



Magazine 5B – Food Services

This document provides a transcript for the audio in Magazine 5B – Food Services. It includes a text copy for interviews, presenter videos and activity audio.

Slide Image	Transcript
	<p>Servicing the COMMUNITY Issue 2 FOOD SERVICES</p> <p>Interviews with food services workers within the community</p> <p>+ How to prepare food</p> <p>Meet Sonya, Elaine, James, Caroline & Brendan</p>
	<p>Welcome to Issue 2 of Servicing the Community</p> <p>Introduction to FOOD SERVICES 00:35 Seconds: Welcome to PreVET</p> <p><i>Hi! You're about to meet Brenden, Caroline, Elaine, Sonya and James. They work in the food services industry and they know a lot about how people prepare food safely.</i></p> <p><i>They keep the people in their community healthy by giving them a good feed. .</i></p> <p><i>This industry is great for flexible working hours and working with people.</i></p> <p><i>Let's listen to what they have to say.</i></p>



Interview with Trainee Kitchenhand/Barista
Motel Shep or Café Dingu
Brendan Burarrwanga

1:35 Minutes: Brendan Burarrwanga – Trainee Kitchen Hand

My name is Brendan Burarrwanga and I'm from Elcho island, I'm doing a course called Kitchen Operations, and it's good for me and good for my future and this is who I am. I am here to learn some more kitchen rules, cooking rules, and cleaning.

Yeah, I enjoy making coffee, it's really good for me, and I like it, like that, making coffee, so, kids when you grow up, just do your things, learn more, and go school every day, get education, get a job, for your experience, all that.

Be strong and be healthy.



Interview with Trainee Kitchenhand
Motel Shep or Café Dingu
Caroline Burarrwanga

02:00 Minutes: Caroline Burarrwanga – Trainee Kitchen Hand

I've been working here for two months for working there. Meals. I like because my auntie teach me how to cook some meal. That's why I need to more learn them kids. We just put healthy food so they don't want to get sick from anything.

I'm doing certificate I for in this kitchen here. We just learning how to make the food, shop all them things, wash all the stuff, things like that.

We always wash our house and make look nice the kitchen area. When we work at the kitchen we always put our hair up so doesn't fall out our hair.

The school is important for the kids because they need to learn Yolngu Matha and English, both of them ... and get a new job for the future. The kids, they will grow up and see how their mothers doing or grandmother, grandfather. Grow up and help your mother and father.

So it can, you don't want to touch anything, alcohol, anything like that, just want to keep it safe and help your parents. Stand on your own feet.



Interview with Store Supervisor
ALPA Ramininging
Elaine Dhapanga

2:53 Minutes: Elaine Dhapanga – Store Supervisor

My name is Elaine Dhapanga, I'm from Elcho, I work in the Elcho and I come to Ramininging and I working here in ALPA store. I am a supervisor. I work in fruit and vege. Put all the vegetables, cutting and wrapping. And next I want to work all the fruit, When the Byek come, the truck, when he coming back from Byek and all the boys will loading, and they want to get all the pallet fruit and vege, and put out.

When I coming from home morning 8 o'clock we put the time and we start working, working. Check all the fruit and vege.

I've got Certificate III Retail. I teach when the staff will come like new people asking for job. And we want to tell them, when you come to work, you want to come every day.

At the school when you grow you want to come like 16 or 17 you want to learn work like at ALPA store, and learn skill, like me. I working 10 years and I look at ALPA and try working when my kids was growing up, I still tell them you want to work, when mother and father will die you know you want to make your money and work and work standing alone, don't sit at home and ask all the people like family for money. You want to work, like my kids, I teach them, tell them story about I working hard 10 years now. You want to stay with me and get the job and want to work your own money.



Interview with Good Food Person
ALPA Galiwin'ku
Sonya Bidingal

02:26 Minutes: Sonya Bidingal: Good Food Person

My name is Sonja Bidingal. I working in ALPA. I'm Good Fruit Person from Galiwinku. When I go in, I check all the out of date when milk and vegetables. Go in, when I saw I take out all that out of date when like fruit or vegetables.

*I got Certificate II and III with Retail. My, I got one my certificate but stay training. When I go out I feel it like when **manymak natha** come in helping try talk try show like **natha** healthy food or fruit. When I talk young mothers because we get some young people, we get young*

mothers, we got, we feed it wrong thing food. That's why I support go and talking with **Yolŋu Matha** Like I talking. When we go here we feed it **natha** for **manymak natha**

I always encouraging, talking with, like, when I go Red Cross I talking with **Yolŋu** language tell for young mothers like we give **natha manymak**. I like my story about my kids. When I talk my older kids, you go school for education, like all the kids wouldn't go to school for education, learning, keep learning.



Interview with Shop Assistant
ALPA Ramingining
James Gengi

02:16 Minutes: James Gengi: Shop Assistant

I'm James. I'm from Ramingining. I work in ALPA. I cook all the food for the take-away. I check the food when it's ready, clean all the dishes, check all the bain marie and take out all the food. Yeah, I always look and check, if it is getting low I cook more food and in this way I always cooking.

Every morning I turn the kitchen on, check the temperature is everything right and turn all the stove and start cooking. It is important for me that I can read some label. I know what is label that I can read what food is.

In ALPA store, I do my Certificate II in Retail so I learn for register, count the money, EFTPOS as well, serve customer, give the change. I learn this kitchen I always watch people that I know. It's a good job because I want to use the kitchen, serve, serve the food, serve customer on the register. I like in here doing the food cooking, I'll take it out for the customer, I enjoy talking to the customer and serving them.

