|  |  |
| --- | --- |
| **Minor Award Name** | **Breakfast Cookery** |
| **Minor Award Code** | **3N0895**  |
| **Level** | **Level 3** |

**Suggested resources to support delivery:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Theme/Topic** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Food safety and legislation | Factsheet  | General guidelines for those involved in setting up a food business | Food Safety Authority of Ireland | <http://educoot.org/page-b/> Scroll down to Level 3 Breakfast Cookery  |
| Shortened notes | Principles of HACCP | Food Safety Authority of Ireland | <http://educoot.org/for-tutors/> Scroll down to Level 3 Breakfast Cookery |
| Notes and Worksheets | Safer food, including cross-contamination, chilling, cleaning, cooking | Food Safety Ireland.com | <http://www.food-safety-ireland.com/pdf/Food%20Safety%20Full%20PAck.pdf>  |
| Worksheet | Real-life situations in the kitchen | Just FACS.com | <http://justfacs.com/wp-content/uploads/2010/09/kitchen-safety-worksheet.pdf>  |
| Factsheet | Food hyper-sensitivity | Food Safety Authority of Ireland | <http://educoot.org/page-b/> Scroll down to level 3 Breakfast Cookery |
| Factsheet | Storage of eggs | Food Safety Authority of Ireland | <http://www.food-safety-ireland.com/pdf/FSAI-posters/egg_poster.pdf>  |
| WorksheetsSlides | Activity sheets and slides relating to legislation, e.g. labelling, instructions, storage, allergens, etc.  | Safe Food.eu | [http://www.safefood.eu/Education/Post-primary-(ROI)-/What-s-on-a-label.aspx](http://www.safefood.eu/Education/Post-primary-%28ROI%29-/What-s-on-a-label.aspx)  |
| Booklet with notes, checklists | Safe Catering Pack, including handwashing, kitchen safety, hygiene, catering plan, helpful checklists | Food Safety Agency, food.gov.uk | <https://www.food.gov.uk/sites/default/files/multimedia/pdfs/pdf-ni/safe-catering.pdf>  |
| Video | Short video on how germs spread | Safe Food TV | <https://www.youtube.com/watch?v=G759a-UNOTE>  |
| Videos | List of many videos relating to safe food handling | Safe Food | <https://www.youtube.com/user/safefoodTV/videos>  |
| Checklist | Kitchen cleaning checklist | Educoot  | <http://educoot.org/for-tutors/> Scroll down to level 3 Breakfast Cookery |
| Notes | Food storage times | Educoot | <http://educoot.org/for-tutors/> Scroll down to level 3 Breakfast Cookery  |
| Notes | Food safety myths exposed | Food Safety | <http://educoot.org/for-tutors/> Scroll down to level 3 Breakfast Cookery |
| Leaflet | Is it done yet? Poster encouraging safe cooking | Food safety USA | <http://educoot.org/page-b/> Scroll down to level 3 Breakfast Cookery |
| Leaflet | Reduce the risk of food poisoning | FSAI | <http://educoot.org/page-b/> Scroll down to level 3 Breakfast Cookery |
| Slides | Kitchen safety signs | Educoot | <http://educoot.org/page-b/> Scroll down to level 3 Breakfast Cookery |
| Videos  | Videos on kitchen safety – germs, food labelling, bacteria, washing utensils, dishcloths, cooking meat safely, managing fridge storage, using a freezer safely, check the packaging, date markings | Eatright EU | <http://www.eatright.eu/videos/>  |
| Slides | Food safety and technology (USA but some good slides for teaching) | Slideshare: Brittany: Yu and Matt | <https://www.slideshare.net/thuyduong129/food-safety-and-technology?qid=26d96d29-0de7-48ac-abdf-c24fcfe45e0c&v=&b=&from_search=1>  |
| Professional kitchen | Pdf template | Menu planning template | Educoot | <http://educoot.org/for-tutors/> Scroll down to level 3 Breakfast Cookery |
| Worksheets | Menu planning diagram worksheet | Chef Webb.weebly.com | <http://chefwebb.weebly.com/uploads/2/6/3/9/26395035/chapter_12_graphic_organizer.pdf>  |
| Templates | Menu planning templates | Chef Webb | <http://chefwebb.weebly.com/uploads/2/6/3/9/26395035/chapter_12_reading_questions.pdf>  |
| Factsheet | Food marketing terms | Food Safety Authority of Ireland | <http://educoot.org/for-tutors/> Scroll down to level 3 Breakfast Cookery |
