

Food Production and Cooking (Hospitality and Catering) Level 2

ВИРТУАЛЬНЫЙ ПРАКТИКУМ

Демо-версия

Структура курса

Legislation

Aims and Objectives

- Aims and Objectives: Legislation

i-ACT: Health and Safety Legislation for Food Production and Cooking

- Important Health and Safety Legislation
- Complying with the Health and Safety at Work Act
- Health and Safety Legislation
- Health and Safety Legislation

i-ACT: Consumer and Data Protection

- The Data Protection Act 1998
- Consumer Protection
- Consumer and Data Protection
- Consumer and Data Protection

i-ACT: Food Safety

- Food Hazards
- Hazard Analysis Critical Control Point (HACCP)
- Food Safety
- Food Safety

Food Allergies

Aims and Objectives Демо-версия

- Aims and Objectives: Food Allergies ✓

i-ACT: Catering for Food Allergy Sufferers Демо-версия

- Catering for Food Allergy Sufferers ✓
- Common Examples of Allergens ✓
- Catering for Food Allergy Sufferers ✓
- Catering for Food Allergy Sufferers ✓

i-ACT: Allergens and Allergy Legislation Демо-версия

- Introduction to Allergens and Allergies ✓
- The 14 Main Allergens ✓
- The 14 Main Allergens ✓
- Allergens and Allergy Legislation ✓

Health and Safety in the Workplace

Aims and Objectives

- Aims and Objectives: Health and Safety in the Workplace

i-ACT: Uniform and Personal Hygiene

- Reducing Illness and Infection

- Handwashing Procedure
- Clothing, Footwear and Headgear
- Importance of Handwashing
- Handwashing Procedure
- Uniform and Personal Hygiene
- Uniform and Personal Hygiene

i-ACT: Safety and Emergency Procedures

- Types of Emergency and Emergency Response
- Fire Emergency
- Emergency Signs and Posters
- Safety and Emergencies
- Safety and Emergencies

i-ACT: Manual Handling

- Manual Handling Legislation
- Lifting and Carrying
- Manual Handling
- Manual Handling

i-ACT: Risks and Hazards

- Hazards in the Workplace
- Good Working Practices and Risk Assessment
- Reporting Risks and Hazards
- Risks and Hazards
- Risks and Hazards
- Hazards in the Workplace

Teamwork

Aims and Objectives

- Aims and Objectives: Teamwork

i-ACT: Teamwork Introduction

- Teamwork and Effective Communication
- Principles of Teamwork and Team Organisation
- Self Development
- Teamwork
- Teamwork

Maintaining Food Safety When Storing, Preparing and Cooking Food

Aims and Objectives

- Aims and Objectives: Maintaining Food Safety When Storing, Preparing and Cooking Food

i-ACT: Personal Hygiene and Food Safety

- Main Hazards Affecting Food
- Control Measures
- Managing Food Safety Hazards
- Managing Food Safety Hazards
- Food Hazards and HACCP Requirements

- Food Safety Control Measures
- Food Safety

i-ACT: Maintain Personal Hygiene

- Hand Hygiene
- Protective Clothing
- Illness and Infection
- Illness and Infection
- Personal Hygiene
- Protective Clothing
- Personal Hygiene and Food Safety

i-Practice: Storing Food

- Storing Food – Part 1
- Storing Food – Part 1 (Assessment)
- Storing Food – Part 2
- Storing Food – Part 2 (Assessment)

i-Practice: Maintaining Personal Hygiene

- Personal Hygiene
- Personal Hygiene (Assessment)
- Handwashing
- Handwashing (Assessment)

Contributing to Kitchen Control and Efficiency

Aims and Objectives

- Aims and Objectives: Contributing to Kitchen Control and Efficiency

i-ACT: Set Up and Close Kitchen

- Setting Up the Kitchen
- Closing the Kitchen
- Setting Up and Closing the Kitchen
- Setting Up and Closing the Kitchen

i-ACT: Kitchen Documentation

- The Documents
- Completing the Documents
- The Documents
- Completing the Documents
- Kitchen Documentation

i-ACT: Controlling Food Resources in the Kitchen

- Impact of Wastage and Importance of Organisation
- Portion Control and Stock Management
- Impact of Wastage and Importance of Organisation
- Portion Control and Stock Management
- Controlling Food Resources in the Kitchen

