-style-type: none"> -Designing menus -Menu formats -Understanding menus <p>Special menus</p> <ul style="list-style-type: none"> -Breakfast, lunch and dinner menus -English breakfast menus -Afternoon tea menus -Kids' menus -Dessert menus -Sweet recipes and wines -Cheese menus -Banqueting and special events menus -Religious menus
<p style="text-align: center;">6</p> <p>Safety procedures and Nutrition</p>	<p>Health and safety</p> <ul style="list-style-type: none"> -HACCP -HACCP principles -Food transmitted infections and food poisoning -Food contamination: risks and preventives measures <p>Diet and nutrition</p> <ul style="list-style-type: none"> -The eatwell plate -Organic food and GMOs -The Mediterranean diet -Teenagers and diet -Sports diet -Food allergies and intolerances -Eating disorders -Alternative diets: macrobiotics, vegetarian and vegan -Alternative diets: raw food, fruitarian, dissociated diet -Healthy recipes
<p style="text-align: center;">Dossier 3</p> <p>Culinary Habits</p>	<ul style="list-style-type: none"> -British cuisine: traditions and festivities -Easter food -American cuisine: traditions and festivities - American holiday food <p>Food and religious festivals</p>

Dossier 2 Culinary History	Future foods
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Testo in adozione: “ Well Done” (Catering: Cooking and Service) Catrin Elen Morris ELI