#### Flash on English for COOKING, CATERING & RECEPTION – Answer Key and Transcripts

#### Unit 1, pp. 4-7

**1** 1T 2F 3F

#### 3

A buffet car C fast food outlet D service station E waiter service F self-service

#### 4

1 welfare catering	7 cafés
2 transport catering	8 fast food outlets
3 hotels	9 schools
4 restaurants	10 prisons
5 pubs	11 eat-in
6 bars	12 waiter service

#### 5

2 reception 3 bar 4 café 5 beverages 6 takeaway 7 profit 8 subsidised 9 provision

# 6 01

#### **Conversation 1**

0011101000	
Waiter	Are you ready to order, Sir?
Customer	Yes, I'll have prawn cocktail as
	a starter, please.
Waiter	And for your main course?
Customer	I'd like the lamb, please.
Waiter	Certainly Sir.

### **Conversation 2**

Server	Next!
Customer	Two cheeseburgers, please.
Server	Do you want fries with those?
Customer	Yes please.
Server	Any drinks?
Customer	Two cokes please.
Server	That's four pounds fifty.

#### **Conversation 3** Colleague 1 Hi John. Did you have a good weekend? Colleague 2 Great, thanks! It's really hard going back to work on Monday! Colleague 1 I agree! I'm taking my lunch break now... Colleague 2 Me too. I wonder what they have on the menu today. I fancy a nice salad. **Colleague 1** I'm really hungry, I think I'll have a cooked meal. Colleague 2 If you're lucky they'll have some pasta. They had some really tasty lasagna last week. **Conversation 4** Cabin staff Would you like a complimentary in flight drink, Sir? Passenger Can I have an orange juice, please?

Cabin staffDo you want ice with that?PassengerYes, please.

Cabin staff Here you are Sir.

	Venue	Relationship
Conversation 1	restaurant	customer and waiter
Conversation 2	fast food outlet	customer and waiter
Conversation 3	workplace canteen	colleagues
Conversation 4	on an aeroplane	cabin staff and passenger

# 7 🖓 2

1 1 1 2	
Waiter	Are you (1) <i>ready to order</i> ?
Customer	Yes. (2) Can you tell me what
	today's specials are, please?
Waiter	(3) We have two options, a
	vegetarian pasta bake and a
	warm bacon and tomato salad.
Customer	Mmm! (4) I'll have the warm
	bacon and tomato salad, please.
Waiter	(5) Would you like some bread
	with that?
Customer	(6) Could I have some garlic
	bread, please?

Waiter	(7) Yes, of course! What would
	you like to drink with your
	meal?
Customer	(8) <b>Just</b> water, please.
Waiter	(9) Still or sparkling?
Customer	(10) I'd like sparkling water,
	please.

Personal answers

# 9

- 2 Recommendations from important food critics and organisations.
- 3 Table d'hôte has a fixed price menu and a limit of choices and items are ready at the same time. À la carte is made to order and items are individually priced.
- 4 Steak, seafood or vegetarian food.
- 5 Italian, Indian and Chinese.
- 6 Because they have unified menus, service, ambiance and cost.
- 7 They prepare food which is served and eaten quickly.
- 8 During the day.
- 9 Pub food is usually home-made and tradition and bar food tends to be European-style.

#### 10

Personal answers

#### 11

Personal answer

#### Unit 2, pp. 8-11

#### 1

1 chef de cuisine
 2 sous chef
 3 chef de partie
 4 commis chef

# 2

The food and beverage manager

# 3

1 C 2 D 3 B 4 A

#### 4

#### Commis chef

- takes care of **meal** preparation
- organises basic ingredients
- carries out **simple** activities
- checks quality and quantity of food
- checks correct functioning of equipment

#### Chef de partie

- checks **maintenance** and **hygiene** of equipment and premises
- assigns tasks, coordinates subordinates
- manages **orders** and **deliveries** from suppliers
- promotes new dishes and techniques
- promotes new equipment

#### Sous chef

- **supports** the chef de cuisine and substitutes him/her when **absent**
- preserves and stores goods
- checks communication between the

different kitchen sectors

#### Chef de cuisine

- manages the kitchen
- gives **directions** on **dish** preparation
- takes **decisions** about **portions** and service to the **public**
- does the most difficult processes
- checks **materials**, preparation **times** and methods
- plans staff tasks and hours
- is responsible for **apprentices**, planning **menus** and buying **raw** materials
- supervises **communication** of orders and **deliveries** to the **kitchen** and restaurant
  - invertes to the kitchen and restau

### 5

Personal answer

#### 6

2T 3T 4F 5F 6T 7F 8T 9T 10F

#### 7 🖓 3

Conversation 1 Hostess Good evening (1) *Madam*. Good evening Sir. Man and woman Good evening. Hostess Have you (2) booked a table?

