

Name: _____

Date: _____

**LCA Hotel, Catering and Tourism
Catering for Diversity**

For this Module of Hotel Catering and Tourism each student must complete ALL of the FOUR Key Assignments:

(1) I participated in preparing, cooking and serving menu ideas for an ethnic meal according to the given guidelines.

(2) I participated in preparing, cooking and serving menu ideas for special diets according to the given guidelines.

(3) I have researched the local restaurants to find out: how many offer vegetarian options- the type and range of dishes offered and the method of presentation and I presented my findings

OR

attitudes towards people with special dietary needs using their facilities and services and I presented my findings.

(4) I hosted a simple 3 course catering event with an ethnic theme for a group of 4 or more people.

Evidence of Completion of Key Assignments

When you have completed all of the Key Assignments in this module Tick (✓) all of the above boxes and sign this sheet.

I _____(Students Name) confirm that I have completed all of the above listed Key Assignments for Module 4 of HCT.

Signature

Date

Key Assignment 1

"I participated in preparing, cooking and serving menu ideas for an ethnic meal according to the given guidelines."

1. What is an ethnic meal?

2. Name an ethnic dish from the following countries:

(a) China: _____

(b) India: _____

(c) Italy: _____

(d) France: _____

(e) Japan: _____

3. With your group decide on what ethnic dish you will prepare for the group.

4. Write down what you will do as part of the group to help prepare, cook and serve the dish.

5. Explain how the dish should be served

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Key Assignment 2

“I participated in preparing, cooking and serving menu ideas for special diets according to given guidelines”

1. Write down the names of the dishes you have prepared, cooked and served for the following special diets:

(a) Obesity - _____

(b) Vegetarian - _____

(c) Coeliac - _____

2. Write down **three** important points to remember when planning a meal for an **Obese** person:

(i) _____

(ii) _____

(iii) _____

3. Write down **three** important points to remember when planning a meal for an **Vegetarian** person:

(i) _____

(ii) _____

(iii) _____

4. Write down **three** important points to remember when planning a meal for an **Vegetarian** person:

(i) _____

(ii) _____

(iii) _____

6. Evaluate **one** of the dishes that you have cooked:

Name of dish: _____

Colour: _____

Taste: _____

Texture: _____

Nutritional
Value: _____

Any changes I would make:

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Key Assignment 3

“I have researched the local restaurants to find out – how many menus offer vegetarian options-the type and range of dishes offered and the method of presentation and I presented my findings”

1. Name the local restaurants that you researched

2. Write down the names of the restaurants that offer vegetarian options

3. Write down the names of **three** vegetarian dishes that you found on the menus

4. Write down what you thought about the range of dishes you found in the restaurants.

2. Write down the list of jobs that need to be done in order to complete this key assignment.

3. Write down what you will do for this key assignment
