UHC30X
Practical gastronomy

Unit reference number: T/507/5538
Level: 3
Guided Learning (GL) hours: 30

Overview
Practical gastronomy is the study of the relationship between food and culture. The aim of this unit is to prepare learners for planning and developing menus and dishes in a modern catering environment. Learners will study the factors that affect the dining experience and the needs of customers.

Learners will also study the influences of culture, the media and famous people on contemporary gastronomy as well as sources of foodstuffs and how to select appropriate suppliers.

Learning outcomes
On completion of this unit, learners will:

LO1 Know the influences on eating and drinking cultures from the chef’s perspective
LO2 Know about the supply and use of commodities
Assessment requirements

Learners must complete the assessment requirements related to this unit.
Learners must produce a portfolio of evidence which contains assessed evidence covering all the assessment criteria in this unit.
Unit content

LO1 Know the influences on eating and drinking cultures from the chef’s perspective

Define the term ‘gastronomy’:
- The study of the relationship between food and society, between food and drink and the influences on the dining experience

Describe the factors that make a great dining experience:
- Dining types of meal service for example
  - Breakfast, lunch, dinner
  - All-day dining
  - Fine dining, fast food, pub, gastro pub, ethnic, contract
  - Occasion, for example business lunch, meal with friends, conference, celebration
- Factors, for example
  - Location
  - Lighting
  - Interior décor – style, atmosphere
  - Environment, ambience
  - Menu
  - Wine – cellar, service, Sommelier
  - Value for money
  - Quality of product
  - Quality of service
  - Level of customer service – service levels, speed and competence of service

List types of beverage that complement different foods:
- For example – red wines with red meats, white wines with white meats, full bodied wines with game, very dry wines with shellfish, food-beer pairings

Explain the influences of different cultures/religions on eating and drinking:
For example;
- Jews – kosher, no pork, milk and meat separate
- Muslim – halal, no pork, no alcohol
- Hindu and Buddhists – vegetarian, eat fish and dairy
- Jains – fruitarians
- Dishes from other cultures for example Asian inspired food, Polish influenced cuisine, use of spices in dishes

Explain the factors that affect food choices:
- 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 – less time to cook from scratch
  - 24/7 working – families may not eat at the same time due to work commitments
  - Increase in travel and exposure to different foods
- More efficient transport methods increasing the availability of food items
- Diverse work force means wider range of restaurant types
- Interest in and ready access to information as to where food comes from, for example – organic, ethically sourced, locally sourced, fair trade food
- Trends that affect food choices, for example increase in demand for artisan products

**Media**
- Food advertisements – television, magazines, newspapers
- Specialist food/drink periodicals
- Television chefs for example – Jamie Oliver, Mary Berry, Michel Roux Jr, Rick Stein, Raymond Blanc, Hugh Fearnley-Whittingstall, Paul Hollywood, Nigella Lawson, Anjum Anand, Madhur Jaffrey
- TV programmes – Masterchef, Saturday Kitchen, The Great British Bake Off

**Current trends for example** – super foods, street food, dim sum style, culinary cocktails, artisan foods, food-beer pairings, micro-distilled/artisan spirits, healthy kids’ meals, gluten-free cuisine, natural ingredients/minimally processed food

**Describe the contributions of individuals who have made significant impact on professional cookery:**

- **Current Top UK chefs for example** – Atul Kochhar, Tom Aikens, Heston Blumenthal, Marcus Wareing, Michael Caines, Tom Kitchin, Tom Kerridge, Marco Pierre White, Clare Smyth, Lisa Allen, Claire Clark
- **Influential TV programmes for example** – Fanny’s Kitchen, Keith Floyd, Rick Stein, Ready Steady Cook, Delia Smith’s Cookery Course
- **Historical chefs for example** – Guillaume Taillevent (ca. 1310–1395), Antonin Careme (1784-1833), Alexis Soyer (1810-1858), Charles Ranhofer (1836-1899), Auguste Escoffier (1846-1935), Alfred Prunier (1848-1925)
- **Authors for example** – Elizabeth David, Mrs Beeton, Auguste Escoffier, Edouard de Pomiane, Nigel Slater
LO2 Know about the supply and use of commodities

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

Describe the transportation of goods:
- Refrigerated deliveries, air travel, travel conditions, distance travelled - for example carbon footprint, emissions, impact on the environment

Explain the impact of food transportation:
- Out of UK season food supply, access to foods from overseas, environmental concerns

State the main considerations when selecting a supplier:
- Reputation
- Quality of products
- Meet the needs of the business, for example some mass market outlets use prepared items that just need to be reheated before service, other outlets will want organically grown, locally sourced, seasonal items
- Price offers, value for money
- Availability and reliability of items, for example can supply goods rather than running out of supplies or substituting; suitability of goods supplied
- Lead time
- Delivery
- Terms and conditions
- Quality of goods
- Environmental and ethical sources and buying, for example fair-trade, local - less transportation needed and better for the environment; responsibly sourced fish and shellfish, organic – without pesticides and cost to the environment of using pesticides, free range poultry and game – better flavour
# Assessment criteria

In order to pass this unit, learners must achieve all pass criteria. The pass criteria relate to the proficient demonstration of skills and knowledge.

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<th>Learning outcome</th>
<th>Assessment Criteria</th>
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<td><strong>The learner can:</strong></td>
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<td><strong>LO1</strong> Know the influences on eating and drinking cultures from the chef’s perspective</td>
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<td><strong>LO2</strong> Know about the supply and use of commodities</td>
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Resources

It would be beneficial if learners had access to specialist magazines to investigate current and up and coming trends in food styles. Access to top UK chef’s websites, Twitter accounts and Instagram will also give learners an insight into current developments.

Delivery guidance

Teachers are encouraged to use innovative, practical and engaging delivery methods to enhance the learning experience. Learners may benefit from:

- Meaningful employer engagement so they relate what is being learned to the real world of work and understand commercial competency, equipment usage and dish presentation
- Using interactive information and technology, systems and hardware so they can learn about concepts and theories, research current trends, research product knowledge and produce visual aids

Links with other units

Gastronomy influences the culture of food; what was once new and innovative can become accessible to the mass market. Chefs are always looking for creative influences that they can bring to their menus. Consumers’ interest in where our food comes from - how it is reared or grown is no longer a lifestyle choice and influences all aspects of catering and professional cookery. This unit is closely linked with the following units:

UHC12M Advanced meat and offal
Practical gastronomy affects the way chefs buy meat and offal for example using locally reared meat and building a relationship with farmers to ensure a quality product. Learners could consider how trends affect types of meat dishes that customers want to eat.

UHC13M Advanced poultry and game
Practical gastronomy affects the popularity of poultry and game. Learners could look at, for example, how the media has influenced the growth of free range, corn-fed, organic or outdoor reared poultry.

UHC14M Advanced fish and shellfish
Practical gastronomy has impacted on the sustainability of fish and learners could consider the impact of trends that using more sustainable fish has had on menus.

UHC15M Advanced vegetable and vegetarian dishes
Meat-free dining is a current trend and learners could consider the increase in interest in super foods and grains and the impact this has had on the increase in vegetarian restaurants.