|  |  |
| --- | --- |
| **Minor Award Name** | **Short Order Cooking** |
| **Minor Award Code** | **4N1151 correct as per QQI** |
| **Level** | **4** |

**Suggested resources to support delivery:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Theme/Topic** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Staffing roles and layout of a professional kitchen | Online course | Online course with teachers and students notes  Click on course slides, then design of premises and pest control (6) (plenty of additional resources) | Safefood.eu | <http://www.safefood.eu/safefoodforlife/resource/main_menu.swf> |
| Online presentation | Looks at various sections within a kitchen including storage, cooking, food service, wash up and refuse | Patrick Colley | <http://www.slideshare.net/PatrickColley/designing-a-commercial-kitchen> |
| Online video | Five minute video showing types of catering equipment used in a large professional kitchen set-up | Catering FS | <https://www.youtube.com/watch?v=92FXWLNKdno> |
| Pdf document | Workstations and the brigade system in a professional kitchen | The Goodheart Willcox Co | <http://www.g-w.com/pdf/sampchap/9781605251189_ch03.pdf> |
| Website | Blueprints of various professional kitchens and related pictures | Davotanko Home Interior | <http://davotanko.blogspot.ie/2013/01/commercial-kitchen-design.html> |
| Pdf document | Culinary Terminology including numerous worksheets related to working in a professional kitchen | Winnipeg Technical College | <http://www.jcfswinnipeg.org/documents/chefs-terminology.pdf> |
| Website | A-Z of cooking terms, includes links to various world cuisines and more | Atomic Gourment.com | <http://www.atomicgourmet.com/Atomic-Gourmet-Free-Online-Recipes/Online-Recipe-Search/PageId/1/Culinary-Glossary/LId/0,22,23/Id/23/Cooking-Terms.html> |
| Website | Various types of utensils, pans, & equipment used in a professional kitchen | Atomic Gourment.com | <http://www.atomicgourmet.com/Atomic-Gourmet-Free-Online-Recipes/Online-Recipe-Search/PageId/1/Culinary-Glossary/LId/0,22,17/Id/17/Tools-of-the-Trade.html> |
| Essential qualities to look for when purchasing food commodities | Online presentation | Classification of commodities used on a daily in everyday cooking | nutritionistrepublic | <http://www.slideshare.net/nutritionistrepublic/classification-of-commodities> |
| Website | Food safety when purchasing food, including high risk foods, packaging dates and transporting of food | Better Health Channel | <https://www.betterhealth.vic.gov.au/health/healthyliving/food-safety-when-shopping> |
| Website | Healthy food choices to look for when shopping, includes links to other healthy options | Healthy-food-site.com | <http://www.healthy-food-site.com/healthy-food-tips.html> |
| Online Word document | Four pages of food related Leaving Cert questions in a Word document that can be used and tailored to suit the profile of the students | healthy-food-site.com | cmsnew.pdst.ie/sites/default/files/Food%20Commodities.doc  (copy and paste into address bar) |
| Book | The Theory of Catering (p76-234) Information on Food Commodities, Nutrition and Science (this book will cover all the theory related aspects of this module and is worth purchasing) | Foskett and Ceserani | The Theory of Catering, 2007, Hodder Education, UK. |
| Hygiene control in the preparation and storage of foods | Online course | Online course with teachers and students notes  Click on course slides, then food contamination(2), food delivery & storage food (3) preparation cooking and service (4) | Safefood.eu | <http://www.safefood.eu/safefoodforlife/resource/main_menu.swf> |
| Online video | Online video presentation, showing aspects of kitchen hygiene and food preparation | El Maghraby Moustafa | <https://www.youtube.com/watch?v=gZC4XmtcmD0> |
| Online presentation | Online presentation showing various aspects of food storage, preparation and hygiene in the kitchen | Food & Beverage Trainer | <http://www.slideshare.net/Foodandbeveragetrainer/basic-introduction-to-food-hygiene-40948611?next_slideshow=1> |
| Online presentation | In-depth visual presentation, basic introduction to food hygiene | Algustalfon83  algustafson83 | <http://www.slideshare.net/algustafson83/basic-introduction-to-food-hygiene-1-1> |
| Online presentation with video links | Food Safety and Hygiene presentation, includes links to short videos on hand washing technique(1:18), basics of HACCP (4:52), food safety (2:29), cross contamination (0:51) | Tubal Food Safety | <http://www.slideshare.net/tubalRTO/food-safety-hygiene-30741159> |
