



Entertaining with Food

This workbook belongs to: _____

Entertaining with Food will allow you plan and prepare food for a special event of your choice. You will develop organizational skills to plan a great party including the table setting, the invitations, the menu planning, the etiquette and one can't forget...the food! But before you get to the practical work you must first complete the theory. Good Luck!

FOD3100 DUE: _____

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Meal Planning Worksheet

1) In the spaces below, write in the food group or groups to which each food belongs.

i) Quinoa

ii) V8™ Juice

iii) Peanut Butter Sandwich

iv) Sausage Pizza

v) Chicken and Sundried Tomato Panini

vi) Ham and Eggs

vii) Tofu chili

2) Write the letters in the proper order so that they indicated the correct order of the four basic meal-planning steps listed below:

- a) Develop a menu of specific foods for the meal.
 - b) Find out the CFG requirements for each person eating the meal
 - c) Select recipes for the foods to be served at the meal
 - d) Choose a meal pattern based on nutritional needs of people eating the meal
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3) By eating the amounts and type of food recommended by Canadian Food Guide (CFG) for your gender and age, what 3 things can improve?

a)

b)

c)

4) A glass of orange juice supplies most of your daily requirement of what vitamin?

5) What essential vitamin and mineral is found in milk?

- 6) How many servings of dark green vegetables are recommended each day? Give 2 examples.

- 7) Name two foods that can be eaten to provide protein in the diet but are also an alternative to meat.

- 8) What is the name of the group of food that is not included in the CFG but is healthy in small amounts? Give 2 examples of healthy choices and 2 examples of unhealthy choices

- 9) How many servings of grain products should you have each day? How many of these should be made from whole grains?

- 10) List 8 foods that the CFG suggests limiting in our daily diet

- 11) According to the CFG, what is the size of one serving of lean meat?

12) Count the CFG servings in the meal listed below and determine the food group that each ingredient belongs to.

Breakfast: 1 large bowl of whole grain cereal (60g) with 125 mL of peaches and 30 mL of walnuts, 250 mL of 2% milk and 1 coffee

a)

b)

c)

d)

e)

13) What 3 things are important to check when reading the Nutritional Facts table on a food label? Give 1 reason for each.

a)

b)

c)

Table Setting Worksheet

1. What are the two ways to set a table?
2. What does the word "FORKS" stand for to help you remember the order of plates and utensils? Be specific.
3. When holding your hands out with your thumbs touching for forefinger. What two letters are made? What does each letter refer to?
4. What direction does the knife blades face when setting a table?
5. Where does the napkin go in a basic place setting?
6. What is the one rule for a formal table setting?
7. If you can't remember what utensil to use when, what is a good, general rule of thumb for a formal table setting?
8. How can you tell which fork is the dinner fork?
9. What is the butter plate used for?
10. Where is the water glass located in a formal table setting?

The Art of Preparing Food

Complete the following chart, identifying the ways in which variety can be added to the foods you eat. Think about ways in which you can change the texture, temperature, shape, colour, or flavour of the foods listed in the chart.

	Rice	Ground Beef	Pasta	Tomatoes
Texture				
Temperature				
Shape				
Colour				
Flavour				

CAREER PROFILE GUIDE

FODCPG

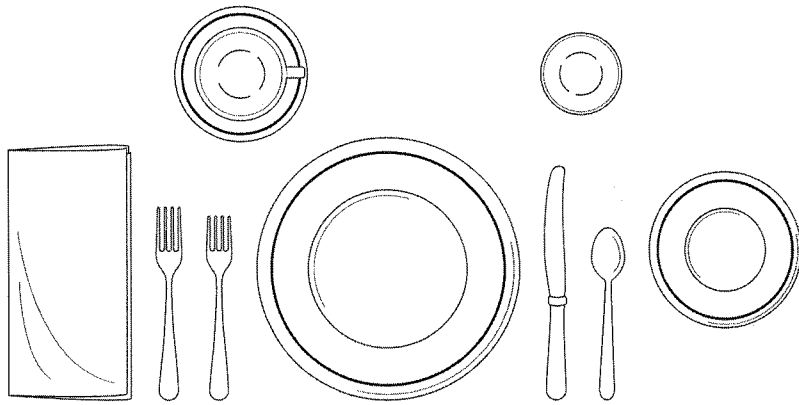
Standard: Three career profiles, all sections completed for each profile.