Man Ye	es, we booked a table (3) <b>for two</b> .	
Hostess (4)	What's your name, Sir?	
Man Mi	•	
Hostess (5)	tess (5) Would you like to have a drink	
at	the bar and (6) I'll call you when	
yo	ur table is ready?	
•	man Thank you.	
Conversatio	n 2	
Bartender	Good evening. Would you like	
	to order (7) some drinks?	
Woman	Yes, please. I'll have (8) a glass	
	of dry white wine, please.	
Man	And (9) <b>I'll have</b> a pint of lager,	
	please.	
Bartender	Please (10) <b>take a seat</b> and I'll	
	bring your drinks over.	
Man and wo		
Man and woman Thank you. Bartender (11) You're welcome.		
Durtenaer		
Conversatio	n 3	
Woman	What would you (12)	
	recommend?	
Wine waiter		
white waiter	(13) <b>the fish</b> I recommend a	
	white wine like Sauvignon	
	Blanc.	
Man	No, I think we're both having	
1 <b>11411</b>	(14) meat dishes.	
Wine waiter		
white waiter	very good Merlot or a Shiraz.	
Woman	(16) We'd prefer the Merlot,	
vv oman	please.	
	picase.	
Conversatio	n 4	
HUSLESS (	17) Your table is ready. Would	

Hostess	(17) Your table is ready. Would	
	you like to follow me?	
Man and	woman Thank you.	
Uastass	(19) Hore are the manua. The	

(18) **Here are the menus**. The Hostess waiter will be here (19) to take your orders as soon as you are ready.

#### 8

Personal answers

# Unit 3, pp. 12-15

1 2 T 3 T 4 F 3

B triangle C double-breasted jacket D bandana E apron F trousers G shoes

# 4

2i 3f 4c 5a 6j 7h 8e 9g 10 d

# 5

2 clean 3 Cover 4 hair 5 triangle 6 neck 7 jacket 8 emergency 9 apron 10 waist 11 top 12 ankles 13 pick up 14 move 15 Wear 16 materials 17 Don't 18 trousers 19 burns 20 accidents 21 shoes

# $6 \Omega 4$

0 1 / 4	
Head chef	Where's your toque?
Commis chef	I haven't got one chef, but
	I've got a bandana.
Head chef	OK. Wear it then! That jacket
	should be double-breasted.
Commis chef	I know, chef. Sorry, chef!
Head chef	What are the buttons made
	of?
Commis chef	They're plastic, chef.
Head chef	Hmm! Have you got a
	triangle?
Commis chef	No chef, but I've got a long
	apron.
Head chef	Good! Tie it carefully around
	your waist and fold the top
	over.

Commis chef	Like this chef?
Head chef	That's right, but you need to
	tie your torchon to your
	apron.
Commis chef	Yes, chef!
Head chef	Let me look at your trousers
	Good, they're non-flammable
	and there's no hem.
Commis chef	No, chef!
Head chef	But you need to buy new
	shoes. Those have anti-slip
	soles, but they don't have a
	protective steel cap.
Commis chef	No, chef! Sorry, chef! I'll buy
	some new ones tomorrow.
Head chef	One more thing Put your
	clothes away in a locker. You
	can't leave them out like that.
	There may be germs on them.
Commis chef	Right away chef!
Head chef	At least your uniform is
	clean, which is something!
	clean, which is something.
$\left[\sqrt{1}\right]$ bandana $\left[\frac{1}{2}\right]$	X] jacket $[]$ buttons
[X] triangle [ <sup>1</sup>	
[] trousers [2]	

1 double-breasted 2 buttons 3 waist 4 non-flammable 5 hem 6 anti-slip soles 7 protective steel 8 germs

# 8

2F 3C 4A 5B 6E

#### 9

1 B 2 A 3 A 4 D 5 B 6 B 7 B 8 C 9 C 10 C

#### 11

Personal answer

#### Unit 4, pp. 16-19

**1** 2f 3d 4a 5e 6b

#### 3

- 1 The location, the type of customer, the number of covers, the menu, the service and the number of staff.
- 2 Efficiency.
- 3 Contamination.
- 4 Between the storage areas and the restaurant.
- 5 To avoid wasting space and to ensure the regular supply of raw materials.
- 6 Near the cold storage rooms.
- 7 In the storeroom.
- 8 In the dishwashing area.

#### 4

1 b 2 d 3 e 4 c 5 a

### 5 7 5

5175	
Manager	What ideas (1) <i>have you got</i> for
	the kitchen design, chef?
Head chef	Well, the new menu isn't too big
	or complicated, so (2) I suggest
	a simple linear design.
Manager	Where (3) <b>do you think</b> the
U	storage areas should be?
Head chef	The cold storage (4) <b>can go</b> next
	to the storeroom at the back of
	the kitchen with external access
	for deliveries and internal access
	to the cold preparation section.
Manager	OK, but (5) <b>they need to be</b>
	quite small, because there isn't a
	lot of space back there.
Head chef	That's fine. (6) I don't like to
ficau chei	have too many goods in storage.
Manager	(7) What about the main
manager	kitchen and the dishwashing
	area?
Head chef	Well, the main kitchen
ficau chei	(8) <b>should be</b> directly in front of
	the cold preparation area, which
	should be behind the service
	area so we get hot dishes out quickly to the serving staff.
	(9) <b>Do you agree?</b>
Managan	
Manager Head chef	Yes, (10) <b>I do</b> !
Head cher	And the dishwashing area
	(11) <b>could be</b> either to the left or
	the right side of the main kitchen
	so that dirty dishes can come
	back into the kitchen without

	getting in the way of the
	preparation area.
Manager	Yes, that (12) <b>all sounds good</b>
	to me!

Personal answers

# 7

- B 5 mincer
- C 3 food blender
- D 2 weighing scales
- E 4 food mixer

# 8 1 6

- A is a meat slicer, to cut cold and cooked meat.
- B is a mincer, to chop meat finely to make sausages, stuffing or sauces.
- C is a food blender, to mix, blend and purée ingredients.
- D are weighing scales, to measure quantities.
- E is a food mixer, to beat, whip and mix ingredients together in a bowl.

