

Week 2 w/b 30th March

Stephanie Parker

Knowledge check

- a) Five items a chef should wear and 1 advantage for each includes: a toque – prevents hair falling into the food, chef jacket/vest – protects the chefs from heating ranges in the kitchen, apron – protects the chefs and is worn for safety reasons, black/checker trousers – provides comfort and protection, black shoes – gives them comfort
- b) 3 small items used in a kitchen and their uses are:
- Grater – this has the function of shredding food into smaller pieces and shapes
 - Pots and pans – a variety of cookware used in order to cook vegetables, pasta, rice, potatoes etc.
 - Blender – used to make liquids such as a puree and smoothies

Task 1

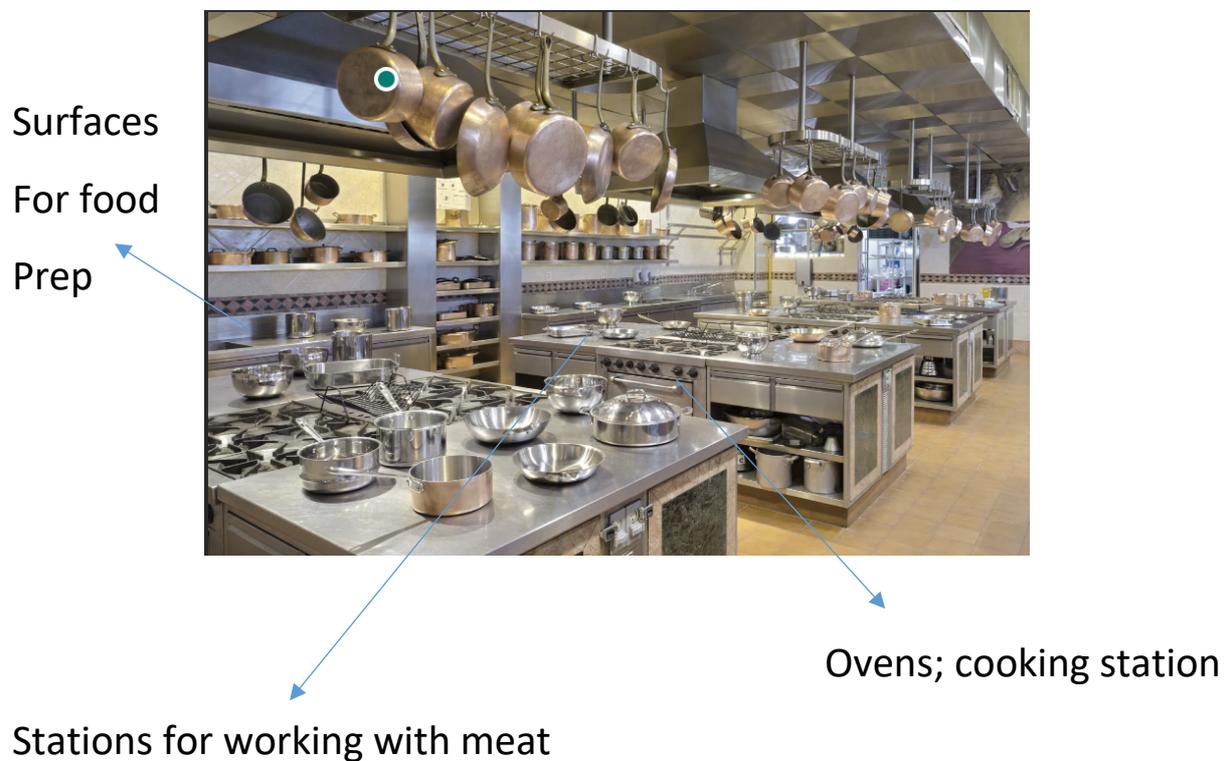
The food room in school: in a lesson I find myself at my station the majority of the time. However, I think items such as pots, baking trays and hand towels should be made easier to access without having to move so far away. This will allow me to feel slightly more organised when working with food.

What is meant by workflow? This is a term used for a systematic approach for constant activity in an organised area.

Paragraph explaining workflow: if you are in a kitchen, you will be expected to stay at your station and complete the tasks set with ease to your surroundings.

Workflow enables this as you will be given almost everything you need for where you are stationed. Therefore, resulting in not getting in the way of other people working in the kitchen. The area will be set up in an organised fashion and lets the room work systematically hence the idea of flow.

Professional kitchen



Factors effecting health and safety

Factors effecting health and safety and security in a catering kitchen	examples
Knives and sharp tools	Chefs could cut themselves
Heat, open gas jets or flames	They are exposed to burning themselves
Mixing and cutting equipment	Mixing and cutting equipment can be easily misplaced causing people to get injured
A secure place for personal belongings	Personal belongings need to be secured as the chefs and staff have no way of keeping an eye on it as they are so busy
Inhalation of flour dust	Inhaling flour dust can cause chefs to cough and if that happens around customers food, they won't want to eat it
Monitoring of well – being in a busy working environment	Managers etc. should be checking in on the team to make sure everyone can work properly in their environments.