

Year 10 Hospitality and Catering - Home Learning

As the school is closed due to hot weather, you have been asked to complete an exam-style theory task to help you prepare for Unit 1 of your course.

Scenario:

The UK is experiencing a heat wave and many people are looking for food and drinks that will help them stay healthy and hydrated.

Task 1: Hydration and Nutrition (8 marks)

Explain:

1. Why it is important to stay hydrated during hot weather.

2. What can happen if a person becomes dehydrated.

3. Which foods and drinks can help people stay hydrated.

Task 2: Healthy Meal Planning (8 marks)

Design a healthy meal suitable for someone to eat during a heatwave.

Include and label:

- The name of the dish
- The ingredients
- The food groups included
- An explanation of why the meal is suitable for hot weather
- How the meal contributes towards a balanced diet

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Task 3: Food Safety (4 marks)

Explain four food safety risks that increase during hot weather and describe how they can be prevented.

Examples to consider:

- Storage temperatures
- Bacterial growth
- Personal hygiene
- Cross-contamination

Challenge Question (Extension – 6 marks)

Evaluate why hospitality and catering businesses may need to change their menus and working practices during periods of extremely hot weather.