# 9

- 2 good: safer from fire risk; easier to operate than a gas oven
  - bad: expensive
- 3 good: cooking is faster and easier as well as more energy-efficient
- 4 good: can cook and drain the food; can run on gas or electricity; food is crispy bad: food can be fatty
- 5 good: can run on gas or electricity; cooking quality is excellent

bad: only one or two dishes can cook at a time

- 6 good: heats quickly and evenly so many dishes can cook simultaneously
- 7 good: good for reheating or defrosting food or quickly cooking products with a high water content

bad: some worries about the health risks

# 10 🖓 7

A casserole dish is cylinder-shaped with one or two (1) *handles* and a lid. It is wide and low and can be (2) **made** of aluminium, cast iron, iron, earthenware or stainless steel. It is used to and boil (3) **rice**, pasta, pulses and prepare soups, sauces, stocks and creams. A frying pan is (4) round or oval-shaped with a rounded edge. It has one long handle and has (5) low sides. It can be made of aluminium, steel or cast iron. It is used for frying, sautéing or roasting. A stockpot is a wide and high, cylinder-shaped pan with one or two (6) handles and a lid. It is usually made of aluminium or stainless steel and is used for boiling (7) water for pasta or making stocks. A sauteuse is a low casserole (8) **dish**, generally made of stainless steel with one handle and outward curving edges, used to sauté and prepare (9) sauces. A braising pan has high sides and is long and (10) wide, usually rectangular in shape. It is made of stainless steel, has a lid and is used to braise or stew big (11) **pieces** of meat. A fish kettle has (12) high sides and is a long oval or rectangular shape, usually made of aluminium. It has a lid and a pierced, double (13) **bottom** you can lift up to drain a fish after boiling or steaming it. A roasting pan is a wide, but low (14) rectangle usually made of aluminium, steel or heat-resistant earthenware. It has two handles and is used to roast meat, etc. in the (15) oven.

#### 1 A 2 E 3 D 4 B 5 G 6 C 7 F

Unit 5, pp. 20-23

#### 1

- A bread, other cereals and potatoes
- B meat, fish, eggs, etc.
- C foods and drinks high in fat and/or sugar
- D milk and dairy foods
- E fruit and vegetables

#### 3

Calcium	Carbohydrates	Fats & Sugars	Protein	Vitamins & Minerals
<i>milk,</i> cheese, yoghurt	potatoes, bread, rice, pasta, grains	<i>cakes,</i> biscuits, butter, oil, chocolate, cream, crème fraîche, soft drinks	beef, lamb, fish, eggs, beans, chicken, turkey, sausages, burgers, lentils, peas	apple, kiwi, strawberries, melon, spinach, green beans, carrots, peas, sweetcorn, tomato

- 2 calories 3 energy 4 bones
- 5 Saturated
- 6 Red meats
- 7 Pulses
- 8 Unsaturated
- 9 obesity

# 5

Personal answers

# 6

Personal answers

# 7

B 3 grilling C 9 poaching D 7 roasting E 6 baking F 5 steaming G 2 boiling H 10 sautéing I 8 barbecuing J 4 microwaving

# 8 (7) 8

The preparation time for Fish Pie is 45 minutes.

The cooking time is 30 minutes. The ingredients are: 400 g of skinless white fish; 400 g of skinless smoked fish; 600 ml of full-fat milk; 1 small onion, (1) *cut* into four; herbs; 4 eggs; (2) **chopped** parsley; 100 g of butter; 50 g of plain flour; 1 kg of potatoes, peeled and evenly (3) **sliced**; 50 g of (4) **grated** cheese.

# The preparation method is:

(5) **Poach** the fish in 500 ml of milk, together with the onion and the herbs for 8 minutes. When ready, remove the fish, (6) **drain** the milk, allowing it to cool and flake the fish into large pieces in the baking dish. (7) **Boil** the eggs in water for 8 minutes. When ready, drain the eggs and let them cool in cold water. Then peel, slice and put them on top of the fish. (8) **Add** the chopped parsley. To make the sauce, melt half the butter in a pan, (9) **stir** in the flour and cook for 1 minute over moderate heat. Remove the pan from the heat, (10) **pour** in a little of the cold poaching milk, then stir until blended. Continue to add the milk gradually, mixing well until you have a smooth sauce. Return it to the heat, bring to the boil and cook for 5 minutes, stirring continuously. Remove from the heat, (11) **season** with salt, pepper and then pour over the fish. (12) **Heat** the oven to 200°C/fan 180°C/gas mark 6. Boil the potatoes for 20 minutes. Drain, season and mash them with the remaining butter and milk. Put them on top of the pie, arranging them with a fork. Add the cheese and then (13) **bake** for 30 minutes.

# 9 🖓 9

Wash four large flat mushrooms, cut off the stems and chop them finely. Blend together the mushroom stems, bread, herbs, garlic, salt and pepper. Brush the top of the mushroom with olive oil and butter and grill for 4 minutes. Remove from the grill, stuff with the blended mixture and grated cheese. Return to the grill and cook for an additional 4 minutes. Serve on a bed of fresh rocket with a vinaigrette dressing.

