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COURSE TITLE:FOOD AND CATERING

QUESTION 1 Explain food and studies as a subject of study and outline the relevance of food and catering studies to events management professional. QUESTION 2: Discuss various heating techniques used in a food processing plant with appropriate examples.

QUESTION 3: Discuss in details the major types of food preservation techniques commonly employed by the food processing companies

**ANSWERS**

1) relevance of food and catering studies to event management professionals

F&B operations involve the purchasing, preparation, serving, maintaining inventory, and catering services of an event venue.Typically, the responsibilities of a caterer at an event include preparation of food, serving it, cleaning up, staffing bars, and attending to diners. Recently, caterers services have expanded beyond that, as agreed upon by the caterer and event host.

**Catering management** is part of the food services industry, and involves the planning and organisation of food and beverage services for various types of events. Important aspects of **catering management** include: meeting customer expectations, maintaining food and hygiene standards, and meeting financial targets.

In order to run an effective event management company it is important to have proper education in the catering services to be able to produce excellent result which would bring in positive remarks from guests.

2) HEATING TECHNIQUES

[Cooking](/wiki/Cooking" \o "Cooking) is the art of preparing [food](/wiki/Food" \o "Food) for [ingestion](/wiki/Ingestion" \o "Ingestion), commonly with the application of heat. Cooking techniques and ingredients vary widely across the world, reflecting unique environments, economics, cultural traditions, and trends. The way that cooking takes place also depends on the skill and type of training of an individual cook.

These techniques include ;

* 1) [Backwoods cooking](/wiki/Backwoods_cooking" \o "Backwoods cooking) – a method of cooking without the use of [utensils](/wiki/Kitchen_utensils" \o "Kitchen utensils) that commonly takes place in the [backwoods](/wiki/Woodland" \o "Woodland), often in combination with wild or conventional [camping](/wiki/Camping" \o "Camping)
* 2) [Blanching](/wiki/Blanching_(cooking)" \o "Blanching (cooking)) – a food, usually a vegetable or fruit, is scalded in boiling water, removed after a brief, timed interval, and finally plunged into iced water or placed under cold running water (shocking or refreshing) to halt the cooking process.
* 3) [Braising](/wiki/Braising" \o "Braising) – a combination-cooking method that uses both wet and dry heats: typically, the food is first seared at a high temperature, then finished in a covered pot at a lower temperature while sitting in some (variable) amount of liquid (which may also add flavor).
* 4) [Broasting](/wiki/Broasting" \o "Broasting) – a method of cooking [chicken](/wiki/Chicken_(food)" \o "Chicken (food)) and other foods using a [pressure fryer](/wiki/Pressure_fryer" \o "Pressure fryer) and condiments
* 5) [Charbroiling](/wiki/Charbroiler" \o "Charbroiler) – a commonly used cooking device consisting of a series of grates or ribs that can be heated using a variety of means, and is used in both residential and commercial applications for a variety of cooking operations

3) Different forms of food preservation techniques

****Food preservation****, any of a number of methods by which [food](https://www.britannica.com/topic/food) is kept from spoilage after harvest or slaughter. Such practices date to prehistoric times. Among the oldest methods of preservation are drying, [refrigeration](https://www.britannica.com/technology/refrigeration), and fermentation. Modern methods include [canning](https://www.britannica.com/topic/canning-food-processing), [pasteurization](https://www.britannica.com/technology/pasteurization), [freezing](https://www.britannica.com/topic/freezing-food-preservation), irradiation, and the addition of chemicals. Advances in packaging materials have played an important role in modern food preservation.

Cooling: [Cooling](/wiki/Refrigeration" \o "Refrigeration) preserves food by slowing down the growth and reproduction of microorganisms and the action of enzymes that causes the food to rot. The introduction of commercial and domestic refrigerators drastically improved the diets of many in the [Western world](/wiki/Western_world" \o "Western world) by allowing food such as fresh fruit, salads and dairy products to be stored safely for longer periods, particularly during warm weather.

Freezing: [Freezing](/wiki/Freezing" \o "Freezing) is also one of the most commonly used processes, both commercially and domestically, for preserving a very wide range of foods, including prepared foods that would not have required freezing in their unprepared state. For example, potato waffles are stored in the freezer, but potatoes themselves require only a cool dark place to ensure many months' storage. Cold stores provide large-volume, long-term storage for strategic food stocks held in case of national emergency in many countries.

### **Boiling**

Main article: [Boiling](/wiki/Boiling" \o "Boiling)

Boiling liquid food items can kill any existing microbes. Milk and water are often boiled to kill any harmful microbes that may be present in them.

### **Heating**

Heating to temperatures which are sufficient to kill microorganisms inside the food is a method used with [perpetual stews](/wiki/Perpetual_stew" \o "Perpetual stew). Milk is also boiled before storing to kill many microorganisms.

### **Sugaring**

See also: [Sugaring](/wiki/Sugaring" \o "Sugaring)

The earliest cultures have used [sugar](/wiki/Sugar" \o "Sugar) as a [preservative](/wiki/Preservative" \o "Preservative), and it was commonplace to store [fruit](/wiki/Fruit" \o "Fruit) in [honey](/wiki/Honey" \o "Honey). Similar to pickled foods, [sugar cane](/wiki/Sugar_cane" \o "Sugar cane) was brought to Europe through the trade routes. In northern climates without sufficient sun to dry foods, [preserves](/wiki/Preserves" \o "Preserves) are made by heating the fruit with sugar.[[7]](" \l "cite_note-nchfp.uga.edu-7) "Sugar tends to draw water from the microbes (plasmolysis). This process leaves the microbial cells dehydrated, thus killing them. In this way, the food will remain safe from microbial spoilage."[[5]](" \l "cite_note-Msagati,_T._2012-5) Sugar is used to preserve fruits, either in an [antimicrobial](/wiki/Antimicrobial" \o "Antimicrobial) syrup with fruit such as [apples](/wiki/Apple" \o "Apple), [pears](/wiki/Pear" \o "Pear), [peaches](/wiki/Peach" \o "Peach), [apricots](/wiki/Apricot" \o "Apricot), and [plums](/wiki/Plum" \o "Plum), or in crystallized form where the preserved material is cooked in sugar to the point of crystallization and the resultant product is then stored dry. This method is used for the skins of [citrus](/wiki/Citrus" \o "Citrus) fruit (candied peel), [angelica](/wiki/Angelica" \o "Angelica), and [ginger](/wiki/Ginger" \o "Ginger). Also, sugaring can be used in the production of [jam](/wiki/Jam" \o "Jam) and [jelly](/wiki/Jelly_(fruit_preserves)" \o "Jelly (fruit preserves)).