I loves kids. The kids, ah, should eat healthy food not junk food. When you're coming from school it makes you go to, gets the job.



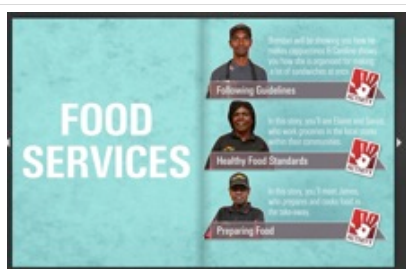
ACTIVITIES
Food Services

00:28 Seconds: Food Services Introduction

Food service workers have to learn about preparation, hygiene and food standards.

These rules keep people healthy and stop them from getting sick.

You'll find out about healthy food guidelines and what's on labels. You'll also find out how a take-away shop prepares all its food for its customers. You'll prepare enough food for people and make sure it's healthy and safe to eat. You'll also find out all sorts of information about nutrition.

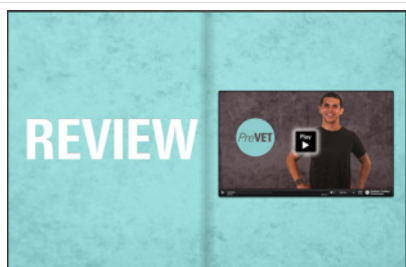


FOOD SERVICES

Following Guidelines – Brendan will show you how he makes cappuccinos & Caroline shows you how she prepares to make a lot of sandwiches at once.

Healthy Food Standards – In this story, you'll see Elaine and Sonya, who handle groceries in the local stores within their communities.

Preparing Food – In this story, you'll meet James, who prepares and cooks food for the take-away shop.



REVIEW

00.30 Seconds: Review

Screen text: Using Guidelines Food Safety and Preparation

By now you've had a go at food safety procedures and working out how much food you have to prepare.

Screen text: Nutritional Information Labels

You've now read about nutritional information and providing enough choice for different customers' tastes.

Screen text: Food Handling Rules

People who work in food services need to learn how to manage their time well.

Screen Text: Safe Temperatures

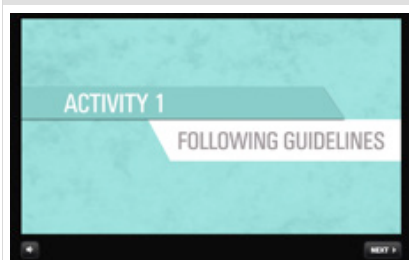
They need to plan safe ways to prepare food and to deal with lots of different people.



Northern Territory Government logo

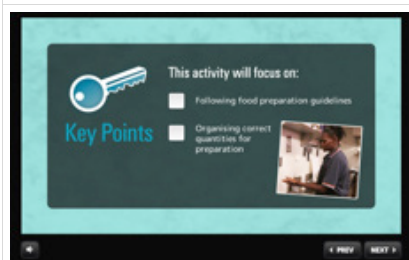
Slide Image

Activity A1 Following Guidelines



Following Guidelines

In this story, you'll see Caroline and Brendan. Brendan will be showing you how he makes cappuccinos and Caroline shows you how she is organised for making a lot of sandwiches at once.



Key Points

This activity will focus on:

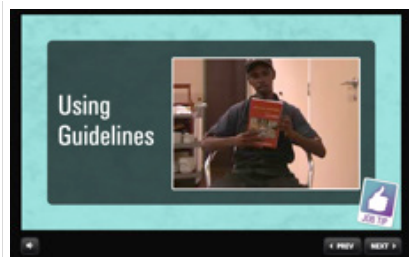
- Following food preparation guidelines
- Organising correct quantities for preparation

They need to follow food safety guidelines in their work. Later, you'll see Caroline using all the prepared fillings for sandwiches. Now you'll see Brendan making cappuccinos according to the process he learnt from his manual.



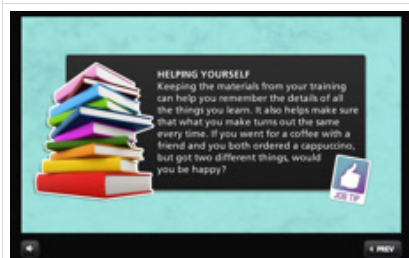
Brendan – Trainee Barista/Trainee Kitchen Hand
02:09

So I am going to show you how to make a cappuccino. I'm putting the coffee in. This is how I do it. I just press this, hold done this. And get this and push it down. Put this into the coffee machine. Get the two cups and press this. Wait. Get the milk. Close the milk. I am trying to make froth. That's pretty hot. Stir the milk. Tap the milk. Make sure it's smooth. It's ready to put the milk in. This is the flavor for cappuccino, put this and sprinkle it and its done. It's ready to be served. I am still learning about making coffee. Sometimes if I forget how to make coffee I read this book. It tells me how to make a good coffee. How many sugars to put. How many milk limits. All that. This is my story.



Using Guidelines

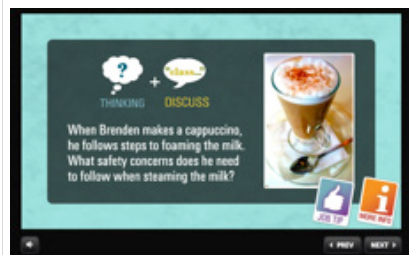
This is the manual Brendan refers to if he needs a reminder about how to make something. Because he went through his training and kept the handbook, he can always look back and find the information he is looking for if he needs help.



