

Bob



Age – 26
Profession – Athlete
Hobbies – None – too busy training
Dietary requirements –
high protein, low fat,
high Carbohydrate
Medical Concerns – None

Lola



Age – 6
Profession – Student
Hobbies – Playing with her Silvanian families
Dietary Requirements – None.
Medical Concerns – Slightly Anaemic.

Darren



Age – 21
Profession – Personal Trainer
Hobbies – Sailing
Dietary Requirements – Coeliac and nut allergy
Medical Concerns – Knee strain

Albert



Age 55
Profession – lorry driver
Hobbies – Train spotting
Dietary requirements –
Type 2 diabetic
Medical concerns – high blood pressure and high cholesterol, slightly overweight

Hetty



Age – 97
Profession –Retired
Hobbies – Knitting and Walking
Dietary Requirements – Follows a strict Vegan Diet.
Medical Concerns – Hearing Loss.

Hussain



Age – 28
Profession – Deli Owner
Hobbies – Cooking and Travelling
Dietary Requirements – Follows a strict Muslim diet.
Medical Concerns – Gluten Intolerance.

Becca



Age – 15
Profession – Student
Hobbies – Spending time on social media and Horse Riding
Dietary Requirements – Lactose intolerant and Vegetarian.
Medical Concerns – None.

Claire



Age – 46
Profession – vicar
Hobbies – gardening, baking
Dietary requirements – pescatarian
Medical concerns – Anaemic

Veronica



Age – 38
Profession – nurse
Hobbies – running, walking
Dietary requirements – Quick to make, nutritious meals, high energy foods and low fat
Medical concerns – none

Charlie



Age – 31
Profession – GP
Hobbies – Rock climbing, playing football and tennis
Dietary Requirements – Follows a strict raw food diet.
Medical Concerns – None.

Harold



Age – 82
Profession – retired
Hobbies – gardening, reading
Dietary requirements – low fat
Medical concerns – arthritis, osteoporosis, high cholesterol

Jess



Age – 32
Profession – Teacher
Hobbies – Spinning and Yoga
Dietary Requirements – Kosher.
Medical Concerns – Shellfish Allergy.

Your task...

You will be given a client to design a range of meals for, (If you were not in the session please choose one of the profiles on slides 1 and 2) this will need to be a **minimum of 3 dishes** and must take into account their lifestyle, level of activity, age, medical and nutritional requirements.

Skills you should try to incorporate into your ideas.

Chosen Client

- Candidates should select dishes to build on skills developed at KS4, speed, finesse, creativity and quality of production should also be developed.
- Pastry – puff, filo, pate sucree, choux, hot water crust, samosas, strudels, spring rolls, tart au citron, fruit tarts, savoury pie, jalousie, cheese gougères, quiche, chocolate tart, custard tart, tarte tatin, millefeuilles.
- Stocks and Soups – home-made chicken/vegetable stock, soups showing vegetable cuts, leek and potato, minestrone, French onion. Cold and Hot soups.
- Bread – enriched, shaping, focaccia, naan, flat bread, ciabatta rolls, grissini sticks, panettone.
- Sauces – reduced, roux, béchamel, hollandaise, crème anglaise.
- Meat – pot roasting, roasting, casseroles, carbonade of beef, stroganoff, curry, stuffed pork tenderloin, pates, steak and mushroom pie, sweet and sour ribs.
- Chicken – boning, make stock for soups, stuffing and coating, chicken kiev, curries.
- Fish – filleting, stuffed and rolled, whole fish dishes, fish pie, thai fish cakes, salmon mousse (gelatine), salmon en croute, en papillotes, terrine.
- Vegetables – turning, puree, cuts, soups, lasagne, stuffed, potato croquettes, gratin dauphinoise. Vegetable side dishes/accompaniments; e.g. honey roasted parsnips, braised red cabbage.
- Pasta and rice – fresh with flavours, shapes, ravioli, risotto.
- Pulses – soya mince, salads, curry, quinoa salad. Use of dried as well as canned.
- Salad dressings – mayonnaise, vinaigrette.
- Desserts – pannacota, tarte au citron, meringue desserts - roulade, chocolate fondante, jalousie, gelatine cheesecakes and mousses, profiteroles, macaron dessert, genoise sponge.
- Accompaniments - Spun sugar, tuile biscuits, parmesan thins, biscotti, seeded crackers, complex garnishes from fruit, vegetables and flowers.

Research

To complete this task successfully you need to get to know your target group. You will need to do this for Unit 1, your project which involves planning a three-course meal for a specific target group, and for the exam, where you will need to analyse the diet and lifestyle of a specific character.

Things to research:

Age – are there any specific dietary needs for your target group?

Profession – do they have a sedentary job or an active job? This will impact on the number of calories they can burn in a day and will have implications on their diet

Hobby/Activity Level – again this will impact on the number of calories they can burn in a day and will have implications on their diet

Dietary/Medical Considerations – you need to research the specific dietary and medical conditions, find out anything they cannot eat, what they need to avoid in their food and what they need to have more of.

You will be able to find a lot of this information on the internet – www.nutrition.org.uk is a great web site, the NHS <https://www.nhs.uk/live-well/eat-well/>

Also has a lot of information on general healthy eating as well as facts that relate to all of the different dietary considerations that have been listed on the case studies.

I would like you to present your research as a fact sheet showing all of the information that you have found out about your client. Make sure that you make recommendations of what they should be eating more or less of!!

I would then like you to decide on at least three dishes that you could make for your client. I would like you to present these with a picture, either hand drawn or from the internet and a full recipe. I would then like you to explain why you have chosen these dishes highlighting any nutrients and considerations that you have discussed in your fact sheet.

If possible, it would be great if you could cook at least one of the dishes over the holiday – remember to get a photo of your creations!!

All of this work needs to be brought into school at the start of next year. We will be checking to ensure that it has been completed!!