

CONTENTS

GRADE 8

HOSPITALITY STUDIES

GR 8 LG

MODULE 4: Nutrition and menu planning

Unit 4.1: SA Food Pyramid and Food Groups

- SA food pyramid and food groups:
- Recommended portions per day and portion sizes
- Suitable menu items for street vending
- Street/Vending food -Food suitable for Vegans, Halaal, allergies e.g., gluten intolerance, dietary concerns e.g., diabetics
- Suitable ingredients for hamburgers

Unit 4.2: Menu planning

- Identification and interpretation of an A la Carte menu
- Basic characteristics of planning an A la Carte menu
- Basic design & layout of an A la Carte menu card
- Interpretation of menus related to table accessories

Unit 4.3: Costing

- Costing ingredients of a dish
- Calculate the selling price

Class Discussion: Recording of food intake for a day and evaluate it.

Practical lesson: (PAT preparation) Written - Plan different hamburgers for selling to each include at least FIVE of the food groups.

Practical Lesson 3: Performance test

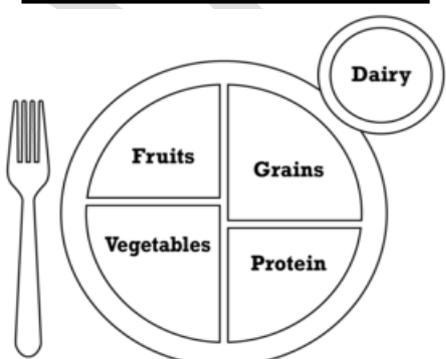
Prepare and serve the different types of hamburgers that was planned: Assess the nutritional value (inclusion of food groups), customer appeal.

Practical lesson: (PAT preparation) Written – Street vending continue – costing hamburger ingredients and calculate the selling price.

Practical Skills Test: Non

MODULE 4: NUTRITION AND MENU PLANNING

<p>Unit 4.1: SA Food Pyramid and Food Groups</p> <ul style="list-style-type: none"> SA food pyramid and food groups: food examples Analysis of food intake with food examples Recommended portions per day and portion sizes Suitable menu items for street vending4 Street/ Vending food- -food suitable for vegans, Halaal, allergies e.g., gluten intolerances/ dietary concerns e.g., Diabetics Suitable ingredients for hamburgers 	<p>Unit 4.2: Menu planning</p> <ul style="list-style-type: none"> Identification and interpretation of an A la Carte menu Basic characteristics of planning an A la Carte menu Basic design & layout of an A la Carte menu card Interpretation of menus related to table accessories 	<p>Unit 4.3: Costing</p> <ul style="list-style-type: none"> Costing ingredients of a dish Calculate the selling price
--	---	--

		
 <p>CAREERS</p> <ul style="list-style-type: none"> Chef Food & Beverage manager Kitchen Staff Food caterer 	<p style="text-align: center;">ENTREPRENEURSHIP</p>  <ul style="list-style-type: none"> *Costing recipes for local caterers at a fee *Designing menus for local catering companies *Analysing food intake for local community members 	
KEY CONCEPTS		
Food pyramid Nutrients	Food groups Menu	Courses Food costs Conversions
SOFT SKILLS		
Creativity Self-confidence Flexibility	Intercultural respect Attentiveness Leadership	Innovation Listening skills Empathy

INTRODUCTION

In recent year's dietary concerns have come under the spotlight. The trend is moving towards maintaining a healthy lifestyle. The food pyramid is a useful tool that can be used as a guideline in terms of healthy, balanced eating.

Good menu planning skills is required to plan healthy nutritional meals. Menu planning is an important task because it saves time and money, promotes healthier choices, improves grocery shopping skills, and keeps mealtimes fresh with variety.

Unit 4.1: SA FOOD PYRAMID AND FOOD GROUPS



SA food pyramid and food groups:

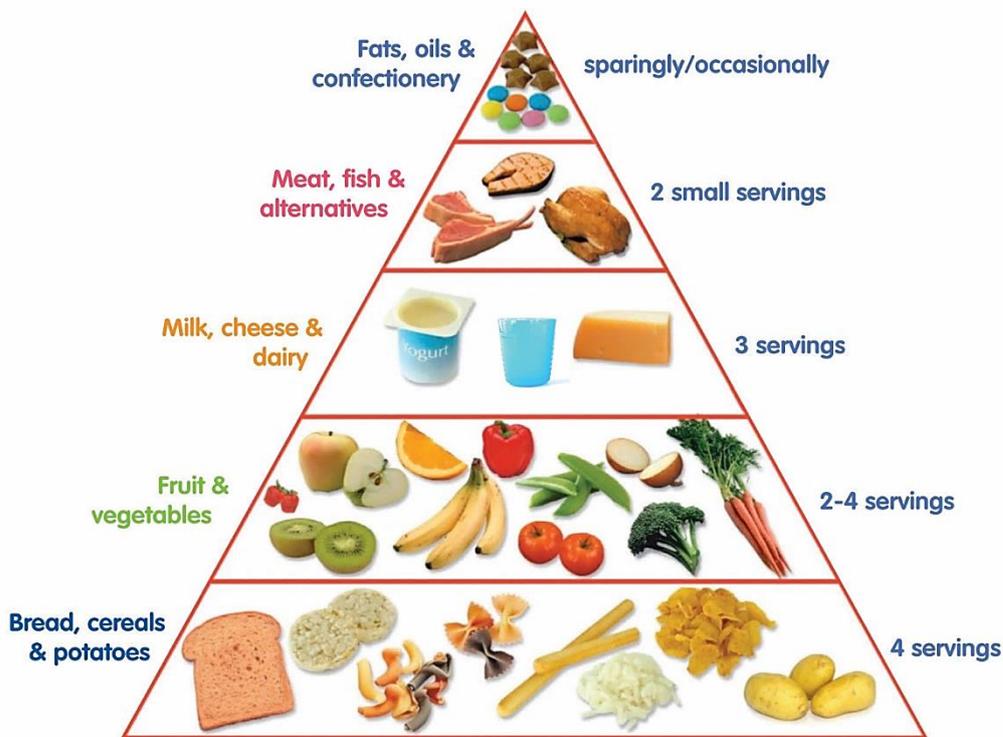
Recommended portions per day and portion sizes