Job Tip

Helping Yourself

Keeping the materials from your training can help you remember the details of all the things you learn. It also helps to make sure that what you make turns out the same every time. If you went for a coffee with a friend and you both ordered a cappuccino, but got two different things, would you be happy?



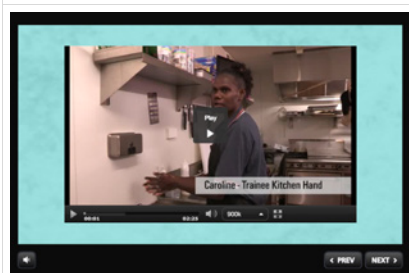
Thinking + Discuss

When Brendan makes a cappuccino, he follows steps to foaming the milk. What safety concerns does he need to follow when foaming the milk? Scan the instructions to find the safety statement.



Food Safety and Preparation

Now you'll see Caroline talk about the guidelines she follows in her work. Listen for what she says she does every day before she starts her work, and how much of each filling she uses.



02:25 Minutes: Caroline – Trainee Kitchen Hand

Because I don't get germs from here. If I come to work, I always wash my hands and put my gloves on so I can touch clean hands don't get germs from my hands. I put my gloves on so I can work with this food. So I'll put ham on top. We always put one cheese and one ham and also tomatoes. We put on one. So we making 250 sandwiches, so I need 500 pieces of bread so I can put on ham. Now we gonna put tomato on and I just put one. Just put two in there because that too skinny. Just put two. Now I'll put the toppers on. Always putting full fillings in each sandwiches. We just wanna put tops on then we gonna cut in half so we can put in there.

So we can wrap this and put in there.

Each kids from every classes they always come with a container and they told us how many in the class so we can count it and put it into them at the container. And also fruits.

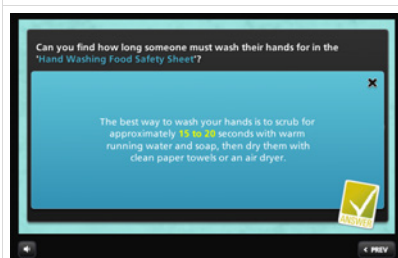


Food Safety Standards

Caroline spoke about cleaning her hands to avoid germs. This is one of many food safety guidelines food handlers must follow at work.

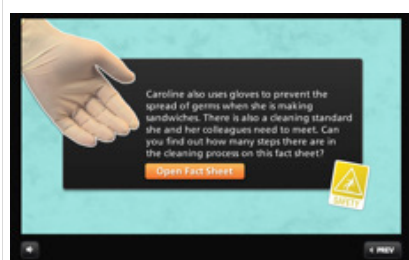


Can you find how long someone must wash their hands for in the 'Hand Washing Food Safety Sheet'?
Open Fact Sheet (link)



Correct Answer

The best way to wash your hands is to scrub for approximately 15-20 seconds with warm running water and soap, then dry them with clean paper towels or an air drier.

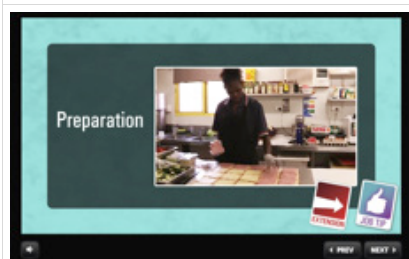


Safety

Caroline uses gloves to stop germs spreading when she is making sandwiches. There are also cleaning standards she needs to meet.

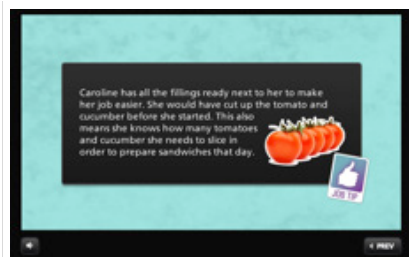
Look at the Fact Sheet on cleaning and find out how many steps there are.

Open Fact Sheet (link)



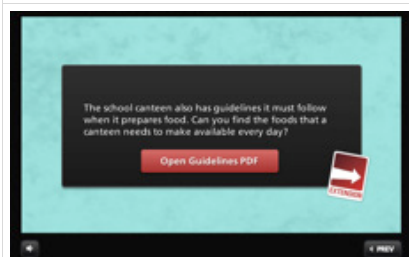
Preparation

Caroline needs enough pieces of bread, ham, cheese, tomato, and cucumber ready in order to make her sandwiches.



Job tip

Caroline has all the fillings ready next to her to make her job easier. She would have cut up the tomato and cucumber before she started. This also means she knows how many tomatoes and cucumber she needs to slice in order to prepare sandwiches that day.

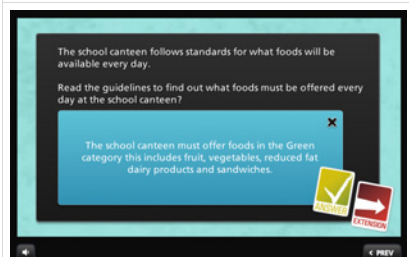


Extension

The school canteen follows standards for what foods will be available every day.

