

# Stepping Forward: Cookery

Welcome to  
Professional Cookery

**RISEHOLME**  
*College*





# World Food

There are a variety of food cultures such as Indian, Chinese, Italian, Mexican and so on. In England these dishes have become so popular that now as consumers it is our Friday or Saturday night go to for tea.

# ACTIVITY ONE

This task is going to be focused on designing your own restaurant concept by creating a poster for your chosen world food.

You will talk us through your menu and explain why you have chosen your food group.

# STEP 1

Your task is to pick **one** of the following world foods for your project:

- Indian
- Chinese
- Mexican
- Italian
- Thai
- American
- Polish

WRITE YOUR ANSWER HERE:

# STEP 2

Design a colourful neat poster of what your restaurant will look like, including the name of your restaurant.

BRAINSTORM YOUR RESTAURANT NAMES HERE:

# STEP 3

List a three-course menu that your restaurant will serve (consider vegan/vegetarians and allergens).

WRITE YOUR MENU HERE:

# STEP 4

Describe the reasons why you chose the world food that your did and include anything you would like us to know.

WRITE YOUR ANSWER HERE:

# STEP 5

Once complete, email your work to Damian Taylor on [damian.taylor@riseholme.ac.uk](mailto:damian.taylor@riseholme.ac.uk)

**End of activity one.**



# Create your own fruit sorbet!

Sorbets are a delicious alternative to ice cream as they are often low fat and can be made low sugar. Sorbets are used as palate cleansers in restaurants and can also be ideal for diabetics if made with sweeteners.



# ACTIVITY TWO

This task involves you researching a fruit sorbet recipe from the internet and making it at home. You will consider the calories and try to ensure it is as low calorie as possible, and will take a professional looking photograph to demonstrate your achievements.

# STEP 1

Research a sorbet recipe  
(remember it needs to be just a  
fruit sorbet).

INSERT YOUR CHOSEN RECIPE HERE:

# STEP 2

Prepare and make your sorbet.

# STEP 3

Present your sorbet in a dish and take a photograph (this will test your presentation and photography skills).

UPLOAD YOUR IMAGE HERE:

# STEP 4

- Calculate how many calories your sorbet has
- Describe the reasons why you chose your recipe and did it turn out the way you expected?
- Lastly, did it taste nice?!

WRITE YOUR ANSWERS HERE:

# STEP 5

Once complete, email your work to Damian Taylor on [damian.taylor@riseholme.ac.uk](mailto:damian.taylor@riseholme.ac.uk)

**End of activity two.**