Suitable menu items for street vending

Street/Vending food -Food suitable for Vegans, Halaal, allergies e.g., gluten intolerance, dietary concerns e.g., diabetics

- Suitable ingredients for hamburgers

4.1.1.A FOOD PYRAMID AND FOOD GROUPS



[Source: www.firstthousanddays.com]

4.1.2 DAILY RECOMMENDED PORTION NUMBERS AND SIZES

FOOD GROUP	FOOD (examples)	DAILY RECOMMENDED PORTION NUMBERS AND SIZES
Cereal and Starch products	Brown or whole wheat bread, samp, pasta, oats, breakfast cereals, potatoes	6 – 11 portions daily 1 portion = 250 ml breakfast cereals 125 ml cooked porridge / rice / pasta 1 slice of bread 1 muffin
Vegetables	Spinach, green beans, beetroot, carrots, onion, cabbage	Vegetables 3-5 portions daily 1 portion = 125 ml raw or cooked vegetables

		250 ml fresh leafy vegetables / salad
Fruit	Apples, pears, bananas, grapes, berries, stewed dried fruit	Fruit = 2-4 portions daily 1 medium fruit (apple / pear/orange/banana) 65 ml dried fruit 200ml fruit juice
Milk and milk products	Milk, cheese, yogurt, ice cream	2 - 3 portions daily 1 portion = 250ml milk/yoghurt 125ml custard / ice cream / cream cheese Cheese = 30g
Meat and meat alternatives	Meat, fish, chicken, nuts, soy products, dry beans, eggs	2 - 3 portions 1 portion = 60 - 90 g cooked meat / chicken / fish 1 egg 125 – 250 ml cooked dry beans, peas / lentils 30 ml of peanut butter
Fats, oils, sugars, food with a high salt content	Butter, oils, margarine, cream, cakes, chocolates, doughnuts	2 portions / use sparingly daily 1 portion = 10 ml mayonnaise / low fat margarine / salad dressing 1 strip of bacon 5 ml butter / margarine / oil

The base of the pyramid should be taken in large amounts whereas the intake of food at the top of the pyramid should be limited.

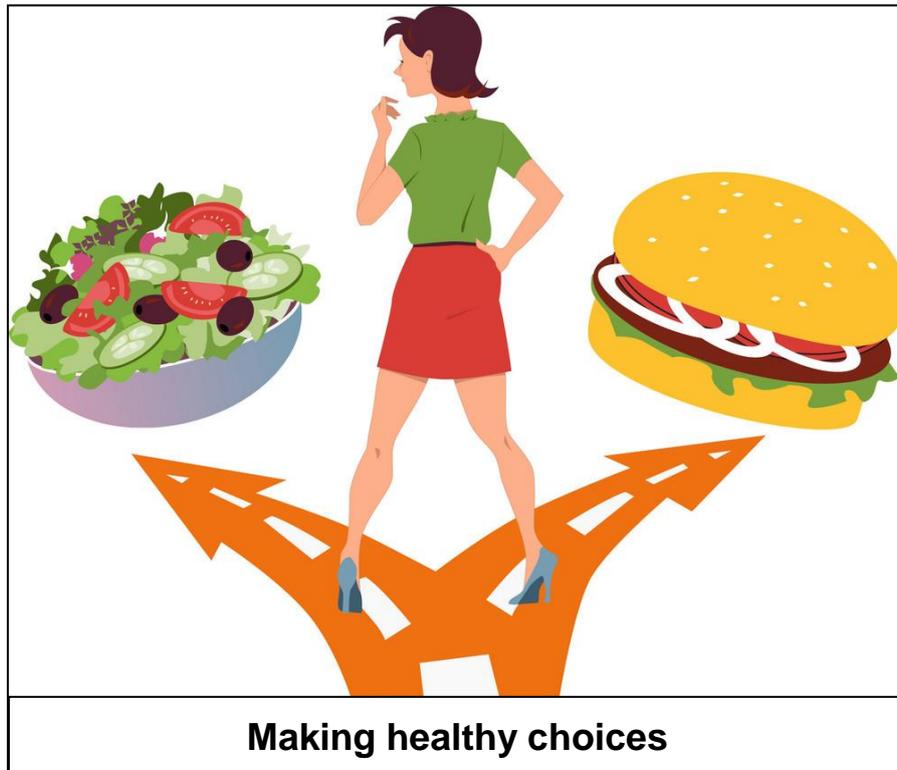
Daily portion numbers are determined by:

- your body size,
- gender,
- age,
- lifestyle and
- activity level

The human body needs water, vitamins, and minerals in foods on a daily basis to:

- Supply heat and energy to the body

- Build and repair body cells
- Regulate bodily processes



4.1.3 SUITABLE MENU ITEMS FOR STREET VENDING

SAVOURY	SWEET
Pizza	Doughnuts
Sausage rolls	Churros
Hot dogs	Pancakes
Samosas	Cupcakes
Slop Chips	Sweet muffins
Vetkoek	Fudge
Corndogs	Koeksister

