UV31190

Practical gastronomy

The aim of this unit is to prepare you for developing menus and dishes in a modern catering environment. You will study the factors that affect the dining experience and the needs of customers, and then use this knowledge to develop foods and beverages that are complementary. You will also be studying the influences of culture, the media and famous people on contemporary gastronomy.

You will investigate how to source foodstuffs in order to produce innovative menu items, and how to select appropriate suppliers. It is also important that you understand how geography affects food supplies and the effects of modern transport on the provision of foodstuffs.
Level
3

Credit value
11

GLH
60

Observation(s)
0

External paper(s)
0
On completion of this unit you will:

1. Be able to explore the influences on eating and drinking cultures from the chef’s perspective
2. Be able to investigate the supply and use of commodities

1. **Knowledge outcomes**
   There must be evidence that you possess all the knowledge and understanding listed in the Knowledge section of this unit. In most cases this can be done by professional discussion and/or oral questioning. Other methods, such as projects, assignments and/or reflective accounts may also be used.

2. **Tutor/Assessor guidance**
   You will be guided by your tutor/assessor on how to achieve learning outcomes in this unit. All outcomes must be achieved.

3. **External paper**
   There is no external paper requirement for this unit.
Developing knowledge

Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below*:

- Projects
- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies
- Professional discussion

Where applicable your assessor will integrate knowledge outcomes into practical observations through professional discussion and/or oral questioning.

When a criterion has been orally questioned and achieved, your assessor will record this evidence in written form or by other appropriate means. There is no need for you to produce additional evidence as this criterion has already been achieved.

Some knowledge and understanding outcomes may require you to show that you know and understand how to do something. If you have practical evidence from your own work that meets knowledge criteria, then there is no requirement for you to be questioned again on the same topic.

*This is not an exhaustive list.
Knowledge

Learning outcome 1

Be able to explore the influences on eating and drinking cultures from the chef’s perspective

<table>
<thead>
<tr>
<th>You can:</th>
<th>Portfolio reference</th>
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<tbody>
<tr>
<td>a. Analyse and evaluate dining experiences</td>
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<tr>
<td>b. Give a definition of the term ‘gastronomy’</td>
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<tr>
<td>c. Identify the factors that make a good dining experience</td>
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<td>d. Identify different meal types and dining experiences</td>
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<td>e. Explain the relationship between customer needs and different types of dining experience</td>
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<td>f. Identify the types of beverages that complement different foods</td>
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<td>g. Explain the influences of different cultures/religions on eating and drinking</td>
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<td>h. Explain how science and technology have affected eating and drinking</td>
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<tr>
<td>i. Explain the influence that changes in lifestyles have had on eating and drinking</td>
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<td>j. Describe the influence of the media on eating and drinking</td>
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<tr>
<td>k. Describe the contributions of individuals who have made significant impact on professional cookery</td>
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Learning outcome 2

Be able to investigate the supply and use of commodities

<table>
<thead>
<tr>
<th>You can:</th>
<th>Portfolio reference</th>
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</thead>
<tbody>
<tr>
<td>a. Investigate the supply of commodities</td>
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<tr>
<td>b. Explain the considerations to take into account when choosing suppliers</td>
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<tr>
<td>c. Describe the effect geography has on local produce</td>
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<tr>
<td>d. Explain the impact that the development of transport/transportation has had on food</td>
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</table>
Outcome 1: Be able to explore the influences on eating and drinking cultures from the chef's perspective

Dining experiences: Meal service (breakfast, lunch, dinner), time of day (all-day dining), cuisine (fine dining, fast food, pub, gastro pub, ethnic, contract), occasion (business lunch, meal with friends, conference, celebration).

Factors: Location, lighting, interior décor, style, atmosphere, menu, levels of service, wine (cellar, service, Sommelier), value for money, quality of product, quality of service, environment, ambience, suitability of purpose, level of customer service, speed of service.

Meal types: Breakfast, lunch, afternoon tea, dinner.

Customer needs and different types of dining experience: Business lunch (timing, quality), special occasion (customer service, quality), meal with friends (ambience, environment, value for money), wedding celebration (quality, environment, customer service), conference (value for money, speed of service), shopping trip (value for money, speed of service), travelling (speed of service), eating for pleasure (quality, environment, ambience).

Types of beverage that complement different foods: Red wines with red meats, white wines with white meats, full bodied wines with game, very dry wines with shellfish, sweet wines with desserts and soft cheeses, port with Stilton, brandy and liqueurs with coffee.

Influences of different cultures/religions on eating and drinking: Jews (kosher, no pork, milk and meat separate), Muslim (halal, no pork, no alcohol), Hindu and Buddhists (vegetarian, eat fish and dairy), Jaines (fruitarians).

Science and technology: Organic food production, intensive farming methods, forced growing methods (produce food out of natural season), minimised fat content of meat, food production methods (using more of animal), molecular gastronomy.

Lifestyles: Working parents, 24/7 working, better transport, more leisure time, wider range of restaurant types, interest in and ready access to information as to where food comes from (organic, ethically sourced), support of fair trade goods.

Influences: Longer shopping hours, range of goods available at supermarkets, cross-cultural exposure to different foods, families not eating together, ready-made meals, increase in takeaway meals, eating out more, increase of fast food outlets.

Influence of media: Television chefs, food advertisements (television, magazines, newspapers), specialist food/drink periodicals.

Contributions of individuals who have made a significant impact on professional cookery: Television chefs (Jamie Oliver, Delia Smith, Michele Roux Jr), historical chefs (Escoffier, Prunier), authors (Elizabeth David, Mrs Beeton).
Outcome 2: Be able to investigate the supply and use of commodities

Supply of commodities: Wholesalers, central purchasing, cash and carry, specialists (greengrocers, fishmongers, butchers, bakers, vintners), local stores, contracts, market list pricing.

Considerations: Specification, suitability of purpose, price, availability, lead time, delivery, storage, terms and conditions, quality of goods, environmental.

Geographical: Weather, climate, ease of delivery.

Development of transport: Refrigerated deliveries, air travel, travel conditions, distance travelled.

Impact: Out of UK season food supply, access to foods from overseas, environmental concerns.