#### a2 b3 c4 d5 e6 f1

# 10

bread, herbs, garlic, salt and pepper, olive oil, butter, grated cheese, rocket, vinaigrette dressing

# 11

2 salt 3 lemon 4 crumble 5 caster sugar

#### 12

Personal answer

# 13

Personal answers

#### Unit 6, pp. 24-27

#### 1

2T 3F 4T 5F 6T 7F 8T

- 1 d The job of a menu
- 2 c The importance of doing your research
- 3 a Checking the menu is accessible to customer
- 4 b Helping customers order

# 4

- A starters B main courses
- C side orders
- D desserts
- E beverages

# 5 🖓 10

5 10	
Waiter	Good evening. Would you like
	anything to drink?
Man	I'd like some sparkling mineral
	water, please.
Woman	I'll have a glass of house red wine,
	please.
Waiter	Are you ready to order food?
Man	Yes, I think we are, thank you.
Waiter	Would you like any starters?
Woman	I'd like the prawn cocktail, please.
Man	and I'll have the pâté de foie gras
	with crunchy bread.
Waiter	and for your main course?
Woman	I'll have the barbecue pork, done
	medium rare, please.
Man	I'll have the same please, but well-
	done.
Waiter	Do you want any side orders apart
	from the salad that comes with the
	pork?
Woman	Maybe French fries to share,
	please.

The order is: 8, 2, 11, 5, 9, 4, 12, 1, 6, 3, 7, 10, 13

# 6

Personal answers

7

1 A 2 B

# 8

1 A, B 2 A 3 A, B 4 B 5 A 6 A

# 9

2 dips3 French fries4 flame grilled5 vegetarian option6 savoury

# 10

Personal answers

# 11

Personal answer

# 12

Personal answers

Unit 7, pp. 28-31

# 1

Personal answers

# 2

flaky pastry and 'rough puff'
 puff pastry
 choux pastry
 pâte sucrée
 shortcrust pastry
 filo pastry

# **3** 🖓 11

There is an old cooks' saying that people with cold hands are good at making pastry. It is true that shortcrust, puff pastry and similar pastry need to be kept cool for best results. So you must chill the ingredients and the utensils before making the pastry, and work on a cool surface – marble is ideal. The tradition is that you make pastry first thing in the morning, before the kitchen gets hot in the heat of the sun or the ovens. Similarly, you need to mix pastry quickly. This helps keep it cool but also minimises development of the flour's gluten content, otherwise the pastry may become too elastic, difficult to roll, inclined to shrink, and tough in texture. Too much handling can also make the fat soft and the pastry greasy. When making shortcrust, a food processor can be an advantage as it minimises handling. However it is important not to let the machine overwork the pastry. Take it out as soon as it forms a lump. Once

the dough is formed, chilling it for 30 minutes or so helps relax the gluten and set the fat, making the dough manageable and less likely to shrink. Chilling the dough between each stage of making puff pastry is vital. You can keep raw shortcrust, puff and flaky pastries in cling film in the fridge for two or three days before rolling and baking. You can also freeze them for up to three months. It's very easy to make simple vegan sweet shortcrust pastry by substituting the butter with soya margarine.

1T 2F 3F 4T 5T 6F 7T 8F

#### 4

Personal answers

#### 5

1 b 2 c 3 a

#### 6

1 C 2 A 3 B 4 A 5 B 6 C

# 7 🖓 12

#### Recipe 1

To make bread and butter pudding, mix eggs, sugar, milk and vanilla in a large bowl. Slice white bread, toast and butter it and arrange in overlapping slices in the bottom of an ovenproof dish. Scatter the raisins soaked in Marsala wine over the top and then pour in the egg mixture. Bake for 30 minutes in the preheated oven and serve warm with cream or custard.

#### Recipe 2

For prawns with garlic butter you will need to heat a large pan with olive oil and butter. Add prawns and garlic and stir well until the prawns are pink. Season with salt and freshly ground black pepper and scatter the chopped parsley over. Serve at once.

#### **Recipe 3**

For a herb marinade, combine olive oil, wine vinegar, lemon juice, garlic and chopped parsley, basil, thyme and sage. Season with ground pepper and cover the meat, fish or vegetables. Leave in a cool place and add salt just before starting cooking.

#### **Recipe 4**

To make poached fillet of beef on red peppers, place a wooden skewer through the string of the beef and suspend over a casserole dish with 850 ml stock in, so that the beef doesn't touch the dish. Cover with foil and cook for about 25 minutes, depending on your taste, in a moderate oven. Melt the butter and sauté the shallots, celery and crushed garlic in the melted butter until the shallot is soft. Add the pepper and the rest of the stock. Simmer for 10-15 minutes until soft and then season. Whizz in a food processor. Cut the beef in half and serve on a bed of red pepper sauce.

- 1 bread and butter pudding: butter
- 2 prawns with garlic butter: butter & olive oil
- 3 herb marinade: olive oil
- 4 poached fillet of beef: butter

#### 8

Personal answer

#### 9

Personal answer

#### Unit 8, pp. 32-37

#### 1

- 1 self-regulatory
- 2 food processing
- 3 strict health and safety conditions
- 4 foreign bodies
- 5 cleaning fluids
- 6 predetermined checks

#### 2

- 1 food safety hazards
- 2 1st January 2006
- 3 preparation, serving
- 4 public well-being
- 5 biological, physical, chemical
- 6 Critical control points
- 7 cooking time
- 8 CAM, computer-aided manufacturing

#### 3

1 B 2 I 3 C 4 E 5 L 6 G 7 K 8 F 9 H 10 D 11 J 12 A Flash on English for COOKING, CATERING & RECEPTION Answer Key and Transcripts

л	
-	

Biological hazard	Physical hazard	Chemical hazard
<i>a dog eating,</i>	<i>knife on the table,</i>	<i>rat poison,</i>
somebody	glass on the floor,	insecticide left
sneezing, dripping	an earring in	out, bleach in a
blood, mould on	food, a flame up	bucket, food left
bread	too high	in a tin

5

- 1T 2T 3F 4T 5F 6T 8F
- 3 There are seven principles in an HACCP plan.
- 5 The third principle sets critical limits for each CCP. The identification of CCPs is the second principle.
- 7 The HACCP helps to resolve problems in food safety.

