



3055 BA SANGAM COLLEGE

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WEEK 11

School: Ba Sangam College

Year:1202

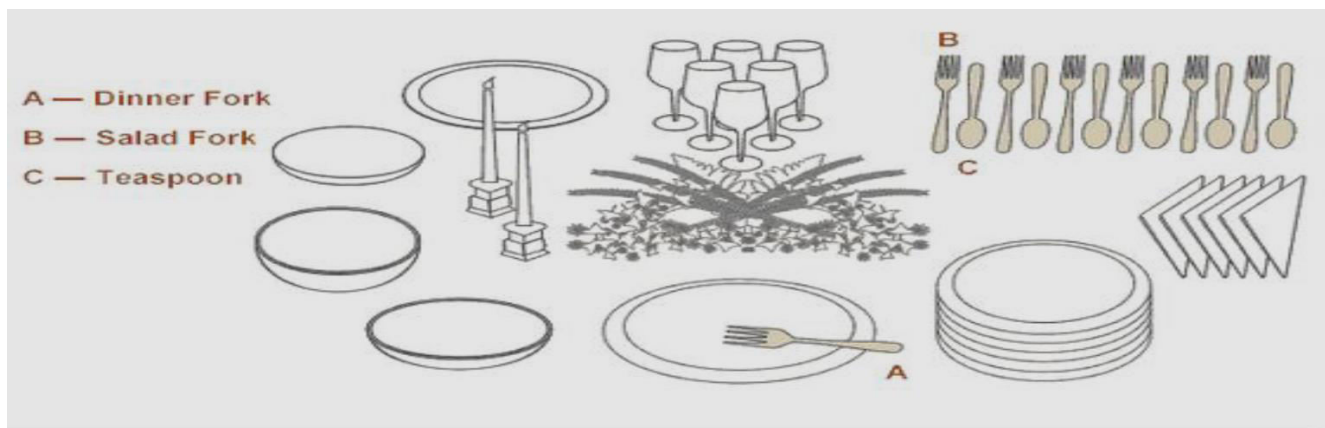
Subject: Home Economics

Name: _____


Strand	2 HEC 12.2 Food and Nutrition
Sub strand	HEC 1 2. 2.1 Kitchen Safety Hygiene and Management
Content Learning Outcome	HEC 12.2. 1.1 Distinguish features of industrial kitchen and the use of advanced kitchen equipment.




Banquet/Brunch

This includes salad forks, dinner forks, dinner knives and teaspoons. Start with dinner plates, napkins, water glasses, salad bowls, vegetable bowls and candles for looks. Napkins should be placed on top of the salad plate.



Meal service

Meal service equipment	Picture
Bain-marie also known as a water bath, a type of heated bath, is a piece of equipment used in science, industry, and cooking to heat materials gently and gradually to fixed temperatures, or to keep materials warm over.	

<p>Chafing Dish It is used at table or provided with a cover for keeping food warm on a buffet</p>	
<p>Carving station These are designed to provide an appealing place to cut roasted meats in front of the guests. They come equipped with 0, 1 or 2 bulbs. The bulbs are designed to keep the meat warm.</p>	
<p>Salad bar Most salad bars provide lettuce, chopped tomatoes, assorted raw, sliced vegetables and various types of salad dressing.</p>	
<p>Tongs are a tool used to grip and lift objects.</p>	
<p>Glass cake stand It displays piece for all baked goods and the added <i>glass lid</i> to keeps them fresh</p>	

SUSTAINABLE USE OF ENERGY EFFICIENT KITCHEN EQUIPMENT

1. Gas stove- easier to control temperatures; it also offers instant-on heat, and doesn't waste much heat when the cooking is done.
2. With electricity, the most efficient stoves are those that use induction elements, which transfer electromagnetic energy directly to the pan, leaving the cook-top itself relatively cool and using less than half the energy of standard coil elements.
3. Use an efficient dishwasher- to save water usage.
4. Use energy rated appliances including stoves, refrigerators, freezers, and dishwashers.

Activity

1. How are you going to start your brunch meal? (2 marks)

2. State the uses of the following meal service equipment: (8 marks)

- a. Bain-marie- _____
- b. Chafing dish- _____
- c. Carving station- _____
- d. Salad bar- _____
- e. Tongs- _____
- f. Glass cake stand- _____

3. How can you ensure you are practicing conserving energy at home? (2 marks)

4. Paste a picture of any energy rated appliance. (3 marks)