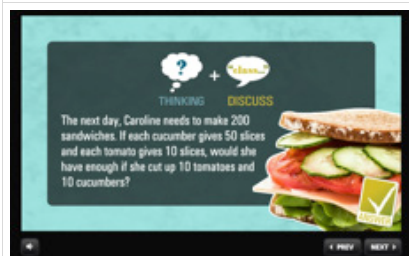
Read the guidelines to find out what foods must be offered every day at the school canteen?

Open Guidelines PDF



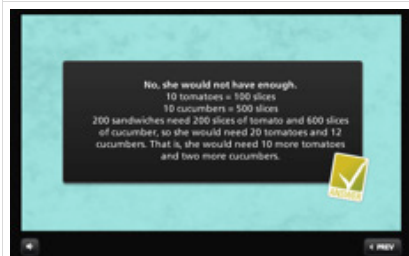
Correct Answer

The school canteen must offer foods in the Green category this includes fruit, vegetables, reduced fat dairy products and sandwiches.



Thinking + Discuss

The next day, Caroline needs to make 200 sandwiches. There is one slice of tomato and three slices of cucumber on each sandwich. If each cucumber gives 50 slices and each tomato gives 10 slices, would she have enough if she cut up 10 tomatoes and 10 cucumbers?



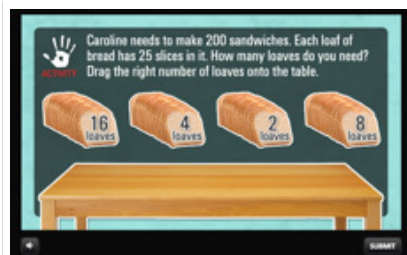
Correct Answer

No, she would not have enough.

10 tomatoes = 100 slices

10 cucumbers = 500 slices

200 sandwiches need 200 slices of tomato and 600 slices of cucumber, so she would need 20 tomatoes and 12 cucumbers. That is, she would need 10 more tomatoes and 2 more cucumbers.



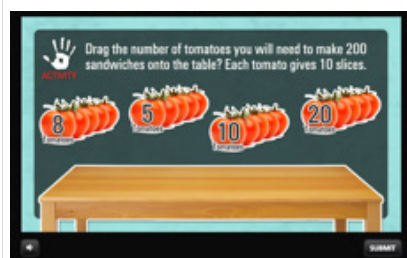
Activity

Caroline needs to make 200 sandwiches. Each loaf of bread has 25 slices in it. How many loaves do you need?



Activity

Drag onto the table the packages of ham and cheese that you will need to open to make 200 sandwiches. Each package of ham and cheese hold 50 slices.



Activity

Drag on to the table the number of tomatoes you will need to make 200 sandwiches. Each tomato gives 10 slices and you need 1 slice of tomato for each sandwich.



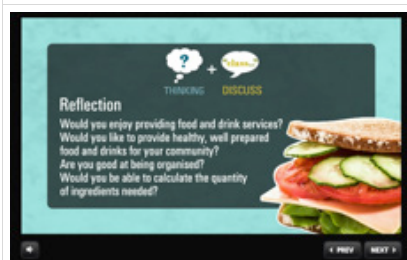
Activity

Drag on to the table the number of whole cucumbers you will need to slice to make 200 sandwiches. Each cucumber makes 50 slices. You will need three slices of cucumber for each sandwich.



Activity

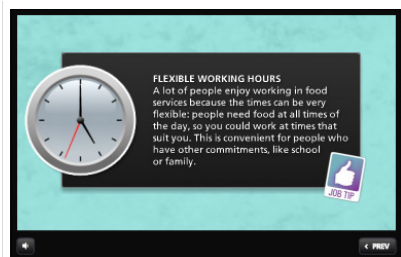
If you needed to make 350 sandwiches, how much of each item will you need? Scroll the mouse over the ingredients to find out the quantities you will need. Type your answer in the box.



Thinking + Discuss

Reflection

Would you enjoy providing food and drink services?
Would you like to provide healthy, well prepared food and drinks for your community? Are you good at being organised? Would you be able to calculate the quantity of ingredients needed?
Are you keen to provide a service to others and talk with different customers?



Job Tip

Flexible Working Hours

A lot of people enjoy working in food services because the times can be very flexible: People need food at all times of the day, so you could work any time that suits you. This is convenient for people who have other commitments, like school or family.

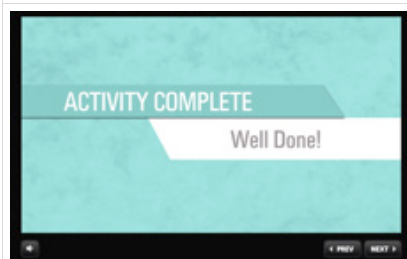


Key Points

This activity has focused on:

- Following food preparation guidelines
- Organising correct quantities for preparation

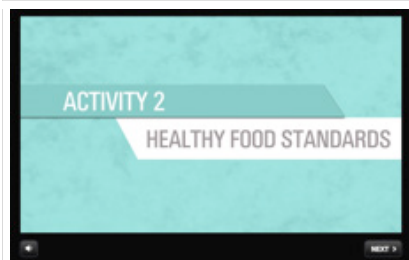
Good job! During this activity, you've seen Brendan follow instructions to make cappuccinos. You have also helped Caroline calculate the quantity of ingredients she needs to prepare for making 200 sandwiches. Having healthy food practices are important for everyone who handles food.



Activity complete. Well done!