# 6 🖓 13

When the temperature is too low, the corrective measure is warming. If the temperature of a food product is too high, then the solution is cooling. With incomplete cooking the product must undergo further cooking. If there is a fridge blockage, then the food needs to be moved to a different fridge. In the case of traces of rats or other vermin, immediate intensification of the disinfesting is required. In the case of product defects, they must be returned as soon as possible; whereas, if they've expired, the answer is elimination. If there are traces of grease, you should undertake further cleaning before use. And for incorrect procedures, the operator involved needs to be reprimanded immediately.

2a 3d 4h 5e 6g 7b 8c 9i

# 7 🗘 14

If you look at this restaurant flowchart, it starts with the delivery of goods. Then it moves to the storage of food in the appropriate place (freezer, fridge or dry storage). Each of these processes leads to preparation and then cooking; which in turn can lead to cooling, serving and preserving. Cooling and preserving also lead to serving. 3 freezing 4 refrigerating 5 dry storage 6 preparation 7 cooking 8 cooling 9 serving 10 preserving

#### 8

7 F

Personal answers

0

1 c 2 a 3 b

#### 10

1 On their weight and shape.

- 2 To keep weight as low as possible, by starving themselves or exercising too much.
- 3 To control weight by binge eating and deliberately being sick or using laxatives.
- 4 Sexual or emotional abuse or the death of someone special.

# 11 1 15

Spotting a friend or a family member who has an eating disorder can be very difficult, but there are some warning signs to look out for. These include: missing meals; complaining of being fat, even though they have a normal weight or are underweight; repeatedly weighing themselves and looking at themselves in the mirror; making repeated claims that they have already eaten, or they will shortly be going out to eat somewhere else; cooking big or complicated meals for other people, but eating little or none of the food themselves; only eating certain lowcalorie foods in your presence, like lettuce or celery; feeling embarrassed or refusing to eat in public places, like restaurants or visiting pro-anorexia websites. If you are concerned about a friend or family member, it can be difficult to know what to do. It is common for someone with an eating disorder to be secretive and defensive about their eating and their weight, and they are likely to deny being unwell. Read more information about approaching and supporting someone with an eating disorder. You can also talk in confidence to an adviser from eating disorders

charity by calling their helpline. More women than men are affected by eating disorders. Around 1 in 250 women and 1 in 2,000 men will experience anorexia nervosa at some point. The condition usually develops around the age of 16 or 17. Bulimia is around five times more common than anorexia nervosa and 90% of people with bulimia are female. It usually develops around the age of 18 or 19. Binge eating usually affects males and females equally and usually appears later in life, between the ages of 30 and 40. Due to the difficulty of precisely defining binge eating, it is not clear how widespread the condition is. If eating disorders are not treated, they can have a negative impact on someone's job or schoolwork, and can disrupt relationships with family members and friends. The physical effects of an eating disorder can sometimes be fatal. Treatment for eating disorders is available, although recovering from an eating disorder can take a long time. It is important for the person affected to want to get better, and the support of family and friends is invaluable. Treatment usually involves monitoring a person's physical health while helping them to deal with the underlying psychological causes.

#### 1 B 2 C 3 C 4 B 5 A

#### 12

Personal answers

#### 13

Personal answers

# 14

- 1 Too much saturated fat, sugar and salt, but not enough starchy carbohydrates and fibre.
- 2 Citrus fruits, green leafy vegetables, eggs or raw tomatoes.
- 3 Vitamin A, magnesium, zinc, potassium, iron and calcium.
- 4 Energy for growth.
- 5 Bread, rice, pasta, cereals, couscous and potatoes.
- 6 Two to three portions of dairy products, from milk, yoghurt, fromage frais and pasteurised cheeses.
- 7 Six to eight glasses of fluid a day.

8 It is important for overall fitness and cardiovascular health, as well as bone development.

#### Unit 9, pp. 38-41

# 1

Personal answer

#### 3

Service technique	Advantages	Disadvantages
English or Silver	guest receives a lot of personal attention; fast and efficient	requires a lot of silverware and platters
Pre-plated or Italian	very fast, economical and efficient	guests can't decide their portion sizes
Family	efficient because orders limited, easier to take and food is fast to prepare and serve; cheaper because requires less staff and less ingredients	too informal and similar to eating at home
Gueridon	formal and elegant; guests love the show	takes a lot of time, skill and space; can require two servers
Russian	a lot of personal attention; only one server needed; fast and efficient	requires a lot of silverware and platters
Buffet	free to choose; more time to serve	service is less personal

#### 4

- 2 gueridon
- 3 flambéed
- 4 tray
- 5 silverware
- 6 laid
- 7 crockery
- 8 cutlery

# 5

Personal answer

# 6,7 16

- 1 *Put* an undercover on the table.
- 2 Lay the tablecloth on the undercover.
- 3 **Check** the tablecloth is clean and tidy and ironed.
- 4 **Fold** the napkins and place them on the left of the service plates.
- 5 **Set** the knives to the right and the forks to the left, with space for a plate in between.
- 6 **Order** the cutlery from the outside to the
- inside according to when it will be used.