i-ACT: Maintain an Efficient Use of the Kitchen Resources

- Waste and Its Impact

- Waste Reduction and Disposal
- Waste and Its Impact
- Waste Reduction and Disposal
- Controlling Food Resources in the Kitchen

i-ACT: Contributing to Kitchen Control and Efficiency

- Recycling
- Recycling
- Recycling

i-Practice: Stock Rotation

- Preparing for New Stock Arrival, Rotation of Dry Goods
- Preparing for New Stock Arrival, Rotation of Dry Goods (Assessment)
- Rotation of Refrigerated Goods
- Rotation of Refrigerated Goods (Assessment)
- Rotation of Frozen Goods
- Rotation of Frozen Goods (Assessment)
- Rotation of High Risk Allergenic Goods
- Rotation of High Risk Allergenic Goods (Assessment)

i-Practice: Set Up Prior to Service

- Checking Kitchen Setup and Equipment
- Checking Kitchen Setup and Equipment (Assessment)
- Preparing Ingredients Before the Service
- Preparing Ingredients Before the Service (Assessment)

i-Practice: Clearing the Work Area After Service

- Clearing Food and Equipment After Service
- Clearing Food and Equipment After Service (Assessment)
- Cleaning the Work Area After Service
- Cleaning the Work Area After Service (Assessment)

Maintain and Deal with Customer Payments

Aims and Objectives

- Aims and Objectives: Maintain and Deal with Customer Payments

i-ACT: Taking Payments

- Payment Types and Processing Payments
- Preparing the Payment Point
- Payment Consumables and Security Measures
- Preparing for Taking Payments and Payment Types
- Taking Payments
- Taking Payments

i-Practice: Preparing Payment Point

- Preparing Payment Point
- Preparing Payment Point (Assessment)

i-Practice: Taking Cash Payments

- Taking Cash Payments

- Taking Cash Payments (Assessment)
- i-Practice: Taking Card Payments**
 - Taking Card Payments
 - Taking Card Payments (Assessment)
- i-Practice: Taking Contactless Payments**
 - Taking Contactless Payments
 - Taking Contactless Payments (Assessment)

Produce Basic Hot Sauces

Aims and Objectives

- Aims and Objectives: Produce Basic Hot Sauces

i-ACT: Produce Basic Hot Sauces

- Types of Hot Sauces
- Hot Sauce Thickening Agents and Techniques
- Preparing and Storing Hot Sauces
- Preparing Hot Sauces
- Preparing Basic Hot Sauces
- Produce Basic Hot Sauces

i-Practice: White Sauce

- Preparing for Making White Sauce
- Preparing for Making White Sauce (Assessment)
- Making White Sauce
- Making White Sauce (Assessment)
- Storing White Sauce and Clearing up
- Storing White Sauce and Clearing up (Assessment)

i-Practice: Beef Brown Sauce

- Preparing for Making Beef Brown Sauce
- Preparing for Making Beef Brown Sauce (Assessment)
- Making Beef Brown Sauce – Part 1
- Making Beef Brown Sauce – Part 1 (Assessment)
- Making Beef Brown Sauce – Part 2
- Making Beef Brown Sauce – Part 2 (Assessment)
- Storing Beef Brown Sauce and Clearing Up
- Storing Beef Brown Sauce and Clearing Up (Assessment)

i-Practice: Tomato Based Sauce

- Preparing for Making Tomato Based Sauce
- Preparing for Making Tomato Based Sauce (Assessment)
- Making Tomato Based Sauce
- Making Tomato Based Sauce (Assessment)
- Storing Tomato Based Sauce and Clearing Up
- Storing Tomato Based Sauce and Clearing Up (Assessment)

i-Practice: Veal Veloute Sauce

- Preparing for Making Veal Veloute Sauce

- Preparing for Making Veal Veloute Sauce (Assessment)
- Making Veal Veloute Sauce
- Making Veal Veloute Sauce (Assessment)
- Storing Veal Veloute Sauce and Clearing Up
- Storing Veal Veloute Sauce and Clearing Up (Assessment)