4.1.4 STREET/VENDING FOOD -FOOD SUITABLE FOR VEGANS, HALAAL, ALLERGIES E.G., GLUTEN INTOLERANCE, DIETARY CONCERNS E.G., DIABETICS

Street /vending food stalls



source: www.istockphoto

Customer needs

The most popular dietary needs must be considered when involved in food preparation and service when operating a street or vending food stall. Catering for people with special dietary needs e.g. vegetarianism, extends your potential customers and this will result in greater profits

Allergens

It is also important to know the ingredients used in your food products in order to notify customers of potential allergens such as nuts, seeds, eggs or seafood: Possible allergens can be indicated on the packaging or if customers ask it could be communicated verbally



Vegetarianism

Consider the diversity of customers when planning the menu for the vending stall.

Vegetarianism	
General Characteristics	Do not eat food that is of animal origin or that which contains any animal products.
Foods Allowed or Recommended	Vegetables and fruits, Legume and legume products e.g., dried beans, peas and lentils Nuts, seeds, tofu, seaweed, and cereal products
Foods Avoided, depending on the type of vegetarian	Animal food e.g., meat, chicken, fish, poultry, seafood, dairy, eggs, bee products, gelatine, food additives of animal origin.

4.1.5 SUITABLE INGREDIENTS FOR HAMBURGERS

Mixture of minced meat (chicken, beef, mutton, venison and pork) or vegetables that are enhanced with salt and flavouring.



INFORMAL ACTIVITY

Activity & Class Discussion – SA Food Pyramid & Recording of daily food intake over a period of 5 days (weekend included).

THE SA FOOD PYRAMID

MODULE	Surname, Name:	Gr 8:
Nutrition, Menu Planning and Costing	OBJECTIVES: Students will be able to: <ul style="list-style-type: none"> Analyse their food intake over a 5-day period Draw conclusions on their weekly food intake Adjust their eating plans accordingly, if need be 	SOFT SKILLS: <ul style="list-style-type: none"> Analytical skills Problem-solving Decision Making Attention to detail Communication Creativity

ASSESSMENT			
Personal hygiene	Recording & Summarising	Questions	TOTAL
[5]	[15]	[5]	25
Hair	2		
Nails	1		
Apron	2		

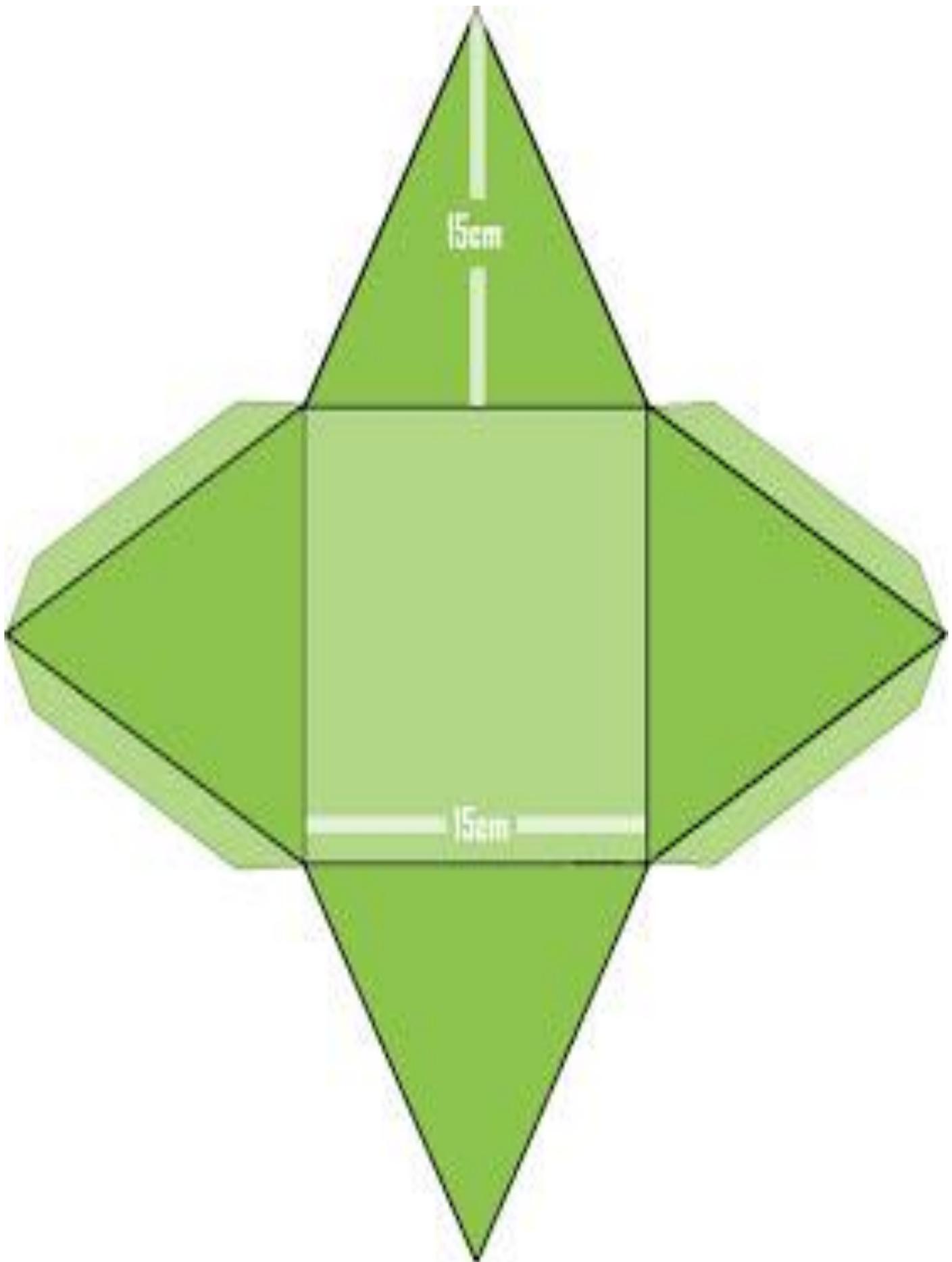
A] INTRODUCTION (5 minutes)