- 7 **Position** the water glass to the right of the cover and the wine glass to the right of that.
- 8 **Place** salt and pepper mills, flowers and candles at the centre of the table.

# 8,9 17

Welcome the customer. Show the customer to a table. Take a menu to the customer. Take the customer's order. Take the order to the kitchen. Collect the food from the kitchen. Take the food to the customer. Clear the table. Bring the bill to the customer. Say goodbye to the customer.

The order is: a 8, b 6, c 10, d 2, e 3, f 4, g 9, h 7, i 5, j 1

#### 10

1 A 2 B 3 C 4 C 5 B 6 A 7 A 8 A 9 B 10 A

#### 12

Things to eat with	Things to eat from	Things to drink from	
c <i>utlery,</i> silver, forks, spoons, knives	<i>plate,</i> dish, bowl	<i>cup,</i> glass	

# 13 🖓 18

You should never keep a (1) customer waiting for the (2) **bill**, but either present it to them straight after the last (3) course is served, or as soon as customers finish (4) eating. You should always take the bill to the (5) table in a bill cover and place it to the (6) **right** of the host or at the (7) **centre** of the table if you don't know who the (8) host is. Always ask if customers need anything else. Never show you expect a (9) tip, nor look disappointed if you don't get one. Always thank the (10) diners for their custom. As they are leaving, offer to get their (11) coats. wish them a pleasant (12) evening and tell them you look forward to seeing them again. Try to change the way in which you say (13) goodbye to each customer to make it seem more (14) personal.

# 14 🖓 19

14 🗤 19	
Waiter	(1) Here's your bill, Sir.
Customer	Thank you.
Waiter	(2) Would you like anything
	else?
Customer	No, thank you.
Waiter	(3) How would you like to
	pay?
Customer	By card, please.
Waiter	(4) Certainly. Please check the
	amount and enter your pin
	number, please.
Customer	Here you are. [Giving the
	machine back to waiter]
Waiter	(5) This is your copy of the
	receipt and your card.
Customer	Thank you.
Waiter	(6) I'll get your coat. Here it is.
Customer	Thank you.
Waiter	(7) Goodbye now. I hope you
	have a pleasant evening and
	we see you again soon.
Customer	Goodbye.

# 15

Personal answers

#### Unit 10, pp. 42-45

#### 1

A rice and curry B sweet and sour pork C enchiladas D meze

#### 3

Personal answers

#### 4

#### **Factfile on Indian food** Typical meal: rice and curry meat, fish or vegetables cooked in a spicy sauce served with rice and bread. Spices/Sauces/Dips: chilli, cumin, turmeric, ginger, coriander and garlic; mango chutney, lime pickle and raita. Traditional cooking technique/pot: tandoori clay oven. Habits and customs: *often vegetarian; eat by hand.* Typical dishes: tandoori chicken.

Typical drinks: masala chai, lassi.

#### Flash on English for COOKING, CATERING & RECEPTION Answer Key and Transcripts

#### Factfile on Chinese food

Typical meal: several dishes of meat, fish, tofu with vegetables and served with rice or noodles. Spices/Sauces: *ginger, garlic, cloves and peppers; sov, oyster, vellow bean sauce.* 

Traditional cooking technique/pot: stir-frying in a wok.

Habits and customs: yin and yang; eat with chopsticks.

Typical dishes: sweet and sour pork.

Typical drinks: green tea.

#### Factfile on Mexican food

Typical meal: tortilla with meat, fish, vegetables, beans and cheese.

Spices/Sauces/Dips: chilli, garlic, oregano; salsa, sour cream, guacamole.

Traditional cooking technique/pot: *barbacoa*. Habits and customs: they love to eat together. Typical dishes: *enchilada*.

Typical drink: beer and fresh fruit juice.

#### Factfile on Greek food

Typical meal: *meze*, *dips*, *bread and a main course*.

Spices/Sauces/Dips: oregano, mint, garlic, onion, dill and bay leaves; taramosalata and tzatziki. Traditional cooking technique/pot: *skewered meat grilled on an open fire*.

Habits and customs: Mediterranean.

Typical dishes: meze, moussaka, souvlaki. Typical drinks: red wine.

# 5 7 20

Spices are very important in Moroccan food, particularly cinnamon, cumin, turmeric, ginger, paprika, mint and saffron. Moroccans like to add fruit and nuts to their savoury dishes for an exotic flavour. Lunch is the main meal of the day, which usually consists of hot or cold salads followed by a *tagine*, a stew of spiced meat or fish with vegetables slowly cooked in a *tagine*, a low earthenware cooking dish with a tall cone-shaped lid. This is often served with couscous, a kind of grain, and always with bread. Moroccans are usually Muslims, so don't drink alcohol, but prefer to accompany their meals with sweet mint tea. They also avoid eating pork and eat *halal* meat, prepared according to Islamic law. Another typical dish is *harira*, a soup made of meat, lentils and chickpeas.