Produce Basic Fish Dishes

Aims and Objectives

- Aims and Objectives: Produce Basic Fish Dishes

i-ACT: Produce Basic Fish Dishes

- Fish Types and Quality Checks
- Cooking Methods for Basic Fish Dishes
- Food Safety in Basic Fish Dishes
- Selecting Fish for Basic Fish Dishes
- Cooking Basic Fish Dishes
- Producing Basic Fish Dishes

i-Practice: Deep Frying Fish

- Deep Fried Fish in Batter with Vegetables, Salad and Sweet Potatoes
- Deep Fried Fish in Batter with Vegetables, Salad and Sweet Potatoes (Assessment)
- Deep Fried Fish in Breadcrumbs with Vegetables, Salad and Sweet Potatoes
- Deep Fried Fish in Breadcrumbs with Vegetables, Salad and Sweet Potatoes (Assessment)

i-Practice: Shallow Frying Fish

- Shallow Frying Fish with Vegetables, Salad and Sweet Potatoes
- Shallow Frying Fish with Vegetables, Salad and Sweet Potatoes (Assessment)

i-Practice: Grilling Fish

- Grilled Fish Stuffed with Lemon and Herbs
- Grilled Fish Stuffed with Lemon and Herbs (Assessment)
- Chargrilled Fish with Fresh Salad and Tartare Sauce
- Chargrilled Fish with Fresh Salad and Tartare Sauce (Assessment)

i-Practice: Boiling Fish

- Boiled Fish with Steamed Vegetables, Fresh Leaf Salad, Lemon Butter and Herbs
- Boiled Fish with Steamed Vegetables, Fresh Leaf Salad, Lemon Butter and Herbs (Assessment)

i-Practice: Steaming Fish

- Steamed Fish with Sweet Chilli Sauce, a Herb Topping, and Fresh Lemon
- Steamed Fish with Sweet Chilli Sauce, a Herb Topping, and Fresh Lemon (Assessment)
- Steamed Fish with Fresh Salad, Olive Oil, Garlic and Ginger
- Steamed Fish with Fresh Salad, Olive Oil, Garlic and Ginger (Assessment)

i-Practice: Baking Fish

- Baked Fish with Fresh Herbs, Roasted Potatoes and Tartar Sauce
- Baked Fish with Fresh Herbs, Roasted Potatoes and Tartar Sauce (Assessment)

i-Practice: Microwaving Fish

- Microwaving Fish to Serve with Hollandaise Sauce and a Herb Topping
- Microwaving Fish to Serve with Hollandaise Sauce and a Herb Topping (Assessment)

Produce Basic Meat Dishes

Aims and Objectives	Демо-версия
- Aims and Objectives: Produce Basic Meat Dishes	✓
i-ACT: Produce Basic Meat Dishes	Демо-версия
- Meat Overview	✓
- Equipment Requirements	✓
- Beef Cuts	✓
- Lamb Cuts	✓
- Pork Cuts	✓
- Cooking Different Types of Meat	✓
- Quality Check for Basic Meat Dishes	✓
- Meat Cuts	✓
- Quality Inspection	✓
i-Practice: Producing Stir-Fried Beef with Rice Noodles and Vegetables	Демо-версия
- Producing Stir-Fried Beef with Rice Noodles and Vegetables	✓
- Producing Stir-Fried Beef with Rice Noodles and Vegetables (Assessment)	✓
i-Practice: Producing Shallow Fried Pork Medallions with New Potatoes and Vegetables	Демо-версия
- Producing Shallow Fried Pork Medallions with New Potatoes and Vegetables	✓
- Producing Shallow Fried Pork Medallions with New Potatoes and Vegetables (Assessment)	✓
i-Practice: Producing Grilled Steak with Quinoa Salad	Демо-версия
- Producing Grilled Steak with Quinoa Salad	✓
- Producing Grilled Steak with Quinoa Salad (Assessment)	✓
i-Practice: Producing a Boiled Gammon Joint with Mashed Potatoes	Демо-версия
- Producing a Boiled Gammon Joint with Mashed Potatoes	✓
- Producing a Boiled Gammon Joint with Mashed Potatoes (Assessment)	✓
i-Practice: Producing Steamed Pork Tenderloin Fillet with Roasted Vegetables	Демо-версия
- Producing Steamed Pork Tenderloin Fillet with Roasted Vegetables	✓
- Producing Steamed Pork Tenderloin Fillet with Roasted Vegetables (Assessment)	✓
i-Practice: Producing Steak on the Griddling Pan with Wilted Spinach	Демо-версия
- Producing Steak on the Griddling Pan with Wilted Spinach	✓
- Producing Steak on the Griddling Pan with Wilted Spinach (Assessment)	✓
i-Practice: Producing Meat and Vegetable Stew	Демо-версия
- Producing Meat and Vegetable Stew	✓
- Producing Meat and Vegetable Stew (Assessment)	✓
i-Practice: Producing Braised Meat with Vegetables	Демо-версия
- Producing Braised Meat with Vegetables	✓
- Producing Braised Meat with Vegetables (Assessment)	✓
i-Practice: Baking Meat Lasagne	Демо-версия