| Pdf poster | Fridge hygiene printable poster | Safefood.eu | <http://safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Publications/Consumer/Fridge-Hygiene-FINAL.pdf> |
| Pdf poster | Safe hands printable poster | Safefood.eu | <http://safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Publications/Consumer/safehands.pdf> |
| Infographic | Food preparation infographic | Safefood.eu | <http://safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Food%20Safety/safefood_meatprep_igraphic_V4.pdf> |
| Equipment, preparation techniques and cookery processes | Website | Irish catering supplier website, lists all types of equipment used in a professional kitchen with pictures, good website to see equipment for the hospitality industry | Nesbits.ie | <http://www.nisbets.ie/> |
| Online presentation | Online presentation looking at the various cooking methods used on a daily basis in a professional kitchen | Murage Macharia | <http://www.slideshare.net/Murmac60/cooking-methods-11556737> |
| Website | Cooking and preparing techniques for food and vegetables, meat poultry and eggs, fish and shellfish, pasta, desserts, baking, pastry, sauces, pastes and condiments. Includes links to other kitchen aspects | BBC | <http://www.bbc.co.uk/food/techniques> |
| Online presentation | Online presentation looking at various kitchen utensils and equipment(with pictures) | Pavit Tanskul | <http://www.slideshare.net/jigisjig/week-3-kitchen-utensils-and-equipments> |
| Video | Video showing cooking methods, sauté, boiling, simmering, poaching, braising (8:34) | Dave Hegnauer | <https://www.youtube.com/watch?v=_QuU6rs-n5Q> |
| Video | Video showing basic knife skills (5:33) | Taste of the place | <https://www.youtube.com/watch?v=8Eh7XdigeNU> |
| Video | More knife skills (4:05) | Allreceipes.com | <https://www.youtube.com/watch?v=Ydc_SaQ_eRQ> |
| Poster | Printable cuts of beef poster | National Cattlemens Beef Association | <http://wefollowpics.com/best-cooking-methods-for-cuts-of-beef/> |
| Poster | Printable cooking techniques poster | Sooodesign | <https://www.behance.net/gallery/24614427/Cooking-Techniques-Icon-Set> |
| Website | Website with 15 slides looking at various cooking methods | The Daily Meal | <http://theculinarycook.com/cooking-methods-how-to-cook/> |
| Website | Website with very good details looking at the various cooking methods, dry heat cooking, combination cooking and moist heat cooking | The Culinary Cook | <http://theculinarycook.com/cooking-methods-how-to-cook/> |
| Principles of storage in relation to dry goods, frozen food, chilled food and fresh vegetables | Website | Webpage looking at the following, food storage freezing, cooking, reheating and food preparation | Food Safety Authority of Ireland | <https://www.fsai.ie/faq/domestic.html> |
| Website | Webpage detailing storage of food in a fridge includes short video on managing fridge storage (0:57) | Safefood.eu | <http://safefood.eu/Food-Safety/Chill/Chilling.aspx> |
| Website | Webpage detailing storage of food in a freezer includes short video using a freezer safely (1:02) | Safefood.eu | <http://safefood.eu/Food-Safety/Chill/Freezers.aspx> |
| Pdf document | Safe food storage, includes storing foods in the fridge, keeping food safe during storage, storing foods in the freezer and storing food in dry storage | National Food Service Management Institute | <http://www.nfsmi.org/documentlibraryfiles/pdf/20080610114058.pdf> |
| Poster | Printable poster, how long food will last for, includes storage information and short video on fridge storage (1:27 | ANUCYIA VICTOR FOR MAILONLINE | <http://www.dailymail.co.uk/femail/food/article-3060400/How-store-food-properly-doesn-t-off.html> |
| Website | The 7 principles of HACCP and other links related to the HACCP concept | Food Safety Authority of Ireland | <https://www.fsai.ie/food_businesses/haccp/principles_of_haccp.html> |
| Set up mise-en-place | Video | Video talking about the importance of setting up your mise-en-place (4:53) | Cooking Light | <http://www.cookinglight.com/cooking-101/techniques/how-to-create-mise-en-place> |
| Website | What is mise-en-place | The kitchn | <http://www.thekitchn.com/basic-technique-mise-en-place-77788> |