Area of Career Exploration: _____ For Module: _____

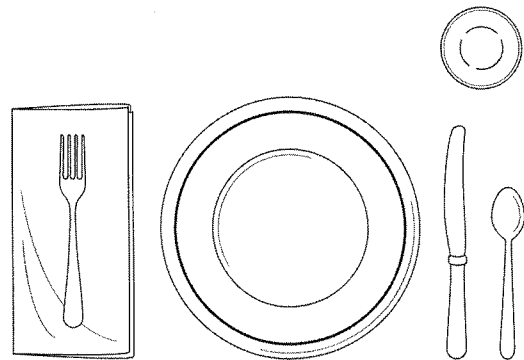
JOB TITLE	JOB TITLE	JOB TITLE
Description (duties, working conditions)	Description (duties, working conditions)	Description (duties, working conditions)
Education qualifications	Education qualifications	Education qualifications
Employment opportunities	Employment opportunities	Employment opportunities
Advancement potential	Advancement potential	Advancement potential
Salary range and benefits	Salary range and benefits	Salary range and benefits
Would you enjoy this type of work? Explain why/why not?	Would you enjoy this type of work? Explain why/why not?	Would you enjoy this type of work? Explain why/why not?
Reference used (book, interview, etc.)	Reference used (book, interview, etc.)	Reference used (book, interview, etc.)

Setting It Right

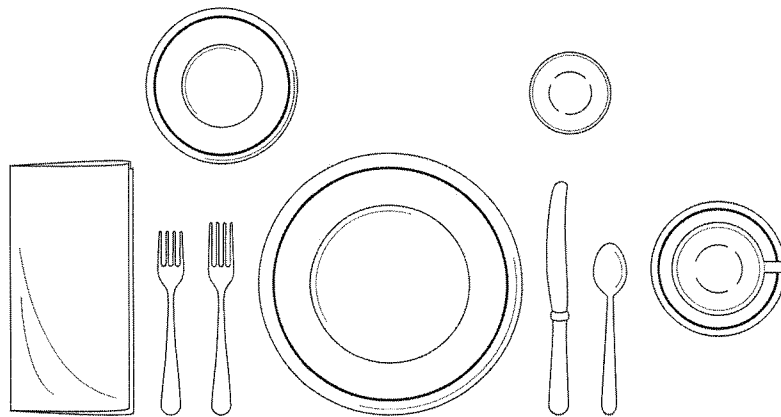
Below are three covers. Only one of them has been set correctly. Circle the letter of the correct place setting. Then correct the improperly set covers, using arrows to show where you would move the items that are out of place.



A.



B.



C.

Read Chapter 5 in the Professional Cooking Textbook and answer the following questions listed below.

1. Describe the differences between static and cycle menus.
2. Describe the differences between a la carte and table d'hôte menus.
3. List in order of their service the various courses that might appear in a modern menu.
4. List the factors that must be considered when creating a balanced menu.

5. Describe 3 problems that can occur when labeling a menu.

Read Chapter 28 in the Professional Cooking Textbook and answer the following questions listed below.

1. Find the term that is defined or described below

- a. To add an edible decorative item to food
- b. A decorative edible item added to food
- c. A type of buffet serving only appetizers, usually accompany drinks.
- d. The centerpiece of a cold buffet platter
- e. Bread sliced in triangles or heart shapes, toasted and used as a garnish
- f. A portion of a ground or finely chopped food made into an oval shape using two spoons.

2. Explain the following menu items (you may need to use the Internet for some)

- a. Nicoise
- b. Dubarry
- c. Lyonnaise

d. Florentine

e. Bouquetiere

f. Jardinière

g. Provencale

h. A la king

i. A la mode

j. Aioli

k. Béchamel

l. Du jour

3. What does it mean to “go dutch”?

4. What is a gratuity? How much should you leave?

5. Describe 9 restaurant manners that you should follow when dining out.

6. Read page 880 "Arrangements on the Plate". Using magazine images or your own handy work drawing, create a plated meal that follows the guidelines and examples listed. Keep in mind the rules of a well balanced plate found on page 879.