- Baking Meat Lasagne	✓
- Baking Meat Lasagne (Assessment)	✓
i-Practice: Producing Roasted Lamb with New Potatoes	Демо-версия
- Producing Roasted Lamb with New Potatoes	✓
- Producing Roasted Lamb with New Potatoes (Assessment)	✓

Produce Basic Poultry Dishes

Aims and Objectives

- Aims and Objectives: Produce Basic Poultry Dishes

i-ACT: Introduction to Poultry Dishes

- Poultry Preparation
- Methods of Cooking Poultry
- Poultry Dishes
- Poultry Dishes

i-Practice: Deep Frying Poultry Dishes

- Producing Deep Fried Chicken with Lemon Sauce
- Producing Deep Fried Chicken with Lemon Sauce (Assessment)

i-Practice: Shallow Frying Poultry Dishes

- Producing Shallow Fried Chicken with Shaken Peas
- Producing Shallow Fried Chicken with Shaken Peas (Assessment)

i-Practice: Stir Frying Poultry Dishes

- Producing Stir Fried Chicken with Vegetable Accompaniment
- Producing Stir Fried Chicken with Vegetable Accompaniment (Assessment)

i-Practice: Sauté Frying Poultry Dishes

- Producing Sautéed Chicken and Vegetables
- Producing Sautéed Chicken and Vegetables (Assessment)

i-Practice: Poaching Poultry Dishes

- Producing Poached Chicken with Sesame Sauce
- Producing Poached Chicken with Sesame Sauce (Assessment)

i-Practice: Griddling Poultry Dishes

- Producing Griddled Chicken Fillets with Little Gem Lettuce and Cucumber Salad
- Producing Griddled Chicken Fillets with Little Gem Lettuce and Cucumber Salad (Assessment)

i-Practice: Roasting Poultry Dishes

- Producing Roasted Chicken on a Bed of Roasted Vegetables
- Producing Roasted Chicken on a Bed of Roasted Vegetables (Assessment)

i-Practice: Grilling Poultry Dishes

- Producing Grilled Chicken and Lemon Basil Pasta Accompaniment
- Producing Grilled Chicken and Lemon Basil Pasta Accompaniment (Assessment)

Produce Basic Vegetable Dishes

Aims and Objectives

- Aims and Objectives: Produce Basic Vegetable Dishes

i-ACT: Produce Basic Vegetable Dishes

- Vegetable Varieties and Their Quality Points
- Vegetable Cooking Tools and Equipment and Healthy Diet Considerations
- Cooking Methods for Preparing Vegetable Dishes
- Vegetable Varieties and Healthy Eating
- Produce Basic Vegetable Dishes
- i-Practice: Cooking Methods of Vegetables — Deep Frying**
 - Deep Frying Vegetables and Mushrooms
 - Deep Frying Vegetables and Mushrooms (Assessment)
- i-Practice: Cooking Methods of Vegetable Dishes**
 - Vegetable Omelette with Shallow Fried Vegetables
 - Vegetable Omelette with Shallow Fried Vegetables (Assessment)
- i-Practice: Cooking Methods of Vegetables — Stir Frying**
 - Stir Frying Vegetables with Rice Noodles
 - Stir Frying Vegetables with Rice Noodles (Assessment)
- i-Practice: Cooking Methods of Vegetables — Grilling**
 - Grilling Vegetable Kebabs
 - Grilling Vegetable Kebabs (Assessment)
- i-Practice: Cooking Methods of Vegetables — Baking Vegetables**
 - Baking Vegetables
 - Baking Vegetables (Assessment)
- i-Practice: Cooking Methods of Vegetables — Roasting**
 - Cooking Honey Drizzled Roast Vegetables
 - Cooking Honey Drizzled Roast Vegetables (Assessment)
- i-Practice: Cooking Methods of Vegetables — Boiling**
 - Boiling and Mashing Potatoes
 - Boiling and Mashing Potatoes (Assessment)
- i-Practice: Cooking Methods of Vegetables — Stir Frying**
 - Stir-fry with Blanched Vegetables
 - Stir-fry with Blanched Vegetables (Assessment)
- i-Practice: Cooking Methods of Vegetables — Steaming**
 - Steaming Vegetables with a Convection Steamer
 - Steaming Vegetables with a Convection Steamer (Assessment)
 - Steaming Vegetables on a Stove
 - Steaming Vegetables on a Stove (Assessment)
 - Using Steamed Vegetables in a Recipe
 - Using Steamed Vegetables in a Recipe (Assessment)
- i-Practice: Cooking Methods of Vegetables — Microwaving**
 - Prepare a Curry Dish, Incorporating the Microwaving Technique
 - Prepare a Curry Dish, Incorporating the Microwaving Technique (Assessment)