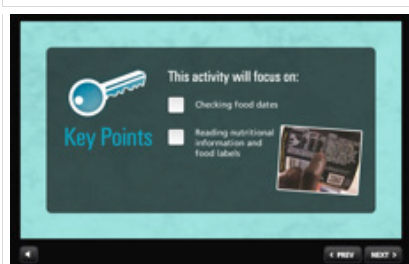
Slide Image

Activity A2 Healthy Food Standards



Healthy Food Standards

In this story, you'll see Elaine and Sonya, who work in the local stores within their communities. They make sure the food for sale is of a good standard, and share information with customers about the ingredients in the food.



Key Points

This activity will focus on:

- Checking dates on food
- Reading nutritional information and food labels

Part of their job is to know about the kinds of food in the store and follow healthy eating guidelines. Later, you'll see Sonya talking to customers about food. But first, let's look for how Elaine and Sonya keep the quality of the food on the shelves at a good standard.

02:01 Minutes: Elaine – Store Supervisor

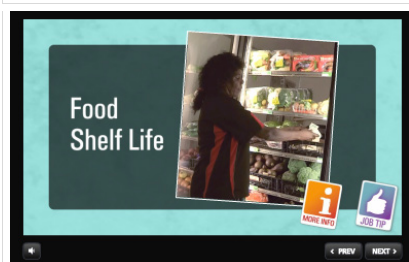


In the first lot is the old one. I put like new in the back. I put old stuff here.

Like we order some of the fruit, like some we have in the fridge, we put in the fridge, like saving for Wednesday, Saturday, Sunday. When they finish we want to come more.

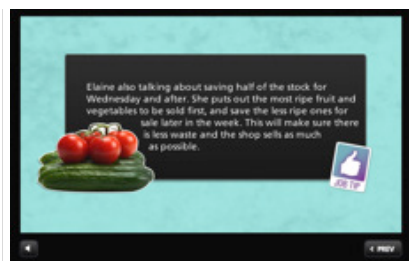
I check when date. Today date 22nd November. Going I check all the drinks, some juice from 26, 9th of January for next month. When this one 26 on December still manyak This one with first for next month still manyak.

All this drinks still good. This one, no good for juice, because him out of date 2nd of November. He coming up out of date, I put out because all the kids take that drink with pie and going start vomiting and sick.



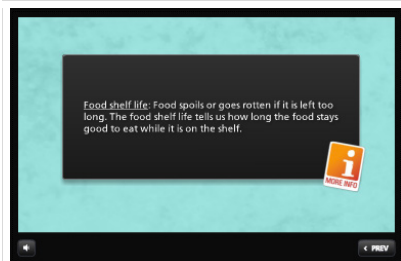
Food Shelf Life

Elaine stocks the fridges with items according to how old they are. Here she is putting the new items at the back of the fridge, so people take the older items first.



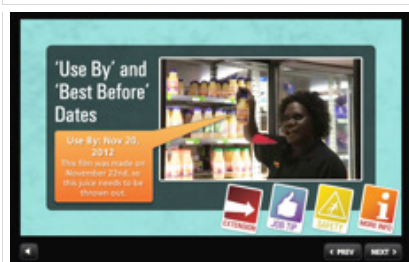
Job Tip

Elaine is also talking about saving half of the stock for Wednesday and after. She puts out the most ripe fruit and vegetables to be sold first, and saves the less ripe ones for sale later in the week. This will make sure there is less waste and the shop sells as much as possible.



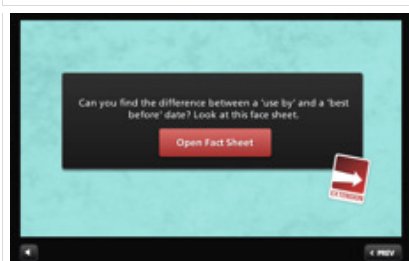
More Info

Food shelf life: Food spoils or goes rotten if it is left too long. The food shelf life tells us how long the food stays good to eat while it is on the shelf.



'Use By' and 'Best Before' Dates

Sonya stocks the fridges with items according to their 'use by and best before' dates.



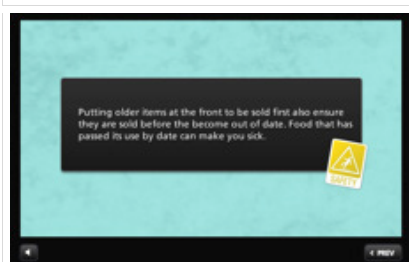
Extension

Can you find the difference between a 'use by' and a 'best before' date? Look at this fact sheet.
Open Fact Sheet (link)



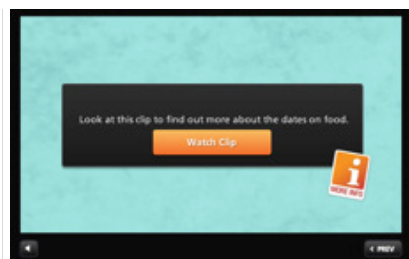
Job Tip

Sonya puts the juices marked with the dates the furthest in the future would be at the back of the fridge, because they will last the longest. She removes items when the use by date is very soon.



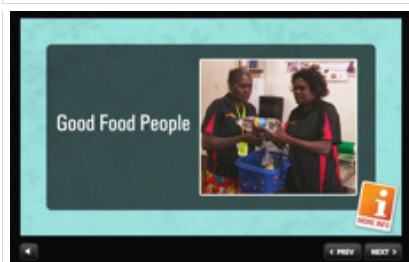
Safety Tip

Putting older items at the front to be sold first also ensures they are sold before they become out of date. Food that has passed its use by date can make you sick.