| Pdf Notes | Workstations in the professional kitchen – quite detailed, but can use sections  | The Goodheart-Willcox Co., Inc. | <https://www.g-w.com/pdf/sampchap/9781605251189_ch03.pdf>  |
| Slides | Positions in a Professional Kitchen (simple) | Slideshare: Matthew Redington | <https://www.slideshare.net/mattredington/positions-in-a-professional-kitchen?qid=cd9cbdc5-a66e-4f10-a4af-805a57c16486&v=&b=&from_search=4>  |
| Blog | How to Plan Your Restaurant Kitchen | The Balance: Lorri Mealey | <https://www.thebalance.com/how-to-plan-your-restaurant-kitchen-2888799>  |
| Video | How to Design Your Commercial Kitchen | FoodServiceWarehouse.com  | <https://www.youtube.com/watch?v=YCNZkFqU3g0>  |
| Interactive tool | Online kitchen design tool (use online, no need to download) | Kitchen Planner Online | <http://www.kitchenplanneronline.com/#planner>  |
| Kitchen terminology | Worksheet | Common cooking words | Yuliya Lasarenko (Busy Teacher) | <http://busyteacher.org/19234-cooking-words.html>  |
| Pictures and words | Cooking words | vanda51 (Busy Teacher) | <http://busyteacher.org/13204-cooking-verbs-picture-dictionary.html>  |
| Worksheet | 25 Cooking terms | Just FACS - Takeebie Jefferson | <http://justfacs.com/wp-content/uploads/2010/09/cooking_terms1.pdf>  |
| Presentation, worksheets | Names of kitchen appliances and utensils | Just FACS - Takeebie Jefferson | <http://justfacs.com/2012/07/kitchen-appliances-and-utensils-lesson-idea/>  |
| Worksheets | Kitchen Fundamentals (USA but some helpful worksheets) | Learning Zone Xpress | <http://fod.infobase.com/HTTP/41100/41183_guide.pdf>  |
| Glossary | Glossary of cooking terms | University of Minnesota Duluth - Alpha Nu Omega Cookerywww.d.umn.edu | <https://www.d.umn.edu/~alphanu/cookery/glossary_cooking.html>  |
| Online quiz | Cooking quiz | How Stuff Works.com | <http://quizzes.howstuffworks.com/quiz/cooking-quiz>  |
| Online quiz | Cooking terms quiz | Test Q.com | <http://www.testq.com/education/quizzes/191-how-well-do-you-know-your-cooking-terms?retake=1>  |
| Weights and measures | Worksheet  | Worksheet to choose measuring instrument | drive.google.com | <https://drive.google.com/file/d/0B8NVsf6Y1KIvbUlYNklnYVh6OTA/view>  |
| Chart | Kitchen cheat sheet, including weights and measurements | BBQ World | <http://bbqworld.org/this-kitchen-cheat-sheet-has-weights-measures-cuts-of-meat-and-more/>  |
| Worksheets | Weight worksheets – choose Metric | Common Core Sheets.com | <http://www.commoncoresheets.com/Weight.php>  |
| Worksheets | Measurement worksheets, including capacity, conversions, temperature, etc. | Math Aids | <http://www.math-aids.com/Measurement/>  |
| Techniques – tasting, recognising freshness, garnishing | Worksheet | A few garnishes to try (photocopied pages, but clear) | chefwebb.weebly.com | <http://chefwebb.weebly.com/uploads/2/6/3/9/26395035/9.3.pdf>  |
| Website | Ideas for garnishing, including eggs, fruit and vegetables | Pretty Food.com | <http://prettyfood.com/category/make-it-pretty/garnishes/>  |
| Video  | Cucumber and tomato garnishes | Creative Think | <https://www.youtube.com/watch?v=2lfp29dAnzo>  |
| Video | Easy vegetable garnishes | 1 Minute Recipe | <https://www.youtube.com/watch?v=WzwXKFAq1Cs>  |
| Lesson | Five Steps for Food-Safe Taste Testing  | schoolnutrition.org | <http://docs.schoolnutrition.org/meetingsandevents/anc2008/files/handouts/62nd_ANC_Handouts/Education/Tuesday/doc/Serve%20Food%20that%20Tastes%20Good%20-%20Five%20Steps%20for%20Food-Safe%20Taste%20Testing.pdf>  |
| Video | The Surprising Science of How We "Taste" Food – short video | National Geographic | <https://www.youtube.com/watch?v=Wa_WfcuE1a0>  |
| Blog | How to tell if your food is fresh | She Knows - Jacinta Reid | <http://www.sheknows.com/food-and-recipes/articles/1059198/how-to-tell-if-your-food-is-fresh-2>  |
