

## Level 1 Summer Task – Food Prep and Cooking Log

It is important that as a student of Shrewsbury College Catering Department, that you engage as much as you can in cooking activities at home.

Once you start your course it will be expected that you practice dishes at home, particularly when you have practical assessments scheduled.

You cannot solely rely on practicing a dish just once in a skills session at college and expect to do it well when preparing and cooking it for an assessment.

If you don't do any cooking at home, and don't intend to, then you should seriously think about whether a course or a career in catering is for you! It should be something you embrace with passion and with the intention of giving it your all.

Therefore, the more practice you can get, the better. With this in mind, it will be good preparation for you to get used to recording any dishes that you make at home during the summer, before you begin your course.

Read through the example shown (lasagne) as a guide to recording some of your dishes. You do not need to go into too much detail but highlight the key prep and cooking methods, the skills you use and the key ingredients.

You can either type directly onto each template or print off the pages as you need them and complete them hand-written.

Keep them all together and bring them with you when you begin your course.

Have fun cooking...



Level 1 Summer Task – Food Prep and Cooking Log (example)

Date:

Activity/Dish <b>Lasagne</b>	Methods used	Tutor signature
Preparation methods	<ul style="list-style-type: none"> <li>• <b>Used knife skills for peeling and dicing vegetables for sauce</b></li> <li>• <b>Cut vegetables into 'macedoine' French cut</b></li> <li>• <b>Weighed out ingredients for béchamel sauce</b></li> </ul>	
Ingredients used	<ul style="list-style-type: none"> <li>• <b>Minced beef, onions, garlic, tomatoes, carrots, basil, dried lasagne sheets, milk and cheese</b></li> </ul>	
Cooking methods	<ul style="list-style-type: none"> <li>• <b>Frying (sweating) vegetables</b></li> <li>• <b>Sealing off the mince (frying)</b></li> <li>• <b>Boiling/simmering sauces</b></li> <li>• <b>Baking the lasagne in the combi oven</b></li> </ul>	
Other skills	<ul style="list-style-type: none"> <li>• <b>Weighing and measuring accurately</b></li> <li>• <b>Working with my partner to make the béchamel sauce</b></li> <li>• <b>Reading through and checking off ingredients in the recipe</b></li> <li>• <b>Organising my workspace and keeping it clean</b></li> <li>• <b>Presentation of the final dish</b></li> </ul>	

Comments (how did the dish turn out – how could you improve this dish?): **My veg cuts could have been neater, and the overall seasoning could have been better. It was glazed well.**

Level 1 Food Prep and Cooking Log – Summer Task

Date:

Activity/Dish	Methods used	Tutor signature
Preparation methods		
Ingredients used		
Cooking methods		
Other skills		

Comments (how did the dish turn out – how could you improve this dish?):

Level 1 Food Prep and Cooking Log – Summer Task

Date:

Activity/Dish	Methods used	Tutor signature
Preparation methods		
Ingredients used		
Cooking methods		
Other skills		

Comments (how did the dish turn out – how could you improve this dish?):

Level 1 Food Prep and Cooking Log – Summer Task

Date:

Activity/Dish	Methods used	Tutor signature
Preparation methods		
Ingredients used		
Cooking methods		
Other skills		

Comments (how did the dish turn out – how could you improve this dish?):

Level 1 Food Prep and Cooking Log – Summer Task

Date:

Activity/Dish	Methods used	Tutor signature
Preparation methods		
Ingredients used		
Cooking methods		
Other skills		

Comments (how did the dish turn out – how could you improve this dish?):

Level 1 Food Prep and Cooking Log – Summer Task

Date:

Activity/Dish	Methods used	Tutor signature
Preparation methods		
Ingredients used		
Cooking methods		
Other skills		

Comments (how did the dish turn out – how could you improve this dish?):

Level 1 Food Prep and Cooking Log – Summer Task

Date:

Activity/Dish	Methods used	Tutor signature
Preparation methods		
Ingredients used		
Cooking methods		
Other skills		

Comments (how did the dish turn out – how could you improve this dish?):



Level 1 Food Prep and Cooking Log – Summer Task

Date:

Activity/Dish	Methods used	Tutor signature
Preparation methods		
Ingredients used		
Cooking methods		
Other skills		

Comments (how did the dish turn out – how could you improve this dish?):

Level 1 Food Prep and Cooking Log – Summer Task

Date:

Activity/Dish	Methods used	Tutor signature
Preparation methods		
Ingredients used		
Cooking methods		
Other skills		

Comments (how did the dish turn out – how could you improve this dish?):

Level 1 Food Prep and Cooking Log – Summer Task

Date:

Activity/Dish	Methods used	Tutor signature
Preparation methods		
Ingredients used		
Cooking methods		
Other skills		

Comments (how did the dish turn out – how could you improve this dish?):

Level 1 Food Prep and Cooking Log – Summer Task

Date:

Activity/Dish	Methods used	Tutor signature
Preparation methods		
Ingredients used		
Cooking methods		
Other skills		

Comments (how did the dish turn out – how could you improve this dish?):

Level 1 Food Prep and Cooking Log – Summer Task

Date:

Activity/Dish	Methods used	Tutor signature
Preparation methods		
Ingredients used		
Cooking methods		
Other skills		

Comments (how did the dish turn out – how could you improve this dish?):

Level 1 Food Prep and Cooking Log – Summer Task

Date:

Activity/Dish	Methods used	Tutor signature
Preparation methods		
Ingredients used		
Cooking methods		
Other skills		

Comments (how did the dish turn out – how could you improve this dish?):