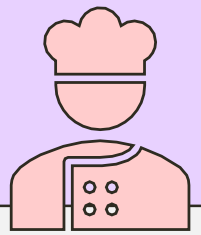
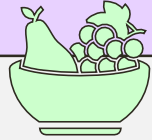


# HOME LEARNING



## S3 HOSPITALITY



Complete the challenges in the table below.

When complete, submit as a photograph through twitter/Instagram/email



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**1** Research different careers in the food industry.

**2** Explain what is food poisoning is and investigate the main four conditions bacteria need to grow.

**3** Identify and explain food poisoning bacteria and why it is harmful.

**4** What are the five most common bacteria and what symptoms do they give?

**5** Investigate food choice. What influences the food we eat and why?

**6** Plan a menu for the week. Ensure that each meal fits in with the Scottish dietary goals/eatwell guide.

**7** Design a three course meal. Explain/draw how you would garnish/decorate each dish.

**8** Research food miles and what they mean for the environment.

**9** Identify and explain what it is meant by food sustainability.

**10** Investigate different garnishing/decorating techniques.  
*Practise them if you can*

**11** Choose a recipe and adapt it to make healthier changes.

**12** Explain the difference between kitchen and personal hygiene.

**13** Cook a meal for yourself, list the equipment used and the cookery processes used.

**14** Keep a food diary for a week (include drinks and snacks)  
*Are your choices healthy?*

**15** Group the foods in your diary into macro & micro nutrients and explain why our body needs them.

**16** Try a food you have never tasted before.  
*Did you like it? Can you describe it?*