Perform a teacher-led demonstration on hair-restraint, apron, etc. [5]

B] [15]

- Shape your own food pyramid and paste pictures of relevant food within the correct food groups. Make use of the template provided. [5]





Recording of daily food intake over a period of 5 days (weekend included).

- Be honest with yourself – write down everything you **eat** as indicated in the table below. Each item must be written in its own line. [10]

Day & date	Breakfast	Snack	Lunch	Snack	Supper
1. Wednesday 08/04/2020	Oats porridge Milk Sugar	Sandwich – 2 slices of bread Margarine Cheese	2-minute Noodles	Kit Kat	Boerewors Mashed potatoes
2.					
3.					
4.					
5.					

- Summarise your weekly intake as follows:

Food groups	Starch and grain products	Vegetables	Fruit	Milk and milk products	Meat and meat alternatives	Fats, oils, sugars, food with a high salt content
Number of portions						

C] Based on your weekly intake and summary, develop your own conclusion: [5]



INFORMAL ACTIVITY

Based on food groups and vegetables

NAME: _____

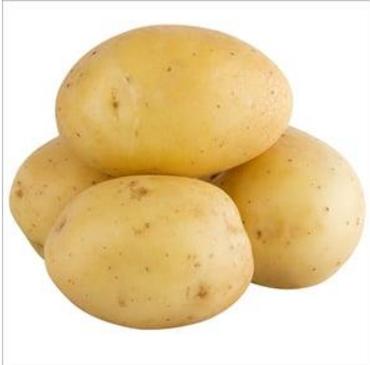
GR8 _____

DATE: _____

Total: 15
minutes

Time: 20

- 1.1. Match the food in Table A with the correct food groups in Table B. Only write the number of the food in Table A (1-4) under the correct heading in Table B.
- 1.2. Write the number of portions that should be taken in per day of each food group in the second row of Table B.

Table A – Food	
1	
2	



1.1. Table B – Match food above with correct food group below:
(6)

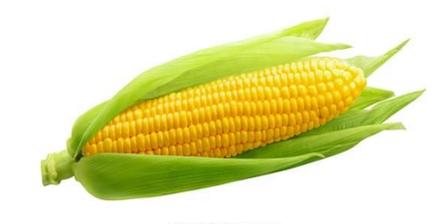
Cereal and starch	Vegetables	Fruits	Milk and milk products	Meat and meat alternatives	Fats, oils and sweets

1.2. Number of portions that should be taken in per day of the:

1.2.1 Cereal and starch group: (1)	1.2.2 Vegetable group (1)
---	----------------------------------

2. Write the name and classification of the vegetables displayed in column A next to it in the spaces provided in the table.

(7)

	Column A – Vegetables	Name of vegetable	Classification
1			
2			
3			
4			
5			

6			
7			

TOTAL: 15 MARKS

DRAFT



PRACTICAL ASSESSMENT TASK
STREET VENDING – WRITTEN PLANNING
Planning of Hamburgers:

- Plan different hamburgers for selling to each include at least FIVE of the food groups.
- Keep in mind the suitability of the menu for the: Venue – outdoors; Available facilities; Customers regarding nutritional value and personal preferences



4. Planning of hamburger types to meet the needs of group members(individual):

- 4.1 Each team member plans a hamburger variation by using the planning template provided: indicate the ingredients used for the hamburger as well as the food group to which each ingredient belongs. Try to include all six food groups in your hamburger. (8)
- 4.2 Each team member provides a final presentation of their burger which includes:
- an original name for the hamburger (1),
 - a menu description (1)
 - and a picture (5). (7)

ASSESSMENT OF TEAM MEMBER’S CONTRIBUTION		
Name of members	Task done/Type of contribution	Mark (complete/halfway/nothing)

ASSESSMENT CRITERIA: PRACTICAL ASSESMENT TASK

4	Planning of hamburger types (individual)								
4.1	Planning template: ingredients and food groups	8							
4.2	Burger presentation: name of burger, description, picture: colour, clear, neat, creative, original, attractive	2 5							
4.3	Costing	6							

(8)

DRAFT



PRACTICAL LESSON 3: PERFORMANCE TESTS

- Prepare and serve Chicken hamburger that was planned:
- Assess the nutritional value (inclusion of food groups),
- Assess the customer appeal

TERM 3 WEEK 7

CHICKEN HAMBURGERS

Surname, Name:			
MENU PLANNING: CHICKEN HAMBURGERS		OBJECTIVES: Learners will be able to: <ul style="list-style-type: none"> • Analyse the given recipe • Complete the mise en place form 	SOFT SKILLS to strengthen hard skills: <ul style="list-style-type: none"> • Analytical skills • Decisiveness • Critical Thinking
			