Produce Basic Pasta Dishes

Aims and Objectives

- Aims and Objectives: Produce Basic Pasta Dishes

i-ACT: Produce Basic Pasta Dishes

- Identifying Different Types of Pasta
- Produce Basic Pasta Dishes
- Produce Basic Pasta Dishes

i-Practice: Basic Pasta Dishes

- Creating a Tomato Sauce Pasta by Boiling
- Creating a Tomato Sauce Pasta by Boiling (Assessment)
- Baking a Lasagne
- Baking a Lasagne (Assessment)

Produce Basic Bread and Dough Products

Aims and Objectives

- Aims and Objectives: Produce Basic Bread and Dough Products

i-ACT: Produce Basic Bread and Dough Products

- Types of Bread, Helpful Bread Cooking and Storing Factors
- Bread Preparation Techniques and Ways of Cooking
- Understanding Bread Preparation Techniques
- Identifying Bread Types and Preparation Techniques
- Understanding Bread Types, Preparation Techniques and Storage Factors

i-Practice: Bread Dough

- Bread Dough
- Bread Dough (Assessment)

i-Practice: Enriched Bread

- Enriched Bread
- Enriched Bread (Assessment)

i-Practice: Soda Bread

- Soda Bread
- Soda Bread (Assessment)

i-Practice: Naan Bread

- Naan Bread
- Naan Bread (Assessment)

Produce Basic Pastry Products, Cakes, Sponges and Scones

Aims and Objectives

- Aims and Objectives: Produce Basic Pastry Products, Cakes, Sponges and Scones

i-ACT: Produce Basic Pastry Products

- Types of Pastry and Pastry Cooking Factors
- Pastry Preparation Techniques
- Types of Pastry and Pastry Cooking Factors
- Identifying Pastry Types, Preparation Techniques and Cooking Methods
- Understanding Pastry Preparation Techniques and Cooking Methods

i-ACT: Techniques and Recipes for Creating Cakes and Scones

- Techniques for Creating Cakes and Scones
- Recipes for Cakes and Scones
- Identifying Techniques Used for Creating Cakes and Scones

- Understanding Techniques and Recipes for Creating Cakes and Scones

i-Practice: Short Pastry

- Cooking a Quiche Lorraine – Part 1
- Cooking a Quiche Lorraine – Part 1 (Assessment)
- Cooking a Quiche Lorraine – Part 2
- Cooking a Quiche Lorraine – Part 2 (Assessment)

i-Practice: Sweet Pastry

- Baking an Apple Pie – Part 1
- Baking an Apple Pie – Part 1 (Assessment)
- Baking an Apple Pie – Part 2
- Baking an Apple Pie – Part 2 (Assessment)

i-Practice: Suet Pastry

- Steam-Cooking a Steak and Kidney Pie
- Steam-Cooking a Steak and Kidney Pie (Assessment)

i-Practice: Choux Pastry

- Cooking Choux Pastry for Eclairs – Part 1
- Cooking Choux Pastry for Eclairs – Part 1 (Assessment)
- Cooking Choux Pastry for Eclairs – Part 2
- Cooking Choux Pastry for Eclairs – Part 2 (Assessment)

i-Practice: Puff Pastry

- Cooking Puff Pastry for Savoury Turnovers
- Cooking Puff Pastry for Savoury Turnovers (Assessment)
- Cooking Savoury Turnovers
- Cooking Savoury Turnovers (Assessment)

i-Practice: Convenience Pastry

- Cooking Convenience Pastry for Raspberry Filo Tarts
- Cooking Convenience Pastry for Raspberry Filo Tarts (Assessment)

i-Practice: Fruit Cake

- Baking a Fruit Cake
- Baking a Fruit Cake (Assessment)

i-Practice: Victoria Sponge

- Baking a Victoria Sponge Cake
- Baking a Victoria Sponge Cake (Assessment)

i-Practice: Scones

- Baking Scones
- Baking Scones (Assessment)

