

ACTIVITY 1 Y3 T2

Week 1

Poster/Project on prevention of accidents in the Hospitality Studies.

Rubric		
Pictures/ Drawings	5	
Neatness	2	
Labelling	5	
Explaining of prevention	3	
Total	15	

ACTIVITY 2 Y3 T2

Week 2

Mice en Place

Look at the attached recipe. Do the Mice en place for before and after for the recipe.

Before	After

ACTIVITY 3

Y3 T2

Week 3

Allergens in the daily diet

Question 1

Match Column C to the descriptions in Column A. Write down only the correct symbol A, B, C, D, E, F or G next to each question in Column B.

Column A Description	Column B Answer	Column C
1. Allergens		A. Natural sugar found in Dairy products.
2. Gluten		B. Allergic reaction if you are intolerant to an allergen.
3. Ethnic groups		C. Wide variety in cultures.
4. Vomiting		D. Food that may cause an allergic reaction
5. Iodine		E. Serious illness or death
		F. Type of Protein found in wheat products
		G. Found in fish and fish products.

(5)

Question 2

Say if the following is true or false.

	True or False
1. A person with iodine intolerance can eat shellfish.	
2. A stuffy or runny nose can be caused by a gluten intolerance	
3. If a client is lactose intolerant they will not eat any dairy products	
4. Headaches can be caused by an allergic reaction to a food type.	
5. Allergic reaction to food will not cause serious illness or death.	

(5)

ACTIVITY 4 Y3 T2

Week 4

Ethnic groups and their food.

Question 1

Say if the following is true or false.

	True or False
1. Religion and belief influences what people eat.	
2. Muslims Eat Kosher food.	
3. The Koran dictates what food types Muslims can eat.	
4. In the Islamic belief, pork is allowed.	
5. Muslims are not allowed to consume alcohol.	
6. Judaist law dictates what food Jews must eat.	
7. Judaists are allowed to eat dairy directly after eating meat.	
8. Lacto vegetarians may eat eggs.	
9. Vegans don't consume any meat or meat products.	
10. A Pesco vegetarian are allowed to eat eggs.	

(10)

Question 2

Name 3 rules that you need to follow when preparing kosher food.

3

Question 3

Name 3 rules that you need to follow when preparing Halal food.

3

Question 4

Why does Hindus and Buddhist not consume meat?

4

(10)

ACTIVITY 5 Y3 T2

Week 5-6

Designing a menu

Assignment

On a blank page A4 in Size

Design a Table d'hôte menu following the rules for menu design. The menu must consist of 3 courses (Starter, main course, dessert) and is for a dinner in July (Mid-winter)

Mark Allocation

Description	Mark	Mark Acquired
Neatness	5	
Variety of menu items	5	
Description of food items	5	
Over all	10	
Total	25	

ACTIVITY 6

Y3 T2

Week 7

Menu Costing

Assignment

Make a Hotdog take away and do the ingredient costing for them as shown in your text book.

Packed of 24 Vienna. R30

Bread rolls 12. Dozen. R 24

Tomato sauce Bottle 750ml R15

Mustard sauce Bottle 750ml R15

Packages R20 (10)

Mark Allocation

Description	Mark	Mark Acquired
Neatness	5	
Correct Conversion of item cost	5	
All items written down and costed.	5	
Over all	10	
Total	25	

ACTIVITY 7 Y3 T2

Week 8

Food preservation

Question 1

Name 3 ways food can be preserved.

3

Question 2

Give 4 reasons why we preserve food.

4

Question 3

Say if the following is true or false

	True or False
1. Meat can be bottled	
2. Sugar is used as the preserving agent in Jam	
3. Bottles need to be soaked in boiling water	
4. Glass Jars are not suitable for bottling.	
5. Meat is normally preserved by drying.	
6. Salt is the preserving agent when drying food.	
7. Simply tie herbs together to dry them	
8. Fruit cannot be dried	

8

(15)

ACTIVITY 8 Y3 T2

Week 8

Design a label for preserved food.

Assignment

Design a food label that you are going to use when you do your practical on food preservation. Follow your rules on label design in your text book.

Mark Allocation

Description	Mark	Mark Acquired
Neatness	5	
Colour	5	
List of ingredients	5	
Over all	5	
Total	20	