CHARACTERISTICS OF THE PRODUCT			
Appearance	Texture	Taste	
Colourful	Crunchy	Flavourful	

ASSESSMENT							
Personal hygiene [5]		“Clean as you go” [4]	Prep sheet [5]	Final product [6]		Questions [5]	TOTAL
							25
Hair	2			Appearance	2		
Nails	1			Texture	2		
Apron	2			Taste	2		

A. INTRODUCTION (5 minutes)

B. Study the recipe carefully and complete the mise en place form provided.

<p>BEEF HAMBURGERS</p> <p>PORTIONS/YIELD: 1</p> <p>INGREDIENTS</p> <p>1 Chicken Patty</p> <p>10ml Oil</p> <p>1 Burger bun</p> <p>25ml Mayonnaise</p> <p>2 Lettuce leaves</p> <p>4 Onion Rings</p> <p>2 Slice tomato</p> <p>1 Slice Cheese</p> <p>1 Pineapple ring</p> <p>METHOD</p> <ol style="list-style-type: none"> 1. Pre heat frying pan 2. Wash and prepare vegetables 3. Shallow fry the beef patty. Drain on absorbent paper 4. Cut the hamburger bun. 5. Spread with mayonnaise 6. Place on the bottom part of the hamburger bun lettuce, onion, tomato, pineapple, patty and cheese. 7. Cover with the top part of the bun and serve. 	
--	---

C. Mise en place

NAME OF RECIPE: CHICKEN HAMBURGER			
Ingredients	Recipe Amount	Mise en place of ingredients	[2]

Mise en place-apparatus [2]		Mise en place of additional equipment not found at your work station [1]
		Number of portions: [1]
Technique Applied:		[1]
Description of dish:		[1]
Oven/temperature control on stove:		[1]
Cooking Method:		[1]
		TOTAL = 10/2=5

C. ANSWER THE FOLLOWING QUESTIONS

1. Discuss the nutritive value of the chicken hamburger.

[5]

TOTAL: 25

OR

MAKING OF HAMBURGERS

Surname: _____ Name: _____ year 2: _____		
MODULE Food and Beverage Service	OBJECTIVES: Learners will be able to: <ul style="list-style-type: none"> Assess the nutritional value (inclusion of food groups), customer appeal. Make proper patties and burgers according to new trends 	SOFT SKILLS to strengthen hard skills: <ul style="list-style-type: none"> Analytical skills Creativity Critical Thinking
CHARACTERISTICS OF THE PRODUCT		
Appearance	Texture	Taste

Brown in colour Moist Buns colourful / with sesame seeds on	course (meat) crispy (bun)	Savoury and sweet taste depending on sauces and garnish used.	
---	-------------------------------	---	---

Nutrition

Serving: 1burger | Calories: 654kcal | Carbohydrates: 6g | Protein: 30g | Fat: 56g | Saturated Fat: 16g | Trans

Fat: 2g | Cholesterol: 174mg | Sodium: 1125mg | Potassium: 508mg | Fiber: 1g | Sugar: 3g | Vitamin A: 237IU | Vitamin C: 3mg | Calcium: 66mg | Iron: 4mg

ASSESSMENT

Personal hygiene		“Clean as you go”		Prep sheet	Final product		Questions	TOTAL
5		4		5	5		5	25
Hair	2	Sink (2)			Appearance	2		
Nails	1				Texture	2		
Apron	2	Station (2)			Taste	2		

INTRODUCTION (5 minutes)

A. Perform a teacher-led demonstration on preparation of Hamburger

Study the recipe carefully and complete the mise en place form provided.

Easy Juicy Homemade Burgers	Yields: 6
<p>Ingredients</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 900 g 80% lean ground beef use high quality beef that's 20% fat for best results • 1 1/2 teaspoons (7,5 ml) sea salt • 3/4 teaspoon (1,6 ml) black pepper • 1 1/2 teaspoons (7,5 ml) Worcestershire sauce • 3/4 teaspoon (1,6 ml) smoked paprika • 3 cloves (15 ml) garlic finely pressed • 1 medium onion very finely minced (so it's almost a paste) • 2 medium eggs 	



- 36 g breadcrumbs (optional, or use less if desired)

Instructions

1. Add the beef to a large bowl, and let it sit for about 10-20 minutes at room temperature.
2. Add the salt, pepper, Worcestershire sauce, paprika, garlic, onion, eggs and breadcrumbs.
3. Mix well with your hands just until combined and all the ingredients are distributed evenly
4. throughout the mixture.
5. Divide the mixture into 6 balls that are exactly the same size. Use a burger press to form the
6. burgers into a patty shape, or use your hands to pack the burgers into evenly shaped
7. patties. Place a small divot in the middle of one side of each of the burgers to prevent them
8. from shrinking while grilling.
9. Chill the patties in the fridge for about 30 minutes before placing them on the grill.
10. Grill over medium-high heat (or fry in a frying pan over medium-high heat) for about 5-6
11. minutes per side, or until the internal temperature of the burgers reach 160 degrees
12. Fahrenheit (71 Celsius) measured with an instant read thermometer.
13. Remove the burgers from the heat and let them sit for about 5 minutes before serving.
14. This helps them stay juicy and prevents them from falling apart.
15. Serve on toasted buns with lettuce, tomatoes, cheese, onions and my Easy Homemade
16. Burger Sauce.