#### 2 mint

- 3 hot or cold salads
- 4 couscous and bread
- 5 tagine
- 6 do not eat pork
- 7 mint tea
- 8 tagine
- 9 harira

#### 6

Personal answer

B 3

C 2

#### 7 A 1

# 8

#### Fruit Vegetables Meat/ Dairy Seasoning Sweet Fish products ingredients and condiments lime, potatoes, minced butter. maple soy sauce, lemon cabbage, beef. double chilli, syrup carrots, salmon cream, garlic, beetroot, milk, ginger, crème onion, coriander, peppers fraîche sesame oil, salt and black pepper. nutmeg, vegetable oil. tomato purée, dill

# 9

# b 2 c 1, 2 d 1 e 1, 3 f 1 g 3 h 3

# 10

Personal answers

#### Unit 11, pp. 46-49

#### 1

pub, coffee bar, cocktail bar

#### Flash on English for COOKING, CATERING & RECEPTION Answer Key and Transcripts

Types of bar	Alcohol	Food	Night	Day	Expensive	Atmosphere	Speciality	Other characteristics
pub	~	1	1	1	DS	informal	beer	pool rooms, jukeboxes special nights
cocktail	1	DS	1	1	1	sophisticated	cocktails	happy hour
coffee	×	1	×	1	x	friendly	coffee	small restaurant
snack	x	1	×	1	x	informal restaurant	snacks	
lounge	1	DS	1	1	1	luxurious	DS	public room in a hotel or restaurant
wine	1	1	1	1	1	sophisticated	wine	
nightclub	5	DS	1	×	X	exciting		dance, watch entertainment like live music

4

- 2 happy hour
- 3 refreshments
- 4 luxurious
- 5 nightclub
- 6 pool
- 7 jukebox
- 8 quiz
- 9 live

# 5 🖓 21

Conversat	ion 1
Common	11/1-

Server	What would you like?
Customer	Can I have three bottles of lager?
Server	Four bottles of lager?
Customer	No, I said three.
Server	Sorry. I couldn't hear you over
	the music! Do you want some
	glasses?
Customer	No, thanks.

#### **Conversation 2**

Server	Who's next please?
Customer	Can I have two coffees and two
	pieces of chocolate cake?
Server	What kind of coffees would you
	like?
Customer	One cappuccino and one
	americano.
Server	That's seven pounds fifty,
	please.

#### **Conversation 3**

CUIVEISatio	11 5
Server	Hi! What can I get you, ladies?
	All our cocktails are half price!
<b>Customer 1</b>	I'll have a Bellini, please.
<b>Customer 2</b>	and I'll have a Pina Colada.
Server	Coming right up!
Conversatio	n 4
Customer	What white wine would you
	recommend?
Server	We have a nice Italian Pinot
	Grigio and a good Australian

	Grigio and a good Australian
	Chardonnay.
Customer	I'll try the Pinot please.
Server	Certainly.

Conversation 2: coffee bar Conversation 3: cocktail bar Conversation 4: wine bar

# 6

2 Do you want some glasses
3 Who's next please
4 One cappuccino and one americano
5 What can I get you, ladies
6 Coming right up
7 would you recommend
8 I'll try

# 7

Personal answers

# 8

B highball glass

3

- C goblet
- D ice bucket
- E cocktail shaker
- F cocktail glass
- G champagne flute
- H old-fashioned glass
- I long bar spoon
- J paring knife

- 2 bottle opener
- 3 cork
- 4 gadget
- 5 stem
- 6 garnish

# 11 1 22

- A OK let's start with spirits. Gin?
- **B** We've got three bottles.
- A That's enough. What about vodka.
- **B** We've only got one bottle in stock.
- A OK. Let's order two bottles. Rum?
- **B** We've got two bottles of dark rum and no bottles of light rum.
- A So let's order just two of light rum.
- **B** We're OK for whisky and bourbon. We've got three bottles of each, and we don't need brandy. We've got two bottles in stock.
- A How about wine?
- **B** Well, we need five bottles of dry white, because we've only got two in stock. I don't think we need sweet white or sweet red. We've got two bottles of each and nobody drinks them. But we need four bottles of dry red, as we've only got four left, and rosé is fine. We've got three bottles.
- A Champagne is fine too. We had a delivery of six bottles yesterday
- **B** We need five cases of bottled beer. We've only got two in stock.
- A. Let's go on to liqueurs then.
- **B** Let me see. We've got a bottle of crème de cacao, crème de menthe, cointreau, amaretto and... no, the sambuca is finished, so we need one bottle.
- A We've almost finished. How is the hot drink situation?
- **B** Well, we've got five packets of coffee, three of tea, but only one of chocolate.

- A Let's order one of chocolate, then.
- **B** OK.
- A Great! Last thing... How about mixers and soft drinks? Fruit juices?
- **B** I think we're OK. We've got three cartons of orange, two of pineapple and one of tomato.
- A ...maybe just one carton of tomato juice then.
- B We don't need any lemonade, cola, soda or tonic water. We've got four cases of each, but we need three cases of mineral water. We haven't got any left.