Produce Hot and Cold Desserts

Aims and Objectives

- Aims and Objectives: Produce Hot and Cold Desserts

i-ACT: Produce Basic Hot and Cold Dessert

- Ingredients and Dish Requirements
- Hot and Cold Dessert Types
- Dessert Preparation

- Dessert Example Overview
- Dessert Cooking Methods
- i-Practice: Baking a Vanilla and Nutmeg Custard**
 - Baking a Vanilla and Nutmeg Custard
 - Baking a Vanilla and Nutmeg Custard (Assessment)
- i-Practice: Creating Apple Fritters Using the Deep Fat-Fryer**
 - Creating Apple Fritters Using the Deep Fat-Fryer
 - Creating Apple Fritters Using the Deep Fat-Fryer (Assessment)
- i-Practice: Creating Fruit Pudding Using the Microwave**
 - Creating Fruit Pudding Using the Microwave
 - Creating Fruit Pudding Using the Microwave (Assessment)
- i-Practice: Creating a Fruit Pudding Using Steaming Technique**
 - Creating a Fruit Pudding Using Steaming Technique
 - Creating a Fruit Pudding Using Steaming Technique (Assessment)

Produce Cold Starters and Salads

Aims and Objectives

- Aims and Objectives: Produce Cold Starters and Salads
- i-ACT: Preparing Cold Starters and Salads**
 - Preparing Cold Starters and Salads
 - Cold Starters Quality Overview
 - Starter Preparation Sequence
 - Understanding Cold Starter Preparation and Quality
- i-ACT: Preparing Hot and Cold Sandwiches**
 - Preparing Hot and Cold Sandwiches
 - Preparing Hot and Cold Sandwiches
 - Preparing Hot and Cold Sandwiches
- i-Practice: Preparing Sandwiches and Salads**
 - Creating a Tuna and Sweetcorn Wrap
 - Creating a Tuna and Sweetcorn Wrap (Assessment)
 - Creating a Chicken and Salad Wrap
 - Creating a Chicken and Salad Wrap (Assessment)
 - Cheese and Pickle Sandwiches
 - Cheese and Pickle Sandwiches (Assessment)
 - Mozzarella and Tomato Platter
 - Mozzarella and Tomato Platter (Assessment)
- i-Practice: Preparing Cold Starters**
 - Crudité Platter
 - Crudité Platter (Assessment)
 - Pre-Prepared Pastry Platter
 - Pre-Prepared Pastry Platter (Assessment)
 - Pâté and Bread
 - Pâté and Bread (Assessment)
 - Meat Platter

- Meat Platter (Assessment)
- Fish Platter
- Fish Platter (Assessment)

Present Menu Items According to a Defined Brand Standard

Aims and Objectives

- Aims and Objectives: Present Menu Items According to a Defined Brand Standard

i-ACT: Present Menu Items According to a Defined Brand Standard

- What is a Brand Standard?
- Brand Standards and Me
- Portion Control and Brand Standards
- What is a Brand Standard?
- Brand Standards and Me
- Present Menu Items According to Brand Standard

Yourself and Your Organisation

Aims and Objectives

- Aims and Objectives: Yourself and Your Organisation

i-ACT: Giving Customers a Positive Impression of Yourself and Your Organisation

- Giving Customers a Positive Impression of Yourself and Your Organisation
- Giving Customers a Positive Impression of Yourself and Your Organisation
- Giving Customers a Positive Impression of Yourself and Your Organisation

Produce Healthier Dishes

Aims and Objectives

- Aims and Objectives: Produce Healthier Dishes

i-ACT: Producing Healthier Dishes

- Concept of a Balanced Diet
- Nutrients in Food Items
- Preparation Techniques for Healthier Dishes
- Food Labelling
- Recommended Portion Sizes
- Producing Healthier Dishes
- Nutrients in Food