B. Mise en place

NAME OF RECIPE:		
Ingredients	Quantity	Mise en place - Ingredients (2)

Mise en place- Apparatus (1)	Cooking method	Deep fat frying✓
		(4)
Technique:		(1)
Description of Technique		(2)
	10÷2 = 5	(5)

C. Answer the following questions

1. Indicate which cooking method are used to cook the patty. (1)
2. Identify THREE food groups that this burger can be grouped in. (3)
3. Name another ground meat that can be used as replacement for beef mince. (1)

TOTAL: 25 MARKS

Unit 4.2: MENUS PLANNING



- Identification and interpretation of an A la Carte menu
- Basic characteristics of planning an A la Carte menu
- Basic design & layout of an A la Carte menu card
- Interpretation of menus related to table accessories

4.2.1 Identification and interpretation of an A la Carte menu

Menus refer to a list of dishes available in a restaurant. The menu is a tool for communicating between the **customer** and the **waiter**. The consumer chooses the food and beverages they need according to the menu and recommending the dish to the guest is one of the service contents of the waiter. The consumer and the waiter start talking through the menu.

COURSES IN A MENU

A Meal plan is a list of all the different kinds of food that is needed for a specific meal or meals of the day.

A course is a specific set of food items that are served together during a meal, all at the same time. A course may include multiple dishes or only one, and often includes items with some variety of flavours.

Breakfasts are made up of one or more courses: **a starter, main dish, and baker's selection**. You will sometimes see restaurants offering a full menu with these three items.

4.2.2 Basic characteristics of planning an A la Carte menu

Characteristics of an A la Carte menu

- Menu that is priced separately from appetizers / starters to desserts
- Customers may select any number of courses from the dishes on the menu.
- Customers can select various dishes and side dishes.

- Food is cooked to order, and customers should be willing to wait.



Basic Guidelines when planning an A la Carte Menu

Basic guidelines to consider when planning an A la Carte Menu

- Know your guests
- Know your operation / business - that will include the theme / food served, the equipment available, personnel assisting, quality standards and the budget.
- The menu selected needs to be nutritionally balanced.

4.2.3 Basic design & layout of an A la Carte menu card

Menu Layout planning looking at courses / categories & Design



Food stall / pop up restaurant

Source: www.creatingastorm.co.za

When writing you're A la Carte Menu

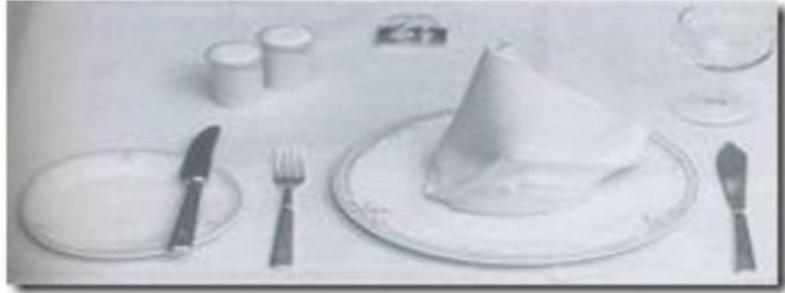
Ensure to make use of:

- Appealing language
- Short descriptions
- Ensure the name of the dish are listed
- Indicate the categories the dish will fall under / belong to
- The price must be included next to the name of each dish

For A la Carte Menu:

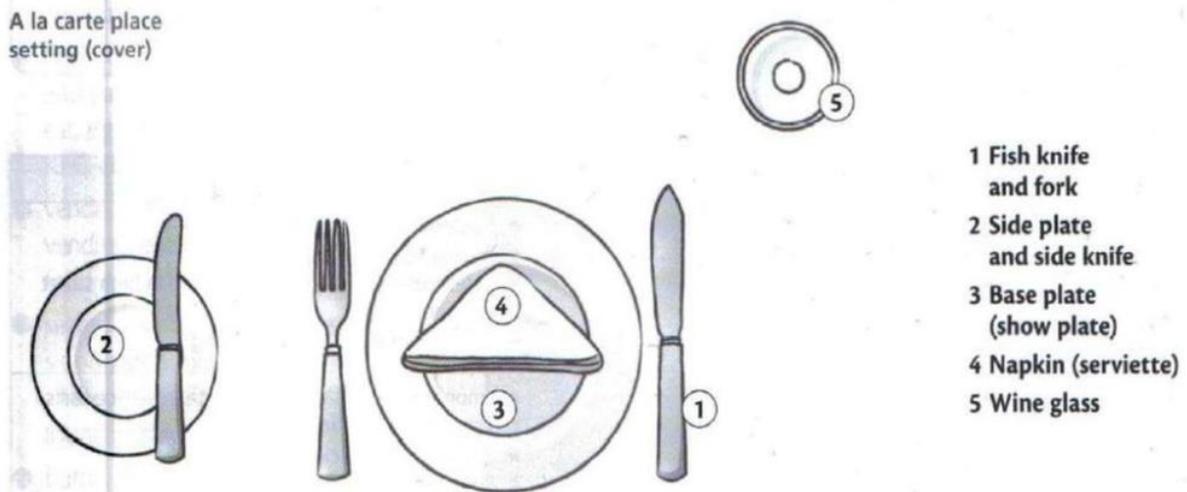
This a table setting normally laid in a good class restaurant, dining room or hotel in readiness for serving of either lunch or dinner. It would usually consist of the following:

- Main Plate
- Napkin
- Main knife
- Main fork
- Side plate
- Side knife
- Water or wine glass.