| Preparation of fruit and vegetables, | Pdf document | 24 page document listing culinary techniques when preparing fruit. Includes keeping fruit fresh, flavour enhancing fruit when preparing/cooking. Preparing fruit sauces and quality standard score cards. | National Food Service Management Institute | <http://www.nfsmi.org/documentlibraryfiles/PDF/20100210093833.pdf> |
| Video | Video showing various types of cuts of vegetables (11:00) | Vahchef | <https://www.youtube.com/watch?v=kd6-1v2HCho> |
| Video | Video showing cutting of various types of vegetables | Mykitchentablevideo | <https://www.youtube.com/watch?v=7iP_X0ztjJQ> |
| Website | Website guide for the preparation of vegetables and fruit, over 5 links looks at various fruit and vegetables. Includes other links and videos related to culinary aspects | About food | <http://busycooks.about.com/od/howtocook/a/fruitsveggies.htm> |
| Website | Tips & Techniques for Fruit and Vegetable Preparation, Peel, Cut & Dice, Core Seed and Open | The Kitchn | <http://www.thekitchn.com/how-to-peel-cut-core-and-seed-174347> |
| Discarding of food waste | Video | Food Wastage footprint, Short video looking at world food waste and what can be done to change this (3:15) | Food & Agriculture Organisation of the United Nations | <https://www.youtube.com/watch?v=IoCVrkcaH6Q> |
| Video | Food Wastage footprint video part 2 (3:38) | Food & Agriculture Organisation of the United Nations | <https://www.youtube.com/watch?v=Md3ddmtja6s> |
| Website | Irish related website looking at what is in our bins and what we throw out. | Stopfoodwaste.ie | <http://www.stopfoodwaste.ie/food-we-waste/whats-in-our-bins/> |
| Infographic | Info sheet looking at food wastage in the USA and worldwide | www.atozsolutions.com | <http://visual.ly/21-shocking-us-food-waste-facts-statistics> |
| - Cooked breakfast  - Plated and buffet continental breakfast  - Bread and scones  - Salads (including dressings) | PowerPoint | PowerPoint presentation which can be tailored to profile of students, why eat breakfast, healthy breakfast. | British Nutrition Foundation | <http://www.foodafactoflife.org.uk/attachments/24170839-edb0-456f2478325b.ppt> |
| Website | Website looking at what is a continental breakfast. Also breads, beverages, fruits | Wisegeek.org | <http://www.wisegeek.org/what-is-a-continental-breakfast.htm> |
| Website | Website looking at different types of breads, links to receipts for breads. Quick breads, yeast breads and rolls, sourdough, whole wheat, spelt, gluten-free and more. | Breadexperience.com | <http://www.breadexperience.com/bread-recipes/> |
| Website | Website with 50 different types of salad dressings. | Foodnetwork.com | <http://www.foodnetwork.com/recipes/articles/50-salad-dressing-recipes.html> |
| Hot and cold sandwiches using a variety of fillings including packaging | Pdf document | How to prepare hot and cold sandwiches. Preparing and plating hot and cold sandwiches with examples. | Culinary Applications | <http://mrfischerswaogoculinaryarts.weebly.com/uploads/2/3/0/9/23099744/the_sandwich_part_2.pdf> |
| Online presentation | Presentation looking at various common and popular types of sandwiches. | Sonja Rocher | <http://www.slideshare.net/sons001/sandwich-ppt> |
| Website | Various packaging with pictures for sandwiches including sandwich wedges, baguette and bloomer packaging and tortilla wrap packaging | R&R Packaging | <http://www.rrpackaging.co.uk/products/sandwich-packaging> |
| Prepare a counter display of menu items | Pdf document | Facts when displaying food | Pittwater Council | <http://www.pittwater.nsw.gov.au/places/Commercial_regulation/food_handling?a=52482> |
| Website | Hot and cold units for display with some examples. | Global Food Service Solutions Limited | <http://www.globalfoodequipmentuk.com/hot-chilled-counters> |
| Cooking equipment, utensils, serving dishes portion control equipment | Website | List of A-Z of cooking equipment and tools with pictures | Saint Paul Media | <http://www.howtocookmeat.com/tools/> |
| Website | In-depth list of more kitchen equipment and utensils with pictures | Don Wiss | <http://paleofood.com/kitchen-equipment.htm> |
| Online Flashcards | Flashcards looking at various kitchen equipment, 67 pages of flash cards and information | Quizlet | <https://quizlet.com/27228425/flashcards> |
| Online quiz | Online quiz, 67 questions about kitchen equipment | Quizlet | <https://quizlet.com/27228425/learn> |
| Online test | Online cooking equipment test | Quizlet | <https://quizlet.com/27228425/test> |