| Video | How to tell an egg is fresh | Delia's How to Cook - BBC Good Food | <https://www.youtube.com/watch?v=E2OWXN80NZQ>  |
| Basic cookery processes | Recipes | Breakfast recipes | Eatright EU | <http://www.eatright.eu/wp-content/uploads/2014/01/eatright-breakfast-recipes.pdf>  |
|  | Worksheets | Cooking methods worksheets | HWB Wales Gov | <http://resources.hwb.wales.gov.uk/VTC/2016/CateringProject/CateringProject/docs/eng/02/CookingMethods-04.pdf>  |
|  | Blog, article | How different cooking methods affect nutrition of food - information | Franziska Spritzler, Healthline | <http://www.healthline.com/nutrition/cooking-nutrient-content#section11>  |
|  | Blog | How heat affects food | Alyssa Burns | <https://www.webstaurantstore.com/blog/1918/how-heat-affects-food-during-cooking.html>  |
|  | Recipe search | Can use search box to find recipes or ingredients | BBC Foodbbc.co.uk | <http://www.bbc.co.uk/food/recipes/>  |
|  | Notes, tips, articles, blog | Cooking basics, tips, infographics, articles (not restricted to only breakfast cookery, but clear notes)  | Chef2Chef | <http://www.chef2chef.net/learn-to-cook/>  |
|  | Checklist (in pdf or word) | Skills checklist | Educoot | <http://educoot.org/for-tutors/> Scroll down to level 3 Breakfast Cookery |
|  | Info sheet | List of cooking methods | Russell van Kraayenburg – Chasing Delicious | <http://educoot.org/for-tutors/> Scroll down to level 3 Breakfast Cookery |
|  | Videos  | Recipes and info – scrambled eggs, facts behind the food headlines, getting vegetables ready | Eatright EU | <http://www.eatright.eu/videos/>  |
|  | Video | Gordon Ramsay's Scrambled Eggs | Watch the Daily | <https://www.youtube.com/watch?v=PUP7U5vTMM0>  |
|  | Book to purchase | Just Look and Cook - A visual guide of easy recipes for everyone | NALA - Eileen Kirrane  | <https://www.nala.ie/resources/just-look-and-cook-visual-guide-easy-recipes-everyone>  |
| Preparing breads and cereals | Notes | Preparing breads and cereals – information, vocabulary, cooking methods | chefwebb.weebly.com | <http://chefwebb.weebly.com/uploads/2/6/3/9/26395035/chapter_17_breakfast_cookery_.pdf>  |
| Blog | Irish breakfast cereals: A definitive ranking, from worst to best | The Daily Edge | <http://www.dailyedge.ie/breakfast-cereal-ranking-1473022-May2014/>  |
| Making breakfasts  | Poster | 20 breakfast ideas for all-day energy | mypullzone-wiredrdllc.netdna-ssl.com | <https://mypullzone-wiredrdllc.netdna-ssl.com/wp-content/uploads/Eat-Clean-Breakfast.jpg>  |
| Presentation | List of breakfast activities, but breakfast presentation is helpful as introduction | www.foodafactoflif.org.uk | <http://www.foodafactoflife.org.uk/Sheet.aspx?siteId=20&sectionId=114&contentId=632>  |
| Worksheet | Worksheet – making healthy breakfast choices (basic) | Eatright EU | <http://www.eatright.eu/wp-content/uploads/2014/01/eatright-healthy-breakfast-worksheet-1-basic.pdf>  |
| Worksheet | Worksheet – making healthy breakfast choices (intermediate) | Eatright EU | <http://www.eatright.eu/wp-content/uploads/2014/01/eatright-healthy-breakfast-worksheet-1-intermediate.pdf>  |
| Worksheet | Worksheet – making healthy breakfast choices (advanced) | Eatright EU | <http://www.eatright.eu/wp-content/uploads/2014/01/eatright-healthy-breakfast-worksheet-1-advanced.pdf>  |
| Notes and tips | Information and tips for breakfast catering (USA book that has been copied, but good information none the less) | chefwebb.weebly.com | <http://chefwebb.weebly.com/uploads/2/6/3/9/26395035/1.2.pdf>  |
| Food costs | Excel costing spreadsheet | Recipe cost calculator (excel) | Educoot | <http://educoot.org/for-tutors/> Scroll down to level 3 Breakfast Cookery |
|  | Templates | Menu planning templates - pricing menu templates | chefwebb.weebly.com | <http://chefwebb.weebly.com/uploads/2/6/3/9/26395035/chapter_12_reading_questions.pdf>  |
