

BSc Home Science Sem 2

INTRODUCTION TO FOODS AND NUTRITION - II

A still life arrangement of various food items on a white surface. The items include several slices of whole-grain bread, a whole red apple, a head of green broccoli, two bell peppers (one yellow, one orange), a green cucumber, several carrots, a whole potato, a pile of small brown nuts or seeds, and a few slices of orange. The lighting is soft, creating gentle shadows.

UNIT 1

CEREALS AND MILLET GROUPS

- Bajra, Jowar, maize, Ragi, rice, wheat and their products .
- Suji, rice flakes, vermicelli, puffed rice.
- Pizza, bread.



Rye



Wheat



Barley



Oat



Sunflower



Corn



Flax



Poppy



Millet



PULSES , MILK, EGG, MEAT, FISH

- Mung, masur, whole Bengal gram, whole green gram and their dhal like green gram dhal, Bengal gram dhal.
- Milk- whole milk, skimmed milk, dry milk powder, condensed milk and their products – for example- cheese, cream, yogurt.

Meat and fish

- Mutton, beef and pork and their products.

- Fish-, shell fish, crabs,

crustaceans



- © Vitamin-C rich foods

- © All citrus fruit like amla, guava. Grape fruit, drumstick and cabbage.



OTHER VEGETABLES AND FRUITS GROUP

- Brinjal, French beans, yam, potato, onion beetroot, cucumber and banana.
- melon, apples, pineapple, butter

OILS, FAT AND SUGARS GROUP

- Oils- ground nut, mustard oil, sunflower, corn, soya bean.
- Fats- butter, vanaspati, ghee and margarine.
- Sugar- table sugar, sugar cubes,

Fats

Our body stores up fat to use as energy and protect us from the cold.



Food and Beverages

Food and Beverages



Introduction:

In the Hospitality business food and beverages services form a very important and substantial part of the organisation. The hotel and catering industry is characterised with both diversity and the size of the operations which have a direct impact on the food and beverages department of that hotel or catering service provider. These outlets can be private or public organisations, which could be small concern, large international or multi-chain organisations catering to needs of a diverse variety of customers.



Different food and beverage production and service systems:

FOOD AND BEVERAGE OPERATIONS

**FOOD & BEVERAGE
MANAGEMENT**

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Characteristics of food production and food and beverage service systems:

- **Traditional:** Used in most of the kitchens this method involves purchasing of raw material and storing, preparation, cooking and serving of the foodstuff at the provided facilities.
- **Centralized:** This involves outsourcing of either all or some part of the food production and is mainly adapted by large chains and organisations. This method helps in specializing in food and bulk production leading to costs effectiveness and high levels of hygiene

Characteristics of food production and food and beverage service systems:

- **Cook freeze:** Here the food prepared is frozen using quick freezing processes like blast freezing or blast chilling and stored at controlled freezing temperatures so that the foodstuff can be thawed and heated to be served at a later period of time.
- **Sous-vide:** One of the newer techniques Sous-vide method involves vacuum cooking of food at specific temperature so that the freshness of the product is retained along with reducing the chances of cross contamination and wastage.
- **Cook freeze:** this method includes rapid chilling of normally prepared food which can be stored for later use. It involves minimum capital and staff for operation.

Characteristics of food production and food and beverage service systems:

- Apart from production there are various services systems and procedures that can be adapted in the [food and beverages](#) industry like Table/Plate service, Buffet, A La Carte, Table d'hotel, Family service, Flambe Service, Silver service and specialist food service to name a few. These systems adapt various different methods of serving the prepared food to the customer in their own unique and different way.



factors affecting recipes and menus for specific systems.

There are various factors both internal and external that affect the recipes and menus for specific systems of food and beverages operations. These include size of operations, customers need, budget of customers, objectives and the quality of the business operation, nature of menu, availability of resources and the quality of the customers. Customers are the most important part of these systems so keeping in mind the customers needs and their satisfaction results repeat in sales and customer arrival along with image building of the company and its products. Demographic characteristics, food habits and preferences and customer value have a great affect on the menus and recipes. The size of the kitchen, prices of listed items, types of services, management cost decisions, flavour and appearance of dishes and their nutrition value also affect the menu and recipe of a specific system. Space and equipment available in the kitchen has a direct impact on the composition and variety of the menu, a small kitchen with limited equipment can provide service to a limited number of customers with a limited range of products.

Food & Beverage Management

menu & recipe planning



Compare the cost and staffing implications for different systems:

Staff and costing has a very important and critical implication and influence on the working and success of a food and beverages service operations. Through proper staff selection proper and appropriate consideration is given in terms of providing the required experienced and skilled staff having a direct impact on the efficient and smooth running of the operations and production, and with the help of skilful and experienced staff efficient and proper delivery and services to the customer leading to convenience and satisfaction to the customers. Staff behaviour and communication with the customers is a great quality for the staff which symbolises the attitude of the staff and the management towards its customers. A good quality staff having polite behaviour and having excellent communication skills lead to increase in the sales of the operations and also through proper recommendation of items from the serving staff helps the customer in choosing the right combinations and choices of the food products thus enhancing their satisfaction and experience.



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Maximizing the potential of the staff and through their proper management is very important in these systems as all kinds of skilled and semi skilled employees are recruited in these operations. For effective and efficient process of catering from procurement to production to servicing it is very much essential that the all the staff fully understand their responsibilities and are properly trained and having the required skills to perform their duties. Through proper staff training the ability and willingness of the staff to work and perform well and also helps the organisation in identifying the required standard of performance, clearer responsibility for the staff and more efficient and effective staff.

Justify the suitability of systems for particular food and beverage outlets:

- Of the various systems of food and beverages outlets, Buffet or counter method of food service is a unique system involving a modified version of true self-service style of system. In this system the food is provided by displaying and providing the various food items and products attractively on a series of counters or tables from where the customer can choose the products of his choice. presentation and display of the food stuff is the most important factor in this kind of service. Buffet service system is most suitable and convenient for large events, conferences, banqueting, restaurants, hotels and places where large number of customers are involves such as sales, promotions or special weeks or food festivals. The customer after paying a fixed price can eat from the Buffet table as much and as many repeated times as he wants or needs. Through least number of staff a large number of customers can be provided with facility to eat.
- Buffet services provides various advantages to the customers such as a large variety to choose from, being a part of the process whereas the organisation is able to minimize the staff requirement and services. Buffet system also often lead to wastage by the customer and also has high food and production cost implications. Sometimes queuing and shortage of a particular product or its bad presentation can lead to negative impact on the sales or customer satisfaction.

Conclusion:

Through this presentation we understood the various food and beverages production and service systems and what factors affect their operations and success. The food and beverage operations in today's scenario are continuing to improve their quality and services. Professionalism through better training and development is increasing and the quality of service provided and customer satisfaction has become the major differentiating factor for the customers to choose a particular establishment.