For A la Carte Menu:

A la carte place setting (cover)



4.2.4 Interpretation of menus related to table accessories

- Menu card: match the décor
- Be correct for the meal being served
- Correctly written
- Attractive to look at
- Simple to handle
- Neat and undamaged

Extra accessories on the table will included:

- Salt & Pepper
- Table number
- Flower vase



Source: ehire.co.za & theutterblog.wordpress.com



Source: dreamstime.co



UNIT 4.3 COSTING

- Costing ingredients of a dish
- Calculate the selling price

4.3.1 Costing ingredients of a dish

Running a restaurant, catering service, or vending stall can be expensive. The cost of ingredients, the overheads (rent, electricity etc.) and labour costs must be calculated to determine the selling price. The **AIM** is to make a **PROFIT**.

Ingredients are seldom bought in the specific quantities required by a recipe; therefore, the unit price of each ingredient must first be calculated.

4.3.2 How to calculate the unit price of each ingredient

The following formula are needed:

Actual Cost (AC) of ingredient = $\frac{\text{number of units required by recipe (QU)}}{\text{purchase unit (QB)}} \times \text{purchase price}$

OR $QU/QB \times PP = AC$

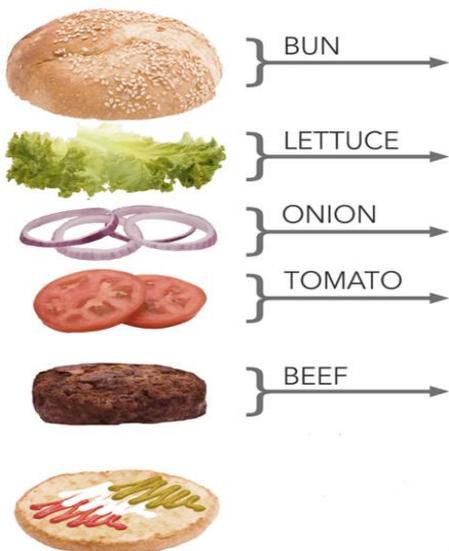


Source: pinterest.com

Before you determine the price of your vending stall meals, you have to know how much they cost to make. You need to figure out how much it costs your stall to make one hamburger on your menu.

Hamburgers, deconstructed

The cost of ingredients in a typical hamburger



Total cost to make:

Calculate food cost per HAMBURGER

**COST PER SERVING =
SUM OF INGREDIENTS
FOR ONE BURGER**

-Add the price of each ingredient to make up one burger which will give you the total cost of ONE burger

EXAMPLE:

Makes 6 Burgers

Ingredient	Quantity Used (Recipe amounts)	Quantity Bought	Purchase Price	Price (QU/QB x PP = AC)	Cost to make-up ONE burger
Burger Buns	6	8	R10.00	$\frac{6}{8} \times R10.00$	R7.50
Beef Patty	6	8	R 45.00	$\frac{6}{8} \times R40.00$	R30.00
Lettuce	1	1	R12.00	$\frac{1}{1} \times R12.00$	R12.00
Tomatoes	2	2	R5.00	$\frac{2}{2} \times R5.00$	R5.00
Onions	2	2	R4.00	$\frac{2}{2} \times R4.00$	R4.00
					R58.50
				Devided by 6	9.75 = R10.00

Total cost of the recipe / product

PRICE FOR ONE BURGER





INFORMAL ACTIVITY

Practical lesson: (PAT preparation) Written – Street vending continue – costing hamburger ingredients and calculate the selling price.

Easy Juicy Homemade Burgers

Prep Time 20 minutes

Cook Time 10 minutes

Chilling Time 30 minutes

Total Time 1 hour

Servings 6 burgers

Calories 654kcal



Ingredients

- 900 g 80% lean ground beef use high quality beef that's 20% fat for best results
- 1 1/2 teaspoons (7,5 ml) sea salt
- 3/4 teaspoon (1,6 ml) black pepper
- 1 1/2 teaspoons (7,5 ml) Worcestershire sauce
- 3/4 teaspoon (1,6 ml) smoked paprika
- 3 cloves (15 ml) garlic finely pressed
- 1 medium onion very finely minced (so it's almost a paste)
- 2 medium eggs
- 36 g breadcrumbs (optional, or use less if desired)

Instructions

1. Add the beef to a large bowl, and let it sit for about 10-20 minutes at room temperature.
2. Add the salt, pepper, Worcestershire sauce, paprika, garlic, onion, eggs and breadcrumbs.
3. Mix well with your hands just until combined and all the ingredients are distributed evenly throughout the mixture.
4. Divide the mixture into 6 balls that are exactly the same size. Use a burger press to form the burgers into a patty shape, or use your hands to pack the burgers into evenly shaped patties. Place a small divot in the middle of one side of each of the burgers to prevent them

from shrinking while grilling.

5. Chill the patties in the fridge for about 30 minutes before placing them on the grill.
6. Grill over medium-high heat (or fry in a frying pan over medium-high heat) for about 5-6 minutes per side, or until the internal temperature of the burgers reach 160 degrees Fahrenheit (71 Celsius) measured with an instant read thermometer.
7. Remove the burgers from the heat and let them sit for about 5 minutes before serving. This helps them stay juicy and prevents them from falling apart.
8. Serve on toasted buns with lettuce, tomatoes, cheese, onions and my Easy Homemade Burger Sauce.