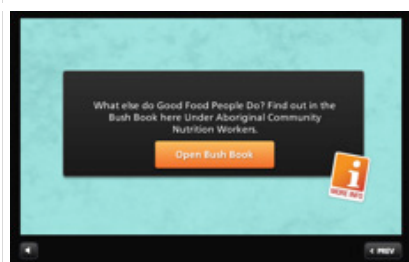
More Info

Look at this clip to find out more about the dates on food.
Watch clip (link)



Good Food People

Now you'll see what Sonya does in her job as a good food person. Think about what she is trying to encourage in her work.



More Info

What else do Good Food People do? Find out in the Bush Book here under Aboriginal Community Nutrition Workers.
Open Bush Book (link)



1:48 Minutes: Sonya – Good Food Person

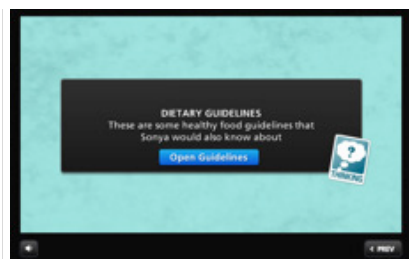
I check for this one when fat 23.5 and sugar 5.8. Yaka manymak Well,, no healthy for this one for kids.

I check this one 17.0 grams in fat. Sugar 0.1. No good for this one because too much fat. I show this one with Judith, less than 5 with sugar. When I grab this one going turn around, sugar 10.8 Yaka manymak for this for drink it because dharwar sugar. Less than sugar 5 but this one five more bayngu health for Yolngu when drink it this one. No sugar and no fat. Little bit manymak for this one. Less than 5, no sugar or fat. Always with our best for water.

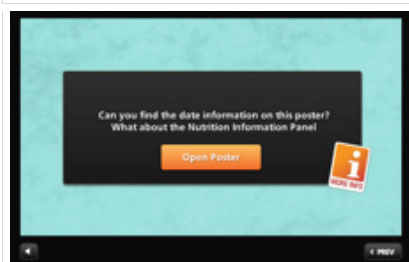


Nutritional Information Labels

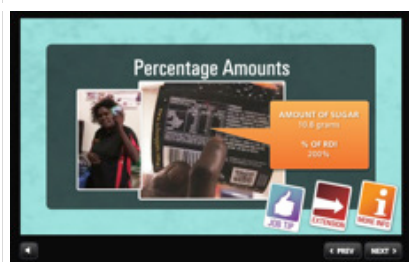
Sonya is there to read food labels and talk to people about the items they buy. The labels show information about what is in the food.



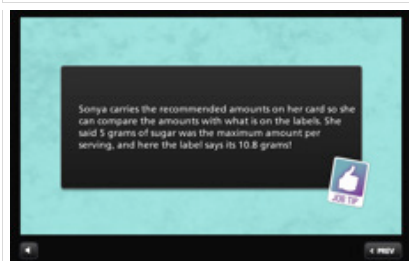
Thinking
Dietary Guidelines
These are some healthy food guidelines that Sonya would also know about.
[Open Guidelines \(link\)](#)



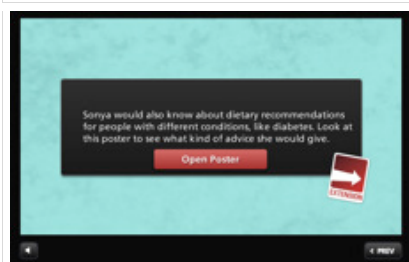
More Info
Can you find the date information on this poster? What about the Nutrition Information Panel.
[Open Poster \(link\)](#)



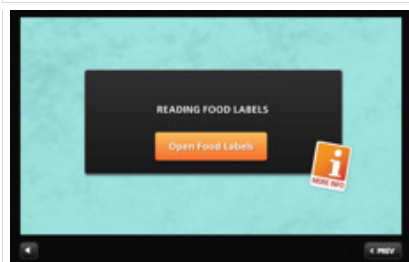
Percentage Amounts
Food labels like this one show how much fat, sugar, salt and other things are in the product. Sometimes they are shown as a percentage of a recommended daily intake.



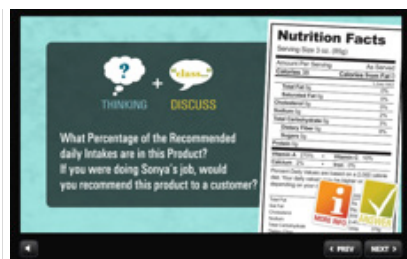
Job Tip
Sonya carries a card with recommended amounts so she can compare the amounts with what is on the labels. She said 5 grams of sugar was the maximum amount per serving, and here the label says its 10.8 grams!



Extension
Sonya would also know about dietary recommendations for people with different conditions, like diabetes. Look at this poster to see what kind of advice she would give.
[Open Poster \(link\)](#)

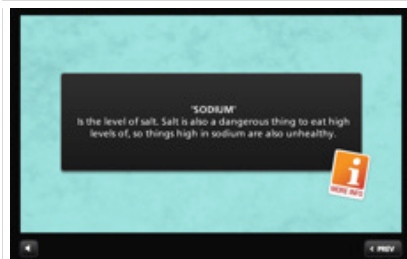


More Info
Reading Food Labels
[Open Food Labels \(link\)](#)



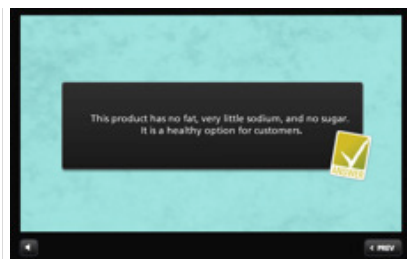
Thinking + Discuss

What percentage of the Recommended Daily Intake of fat, sugar and sodium is in this product? If you were doing Sonya's job, would you recommend this product to a customer?