| Online Interactive quiz | Online interactive quiz, drag correct answer onto pictures (great for students to use on an Interactive whiteboard) | Quizlet | <https://quizlet.com/27228425/scatter> |
| Pdf document | Pictures of portion control cooking and serving utensils: ladles, spoons, scoops, sieves, colanders | Browne Halco | <http://www.halco.com/catalog/pdf/132-147.pdf> |
| Pdf document | Pdf looking at what is a serving size | Safefood.eu | <http://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Publications_1/G6101-Safefood-App-Port-Control-Guide_single-pages.pdf> |
| Demonstrate best practice in food hygiene and workplace safety | Online presentation | Online course with teachers and students notes  Click on course slides, then food hygiene, why bother? (1), personal hygiene (5), cleaning (7), HACCP (8) | Safefood.eu | <http://www.safefood.eu/safefoodforlife/resource/main_menu.swf> |
| Website | Safefood webpage looking at aspects of cleaning, includes 3 short videos, cleaning chopping boards (1:06), keeping dishcloths clean (0:44), cleaning utensils(0:29) | Safefood.eu | <http://safefood.eu/Food-safety/Cleaning-the-basics.aspx> |
| Website | Safefood webpage looking labels and the important of date and best before, short video (2:00) | Safefood.eu | <http://safefood.eu/Food-safety/Storage/Food-labels.aspx> |
| Website | Food safety advice in emergencies, flooding, power cuts, problems with water supply | Safefood.eu | <http://safefood.eu/Food-Safety-Advice-in-Emergency-Situations.aspx> |
| Website | Website looking at 11 various areas of a kitchen and the various products for a clean and sanitary environment | P&G professional | <http://pgpro.com/task-areas/kitchen-dish/> |
| Pdf document | 61 page document looking at all aspects of safety in the hospitality industry includes general kitchen safety | Health & Safety Authority | <http://www.hsa.ie/eng/Publications_and_Forms/Publications/Retail/Safe_Hospitality_Part_1_General_revision_1.pdf> |
| Pdf document | 13 page document looking at aspects of safety related to kitchen equipment. | Health & Safety Authority | <http://www.hsa.ie/eng/Publications_and_Forms/Publications/Retail/Safe_Hospitality_Part_2_Kitchen_Equipment_rev1.pdf> |
| Website | List of hazards and risks that you could come across on a daily basis | Health & Safety Authority | <http://www.hsa.ie/eng/Your_Industry/Healthcare_Sector/Occupational_Hazards_in_Nursing_Homes/Nursing_Home_Hazards/Kitchen/> |
| Pdf document | Document preparing foods with knives | Health & Safety Ontario | <http://www.wsps.ca/WSPS/media/Site/Resources/Downloads/Preparing_Food_with_Knives_Final.pdf?ext=.pdf> |
| Posters | Free downloadable poster (3 kitchen safety posters) | [www.nysif.com](http://www.nysif.com) | <http://www.safetyawakenings.com/43-free-workplace-safety-posters/> |

**Useful Organisations:**

|  |  |
| --- | --- |
| **Name** | **Contact Information** |
| Safefood.ie/Safefood.eu | <http://safefood.eu/Home.aspx>, this is a must for teachers, plenty of information, posters, downloads from this website. Address: Safefood, Block B, Abbey Court, Lower Abbey Street, Dublin 1, Tel: 01-4480600 |
| Safefood.ie/Safefood.eu | <http://www.safefood.eu/Education/Post-primary-(ROI)-/safefood-for-life/safefood-for-life.aspx> Quick link to various aspects related to this course (excellent resource) |
| Food Safety Authority of Ireland | <https://www.fsai.ie/home.html> **Food Safety Authority of Ireland**, Abbey Court, Lower Abbey Street, Dublin 1 Tel: 1890336677 |
| Health & Safety Authority | <http://www.hsa.ie/eng/Your_Industry/Catering_and_Hospitality/>The Metropolitan Building, James Joyce Street, Dublin 1, Tel: 1890 289 389 |
| Voice Ireland | <http://voiceireland.org/our-work/food-waste/> 9 Upper Mount Street, Dublin 2, Tel: 01-642 5741 |
| Failte Ireland | <http://www.failteireland.ie> 88-95 Amiens Street, Dublin 1, Tel: 1800242473 |
| Irish Hotels Federation | <http://www.ihf.ie>13 Northbrook Road, Dublin 6, Ire land Tel: 01-4976459 |
| University of Wisconsin | <http://uwsslec.libguides.com/c.php?g=218011&p=1439862> Culinary Arts website with plenty of links to various kitchen, preparing, cooking and serving techniques |
| Meat and Education | <http://meatandeducation.redmeatinfo.com/resources> Website with various links including handouts, quizzes and some lessons |

|  |  |
| --- | --- |
| **MOOCs (Massive Online Open Courses)** | |
| Free access to online courses  Search regularly for new courses and new start dates | <https://www.mooc-list.com/> |