Nutrition

Serving: 1burger | Calories: 654kcal | Carbohydrates: 6g | Protein: 30g | Fat: 56g | Saturated Fat: 16g | Trans

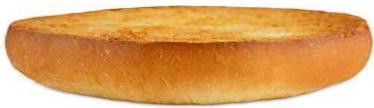
Fat: 2g | Cholesterol: 174mg | Sodium: 1125mg | Potassium: 508mg | Fiber: 1g | Sugar: 3g | Vitamin A: 237IU | Vitamin C: 3mg | Calcium: 66mg | Iron: 4mg

Resource: [Easy Juicy Homemade Burgers - The Busy Baker](#)

Makes 6 Burgers

Ingredient	Quantity Used (Recipe amounts)	Quantity Bought	Purchase Price	Price (QU/QB x PP = AC)	Cost to make-up ONE burger
					R
				Devided by ____	R

Draw your deconstructed, labeled burger your are planning to make



DRAFT



PRACTICAL WRITTEN ACTIVITY

Planning of hamburger for the PAT identifying suitable ingredients for the Hamburger and planning your ideal hamburger for the PAT.

1. Describe your ideal hamburger in 5 words. (4)

.....
.....

2. List three ingredients which cannot be used when making a hamburger for a vegetarian. (3)

.....

3. When preparing a hamburger, it is advisable to include all 5 food groups. Give an example of a food item that can be used from the following food groups: (3)

Fats and Oils:

Fruit and Vegetable :

Milk and Milk Products:

TOTAL: 10 MARKS

RESOURCES

VIDEOS & POWERPOINTS

<http://youtube.com/watch?v=hS8pb8IRBc4>

Food Pyramid, The 5 Different Food Groups, Learn ... - YouTube

<http://youtube.com/watch?v=t--qlvHkkGY>

Hamburger Activity

[Easy Juicy Homemade Burgers - The Busy Baker](#)

Food and nutrients - The food pyramid - YouTube

https://www.youtube.com/watch?v=w_eVbjEMijQ

Setting The Table (Breakfast)

<http://youtube.com/watch?v=00ujvLANyE4>

Breakfast Table Setting - Table Setting is an art by C3 - YouTube

Pictures on Vending stall layout

<https://thecreamery.co.za/va-market-on-the-wharf-elements-of-our-stall/>





SUMMARIES

CONTENT SUMMARY: Nutrition and menu planning and Costing

KEY CONCEPTS

Unit 4.1

- The food pyramid assists in creating balanced meal plans.
- The food pyramid divides food into five food groups with attached daily recommended servings.
- The human body needs water, vitamins and minerals daily to get through a day.

Unit 4.2

- A menu refers to a list of dishes offered to a customer.
- It serves as a communication tool.
- Remember to always apply the basic rules of menu planning to create and offer pleasing meals.
- A course refers to food items served together in a meal.

Unit 4.3

- The cost of ingredients of a dish. The **AIM** is to make a **PROFIT**. Costing ingredients
- Calculate the selling price



EXAM PRACTICE QUESTIONS

Exam practice: Menu Planning

Section A: Short questions

1.1 Various options are provided as possible answers to the following questions. Choose the correct answer and write the symbol (A - D) next to the question number (1.1.1 - 1.1.3) on the ANSWER BOOK.

- 1.1.1 A food pyramid refers to...
- A a list of dishes offered at a fixed price.
 - B a plan detailing food groups and servings.
 - C a set menu with no variations.
 - D a plan of meals served in a day.
- (1)
- 1.1.2 The human body needs nutrients to...
- A regulate body processes.
 - B be able to attend work, daily
 - C listen clearly to conversations
 - D socialise with others
- (1)
- 1.1.3 A list of dishes available in the restaurant
- A Eating Plan
 - B Menu
 - C Tick list
 - D Itinerary
- (1)
(3)

1.2 **MATCH ITEMS**

Choose a description from COLUMN B to match the term in COLUMN A. Write only the symbol (A - J) next to the question number (1.2.1.1 - 1.2.3) on the ANSWER BOOK.

1.2.1

COLUMN A TERM	COLUMN B DESCRIPTION
1.2.1.1 Appetiser	A A sweet course concluding a meal
1.2.1.2 Dessert	B Includes tea and coffee service
1.2.1.3 Main Course	C A small dish eaten as a meal
	D Served only in fine dining restaurants
	E The main dish in a meal with courses

(3)

1.3.1 Identify THREE principles of menu planning from the list below. Write only the symbol (A - F) next to the question number (1.3.1) on your ANSWER BOOK.

- A Keep to one size of food e.g. vegetables
- B Know your guests and their preferences
- C Pleasing presentation of the food
- D Ensure only one kind of food is served
- E Serving a variety of food
- F Ensuring that meals are spicy

(3)

1.3.2 Identify THREE functions of nutrients that is needed by our body from the list below. Write only the symbol (A-F) next to the question number (1.3.2) on your ANSWER BOOK.

- A Assists in cleansing our body
- B Regulates body processes
- C Keeps our body warm by building fat cells
- D Provides energy to the body
- E Gives shape to the body
- F Builds and maintains body cells

(3)

- 1.4 Give ONE word/term for each of the following descriptions. Write only the word/term next to the question number (1.4.1 – 1.4.3) on the ANSWER BOOK.
- 1.4.1 Selecting a menu for a specific function.
- 1.4.2 A collection of *foods* that contain specific nutrients and are plotted into a food pyramid.
- 1.4.3 Food items that are separated and presented at different stages in a meal (3)

Section B: Long questions

- 2.1 Name TWO food groups arranged in a food pyramid that is essential for a healthy lifestyle. **LO**
(2)
- 2.2 Explain the difference between a menu and a meal plan. **MO**
(4)
- 2.3 “Good menu planning serves as a promotional technique for a restaurant.” Motivate this statement in respect of the factors influencing menu planning. **HO**
(4)

TOTAL: 25 MARKS