More Info

'Sodium' is the salt level. Salt is also a dangerous thing to eat high levels of, so things high in sodium are also unhealthy.



Correct Answer

This product has no fat, very little sodium, and no sugar. It is a healthy option for customers.



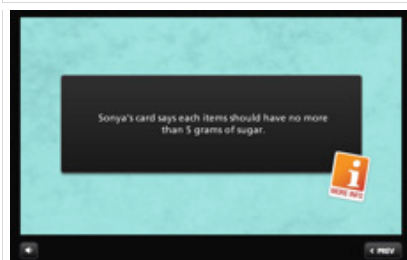
Activity

Order the items in the fridge according to their use by date.



Activity

Click on the amount of sugar in this product. Is this product a healthy choice? Tick the healthy box.



More Info

Sonya's card says each item should have no more than 5 grams of sugar.



Activity

Click on the amount of fat in this product. Is this product a healthy choice? Tick the correct box.



Activity

Click on the amount of Sodium in this product. Is this product a healthy choice? Tick the correct box.



Extension Activity

How many servings of each food group does the healthy eating guide recommend for teenagers *as a minimum*?



Activity

Looking at the Guide to Healthy Eating, which products would you recommend to a customer?



Thinking + Discuss

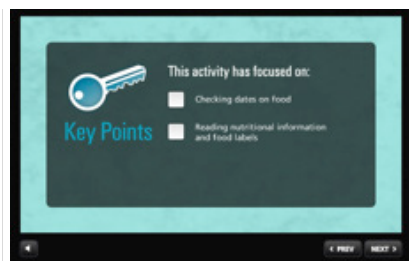
Reflection

Could you work towards a healthy future for your community? Would you like to learn more about healthy food? How would you like to read food labels to help people?

Would you like to create a healthy future for your community?

How would you feel about suggesting healthy options to customers?

Would you be good at comparing percentages?

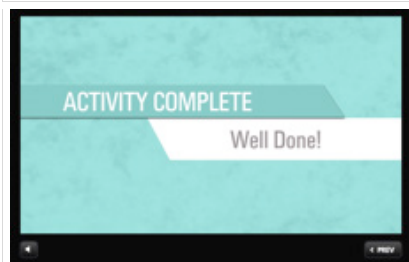


Key Points

This activity has focused on:


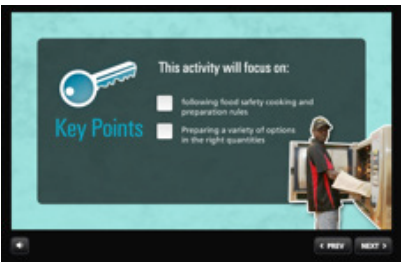


- Checking dates on food
- Reading nutritional information and food labels

Well done! You've read the dates on items and stocked the shelves to allow food to be used within the best time frame. You've also read food labels and helped promote healthy choices in the store.



Activity complete

Well done!

Slide Image	Activity A3 Food Preparation
	<p>Activity 3 Food Preparation</p> <p><i>In this story, you'll meet James, who prepares and cooks food at the take-away shop.</i></p>
	<p>Key Points</p> <p>This activity focuses on:</p> <ul style="list-style-type: none"> • Following food safety cooking and preparation rules • Preparing a variety of meal options in the right quantities <p><i>Later, you'll look at how he prepares a different foods that offer healthy options and also meets the demand of the customers. But first, let's look at how he follows food safety standards.</i></p>
	<p>01:59 Minutes: James – Food Handling Rules</p> <p><i>With hot food, I always check the temperature. Get food out the kitchen, check the temperature if it's 3-400 still put it back and cook another more half an hour.</i></p> <p><i>Check if it's six, seven and we take out pick up. If we put it out cold it get diseased from cold food. That's why I always cook 30 minutes. Chicken I cook for 20 minutes and the food is safe. Like you can wear glove, boot or hat, take all the food hot tray. Food with glove, this one we use for serving and preparing food. This one. Now this one's ready.</i></p>
	<p>Food handing Rules</p> <p><i>James follows food safety rules for all food handlers. It is different from cooking at home because James is cooking food to be eaten by members of the community. He has a responsibility to cook food safe to eat so that the people that eat it don't get sick. He handles a lot of food and prepares it ahead of time. For this reason there are rules for how food is prepared.</i></p>