|  | Worksheets and templates | Some good costing sheets and templates (USA but can be adapted) | chefwebb.weebly.com | <http://chefwebb.weebly.com/uploads/2/6/3/9/26395035/culinary_math_skills.pdf>  |
| Quality control | pdf | Breakfast review sheet | Educoot | <http://educoot.org/for-tutors/> Scroll down to level 3 Breakfast Cookery |
| pdf | AA Quality Standards for a hotel – section on serving breakfast | Theaa.com | <https://www.theaa.com/resources/Documents/pdf/business/hotel_services/aa_hotel_quality_standards.pdf>  |
| Notes | Minimum requirements and classification matrix or approved Irish home bed & breakfast  | Fáilte Ireland | <http://www.failteireland.ie/FailteIreland/media/WebsiteStructure/Documents/2_Develop_Your_Business/4_Quality_Asurance/Irish-Home-B-B-Matrix-Feb-2013.pdf>  |
| Notes, worksheets | Food cost and quality control | www.kerryabetutor.ie | <http://www.kerryabetutors.ie/wp-content/uploads/13.-Food-Cost-and-Quality-Control.pdf>  |
| Notes | Q Mark and Quality Assurance Schemes | www.fsai.ie | <https://www.fsai.ie/uploadedFiles/News_Centre/Events/Michael%20Maloney%20-%20Q%20Mark%20and%20Quality%20Assurance%20Schemes.pdf>  |
| General  | Worksheets | Food knowledge worksheets, including eggs and fruit | www.jamieshomecookingskills.com | <http://www.jamieshomecookingskills.com/activity-sheets.php>  |
| Slides  | Breakfast service sequence  | STI Education Services Group | <https://www.slideshare.net/NiccoloAmigo/breakfast-service-sequence?qid=8ebe5000-29d1-4e85-9c7b-4ddac207d1f4&v=&b=&from_search=11>  |
| Worksheets, Presentations | Food, nutrition and science, including cooking / preparation terms, kitchen safety, reading recipes, etc.  | Just FACS.com | <http://justfacs.com/lesson-ideas/foods/>  |
| Notes | Information on why we should eat breakfast and healthy breakfast ideas | Eatright EU | <http://www.eatright.eu/wp-content/uploads/2014/01/m9590-eatright_mod1_top3_ni_jumpstart-your-day-with-breakfast_information-sheet-2016.pdf>  |
| Website | 50 of the World’s Best Breakfasts | Hostelbookers | <https://www.hostelbookers.com/blog/travel/best-breakfast/>  |
| Video | What does the world eat for breakfast (very visual) | Buzzfeed, Boldly | <https://www.youtube.com/watch?v=ry1E1uzPSU0>  |
| Web page | Breakfast - Start the day the best way, includes: information sheets, survey, discussions, breakfasts around the world, game | Eatright EU | <http://www.eatright.eu/category/modules/balanced-diet/breakfast/>  |
| Worksheets | Worksheets for CulinaryOperations, 3N0549 programme, but some can be used or adapted for Breakfast Cookery | www.kerryabetutors.ie | <http://www.kerryabetutors.ie/wp-content/uploads/14.-Cross-outcome-Worksheets.pdf>  |
| General worksheets and templates | Includes photocopies of culinary books, templates, worksheets, notes, etc. (USA but can be adapted – disadvantage: quite few files to look through!) | chefwebb.weebly.com | <http://chefwebb.weebly.com/class-books.html>  |
| Slides | Slides on aspects of breakfast cookery, includes ‘how to’ slides and different breakfasts | Slideshare: delhindra, Training Chef / Culinary Trainer | <https://www.slideshare.net/delhindradelhindra/breakfast-cookery?qid=bf1d432c-05fa-4d62-8398-c69b007ace2b&v=&b=&from_search=27>  |
|  | Online quiz (20 questions) | Breakfast quiz | Quiz Factor | <http://www.quizfactor.com/quiz/breakfast/19>  |

 **Useful Organisations:**

|  |  |
| --- | --- |
| **Name** | **Contact Information** |
| Eatright EU | Email: <http://www.eatright.eu/contact-us/>, Website: <http://www.eatright.eu/>  |
| Nutrition and Health Foundation Ireland, HSE | Website: <http://www.nutritionandhealth.ie>  |
| Health Service Executive (HSE) | Email: hselive@hse.ie ; Phone: 041 6850300 |
| Food Safety Authority of Ireland (FSAI) | Website: [www.fsai.ie](http://www.fsai.ie) ; Email: info@fsai.ie ; Phone: + 353 1 817 1300 |
| Safe Food EU | Website: <http://www.safefood.eu> ; Email: info@safefood.eu; Phone: + 353 1 817 1300 |

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