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**MATRIC NO: 16/SMS06/005**

**QUESTION 1**

Catering Basics

This popular catering course was developed for students who want to create a business out of their love of cooking and is typically a non-credit community education course. Students learn culinary, time management and kitchen organization skills needed to be successful caterers. The curriculum includes ingredient selection, recipe ideas and food presentation. Event planning and business planning are emphasized.

Catering and Hospitality Internship

Catering and hospitality internships provide hands-on experience for catering students. The weekly time-commitment for internship programs varies among schools, although some mandate at least 18 hours per week while also taking catering classes. Although students are responsible for securing employment, some catering schools secure employment for their graduates in internship programs or in on-campus student-run restaurants.

Commercial Food Preparation Course

Producing quality food for public consumption requires both culinary and management skills. Before taking this course, students must have completed a culinary arts course, such as basic food preparation or cooking methods class. This course focuses on the management of mass production of food items for catered events. Attention is given to the production of each food course, such as the salad, appetizer, main course and dessert. Menu selection and buffet preparation are discussed.

Menu Design and Marketing Course

Students in this course learn to create affordable menus that adhere to customer specifications and price limits while still making a profit. Creating and carrying out marketing campaigns for a catering business is demonstrated.

Buffet Catering Course

Creating memorable buffets take organization and artistry. In this course, students learn to organize buffet gatherings while choosing memorable food and ice sculpture displays for artistic presentation. Catering basics, such as event set up and serving styles are covered. This course may be taken after the commercial food preparation course.

Management of Food and Beverage Purchasing Course

The food and beverage purchasing management course focuses on educating students about purchasing beverages and food items in bulk quantities. Students learn about purchasing techniques, including how to estimate bulk storage space and the quantity of food and beverages required.

Cost Control in Food Service Course

This catering course focuses on accounting, inventory and purchasing in quantity in the food service industry. Students learn to budget and to control food service costs, such as labor, storage and production. This advanced course is typically taken near the end of a catering management program.

Food Safety and Sanitation Course

Two of the most important issues in the food industry are safety and sanitation and thus this is one of the first classes catering students take in any catering education program. Sanitation techniques and consequences of poor sanitation practices are discussed. Some catering and culinary schools require students to complete a national sanitation exam before graduation.

Baking and Pastry Course

The basics of baking common pastries and other baked goods are taught in this course. This includes terminology used in baking and measurements. The course provides skills in cake production and decorating, bread making and cookie and pie construction. Students will also learn how to use baking tools, such as rolling pins and measurement cups.

QUESTION 2

*Food processing* is the technique which converts raw food items into well-cooked and preserved eatables. For processing , the best quality  of raw materials is used by the industry, which caters to our daily consumption. But do you know how they do all the hard work?

Following are some techniques and methods that are used to convert raw food into processed food :

*Drying*

This is perhaps the oldest method used by humans to preserve or process their food. Drying reduces the water content in the product , which in turn reduces the likelihood of bacterial growth. When it comes to process cereal grains like wheat, maize, oats, rice, barley, grams and rye etc., drying process is used.

*Preservation*

This includes heating (or boiling) in order to destroy micro-organisms, oxidation, toxic inhibition, dehydration or drying, osmotic inhibition, freezing, a sort of cold pasteurization which destroys pathogens and various combinations of all these methods.

*Smoking*

Many foods such as meat, fish and others are processed, preserved and flavored by the use of smoke mostly in big smoke houses. The food processing technique is quite simple, and the combination of smoke with the aroma of hydro-carbons generated from the smoke processes the food enhances the taste.

*Freezing*

This is the most common technique used in modern world to preserve or process the food both on commercial and domestic basis. A wide range of products can be frozen to process at the same time with the help of huge cold storage facilities.

*Salting*

Salt sucks out the moisture from the food, hence is used in food processing . Meat is the best example of the food processed by salting as nitrates are used very frequently to treat meat.

*Vacuum packs*

Here, the food is packed in airtight bags and bottles in a vacuum area. An air-tight environment doesn’t provide oxygen needed by germs especially bacteria to survive. This method is very commonly used for preserving processed nuts.

*Sugaring*

In this method fruits such as apples, peaches and plums are cooked with sugar until they are crystallized and then it is stored dry.

*Pickling*

In this method of food processing , the food is cooked in chemicals and materials (which are fit for human and animal consumption) which destroy micro-organisms. Usually , these include brine, vinegar, ethanol, vegetable oil and many other types of oils. Pickling is very commonly seen in vegetables such as cabbage and peppers.

These are some of the frequently used methods of preserving or food processing. These methods are performed under strict guidelines and regulations so as to achieve maximum efficiency and preservation.

This Food Safety Month, get familiar with the various aspects of Food Safety like Food Storage, Food Processing, Personal Hygiene, Packaging & Labelling and Cleaning & Sanitation

QUESTION 3

**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.