	<p>Safety</p> <p>James is handling the foods in this video with safety gloves to protect himself from getting burnt. He also wears the blue gloves to make sure he does not contaminate the food he is preparing by passing on germs from himself or his work area.</p>
	<p>More Info</p> <p><u>Food safety fact sheets</u></p> <p>Follow the link to learn more about food handling rules. How should a food handler wash their hands?</p> <p>http://www.health.nt.gov.au/Environmental_Health/Food_Safety/ (link)</p>
	<p>Safe Temperatures</p> <p><i>James also talks about checking the temperatures of food before he serves it. This is to make sure it's cooked properly.</i></p>
	<p>Safety</p> <p>Can you find the right temperature for cooked chicken?</p> <p>http://www.foodauthority.nsw.gov.au/consumers/keeping-food-safe/cooking-correctly</p>
	<p>More Info</p> <p>James sets the oven to cook the food at 180 degrees for 30 minutes. Chicken isn't properly cooked until the inside temperature of the meat is 74 degrees. Campylobacter and Salmonella bacteria can live in uncooked chicken. Cooking will kill the bacteria. Food that is not cooked can cause illness.</p>
	<p>Discuss + Thinking</p> <p>Can you find out how to test and record the temperatures of different food and how to use a thermometer?</p> <p>http://www.health.nt.gov.au (link)</p>

	<p>Activity</p> <p>Drag and drop the potentially hazardous foods that may need temperature checking. Use the Thermometer Use Fact Sheet to help you.</p>
	<p>Activity</p> <p>If you were serving chicken stir fry with sticky rice, type in what temperature should they both be? Look it up on the Temperature Log Check Fact Sheet.</p>
	<p>Choices</p> <p><i>James talked about the options he offers to customers. He cooks a range of food to provide people with a variety of choices. The take away always includes healthy choices with their meal.</i></p>
	<p>Job Tip</p> <p>Customer Service:</p> <p>Making sure the customer is happy is an important part of running a business. If James only cooked fish and rice, some people might not come to the take away. This is why a variety of options is not only healthy, but also good business.</p>
	<p>More Info</p> <p>Here's a look at some healthy food guidelines for healthy options. Which dish did you see James prepare that would fit with these ideas?</p> <p>THE AUSTRALIAN GUIDE TO HEALTHY EATING –PDF (link) THE ABORIGINAL AND TORRES STRAIT ISLANDER GUIDE TO HEALTHY EATING – PDF (link)</p>
	<p>Food Options</p> <p><i>Now let's have a look at how much food James makes and what kind of foods he needs to offer the customers. Listen for the items he says he runs out of, and how much the amounts change on busy days.</i></p>



02:32 Minutes: James – Food Options

Healthy food helps make people healthy. So we cook, and people come and make choice which food they eat. So people choose healthy food or junk food. Its healthy food. This ready at 10 o'clock. Just cook and we take out at eleven. We must have this for takeaways; eggs and bacon, spaghetti, vegetables and bacon, boiling egg, corn. This is option. Fruit salad, ham, roast beef, rolls, chicken. There is salad. It's ready, because this on the warm, and this one's almost ready, we're just waiting for the vegetables. (checking pots and continuing to work).

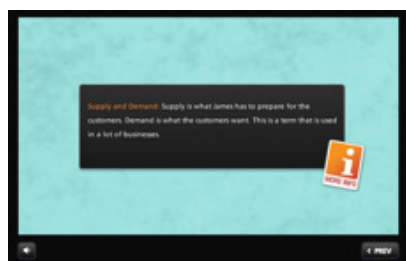
Interviewer – So James, how do you know how much rice you have to cook every day?

James – I cook two cups of rice, I put ten cup of water. That's enough for the lunch. Sometimes we cook another rice. Busy days from Wednesday, Thursday, Friday. I cook rice, maybe two or three.. because run out too quick because busy, also chicken, they run out quick, so we cook more more, on slow days we cook only one rice.



Supply and Demand

James also has to prepare enough food so that he doesn't run out. He talks about busy days and quiet days, and how he will prepare different quantities based on how busy he will be each day. James and his team will plan what quantities to prepare so that they can meet their customer needs. They will consider what they have sold in past weeks or days to plan ahead. This also avoids wasting food.



More Info

Supply and Demand: Supply is what James has to prepare for the customers. Demand is what the customers want. This is a term that is used in a lot of businesses.

	<p>Job Tip James and his managers would talk a lot about how much food they sell on a daily basis, and adjust their preparation amounts according to what people want.</p>
	<p>Activity James cooks two cups of rice in ten cups of water on quiet days. He multiplies this by three on busy days. Type in the amounts for rice and water for a busy day.</p>
	<p>Extension The rice he made on a busy day made 60 servings, select how many servings he would make on a quiet day that has only a third the number of customers.?</p>
	<p>Activity It takes James:</p> <ul style="list-style-type: none"> One hour to prepare the healthy options on the stove. 30 minutes to cook each tray of pies and chicken. <p>There are a total of 2 trays of pie and four trays of chicken he needs to cook. His oven only holds two trays at a time.</p> <p>How much time does he need to cook everything before he opens the take away?</p>
	<p>Activity If James cooks 20 kilos of chicken on a quiet day, but has to make three times that amount on Wednesdays, Thursdays and Fridays, how much chicken should he order from the butcher for Monday to Friday?</p>

	<p>Extension</p> <p>If it takes James one hour to cook chicken on a quiet day, enter how long will it take him to cook the chicken for a Friday?</p>
	<p>Thinking + Discuss</p> <p>Reflection</p> <p>Would you be good at preparing enough food for customers' demands? Would you be careful about following food safety and handling rules? How would you feel about preparing food for people in your community?</p>
	<p>Key Points</p> <p>This activity focused on:</p> <ul style="list-style-type: none"> Following food safety cooking and preparation rules Preparing a variety of options in the right quantities <p><i>Well done! You've looked up food safety and handling rules and thought about how to offer enough of different foods to the customers.</i></p>
	<p>Activity complete</p> <p>Well done!</p>