Item	Quantity in stock	Number to order
Spirits		·
bottles of gin	3	0
bottles of vodka	1	2
bottles of dark rum	2	0
bottles of light rum	0	2
bottles of whisky	3	0
bottles of bourbon	3	0
bottles of brandy	2	0
Wine		
bottles of dry white	2	5
bottles of sweet white	2	0
bottles of dry red	3	4
bottles of sweet red	2	0
bottles of rosé	3	0
bottles of champagne	6	0
Beer		
cases of bottled beer	2	5
Liqueurs		
bottles of crème de cacao	1	0
bottles of crème de menthe	1	0
bottles of cointreau	1	0
bottles of amaretto	1	0
bottles of sambuca	0	1
Hot drinks	•	
packets of tea	3	0
packets of coffee	5	0
packets of hot chocolate	1	1
Soft drinks/Mixers		•
cartons of fruit juice:		
orange	3	0
pineapple	2	0
tomato	1	1
bottles of lemonade	4	0
bottles of cola	4	0
bottles of soda	4	0
bottles of tonic	4	0
bottles of mineral water	0	3

#### 12 Personal answer

#### Unit 12, pp. 50-53

1

 $2\sqrt{3}\sqrt{4}\sqrt{5}\sqrt{6}\sqrt{7}\sqrt{8}\sqrt{2}$ 

# 3

2 Providing
3 Taking, passing
4 Giving
5 Dealing
6 Carrying out
7 Keeping
8 Doubling up

# 4

Whitin 24 to 48 hours.
 2+39.
 3 a one small b one big c two small d three small
 4 a B&B b half board c full board
 5 En suite bathroom.

# 5

Personal answers

#### 6

Personal answer

# 7

2 E 3 C 4 A 5 B 6 D

8

 $1\sqrt{2}\sqrt{3}\sqrt{4}\sqrt{5}\sqrt{6}X$ 

# 9

1 Multiple small meeting rooms, multiple conference/meeting rooms, banquet facilities, computer rental, audio-visual equipment, secretarial services.

#### 2 Two.

- 3 In-room childcare, pets staying.
- 4 Surf the Internet, study, iron, sew, have a shower or have a bath, put your makeup on or shave, watch TV.

10 🖓 23	
Receptionist	Hello, reception. Can I help you?
Customer	Yes please. Could you tell me where the fitness facilities are located?
Receptionist	They're on the 3rd floor, Madam.
Customer	Thank you. Oh, and the swimming pool?
Receptionist	That's next door to the fitness facilities on the third floor. Is there anything else I can help you with?
Customer Receptionist	Yes, I'd like to eat something. Well, room service is available
	24/7, or you could have a sandwich in the coffee bar on the ground floor near reception or a bar snack in the terrace bar, which is on the 7th floor. Otherwise the two restaurants will be open in an hour. The buffet service restaurant is on the 1st floor and the à la carte restaurant is on the 3rd floor.
Customer	Thank you. That's very
Receptionist	helpful. If you just want to drink, you can go to the lounge bar behind the à la carte restaurant on the 3rd floor.
Customer	Thank you.

2 3rd floor3 ground floor4 7th floor5 1st floor6 3rd floor7 3rd floor

#### 11

Personal answers

#### 12 7 24

Customer	(1) Hi! I'd like to check out,
	please.
Receptionist	Just a moment and I'll get your
	bill. Here you are, Sir. Please
	check it.

Customer	Yes, that seems OK. (2) Can I pay by debit card?
Receptionist	Yes, of course.
Customer	(3) I'd like a receipt, please.
Receptionist	Certainly. Here it is. Is there
	anything else I can help you
	with?
Customer	(4) Could you book me a taxi
	to the station, please?
Receptionist	Your taxi is here, Sir. Have a
	pleasant trip.
Customer	(5) Thank you very much.
	Goodbye.
Receptionist	Goodbye Sir. We hope to see
	you here again soon.

#### Unit 13, pp. 54-57

# 1

1 D 2 B 3 E 4 A 5 C

# 3

- 2 Go to the kitchen and check how long the food will be and tell the customer.
- 3 Apologise to the customer and correct the order as soon as possible.
- 4 Carefully check all orders before they leave the kitchen.
- 5 Offer the customer additional food.
- 6 Check the bill immediately and correct it.

#### 4

Personal answers

# 5 7 25

Conversation 1		
Customer	Excuse me!	
Server	Yes, Sir?	
Customer	Can you take my order please?	
	I'm in a hurry.	
Server	No problem. I'll take your order	
	immediately.	
	•	

### **Conversation 2**

Server	Is everything OK with your meal Sir?
Customer	Not really. You brought me the wrong side order. I wanted a salad with my steak, but you brought me chips.

I'm terribly sorry, Sir. I'll change it for you.		
on 3		
Can I help you Sir?		
Do you have a table for two?		
Do you have a reservation, Sir?		
No, I'm afraid I didn't book.		
If you take a seat at the bar, I'll find you a table as soon as possible.		
Thank you very much.		
You're welcome.		
Conversation 4		
Is there a problem with the bill, Madam?		
You didn't give me the right change.		
I do apologise, Madam. I'll check the bill straight away.		
Thank you.		
Not at all.		
Conversation 5		
Excuse me, there's something in my drink!		
I'm very sorry. I'll get you a fresh one!		
Thank you.		
Don't mention it.		

2 a 3 b 4 e 5 c

# 6

Personal answers

# 7

2 Always 3 isn't 4 positive, better 5 immediately 6 away from 7 don't want 8 Ask 9 Listen 10 Stay

### 9

Personal answers

Personal answers

#### 11

Personal answer

#### Recipes, pp. 58-63

#### **Bubba Gump Shrimp Mac and Cheese** Recipe, p. 58

1

1 F 2T 3F 4T 5 F 6 T 7 F 8 F

- 1 It takes 15 minutes to prepare the dish.
- 3 You need macaroni pasta for this recipe.
- 5 There are shrimps in this recipe.
- 7 You can substitute the Monterev Jack cheese for another mild semi-hard cow's milk cheese.
- 8 You need a teaspoon of parsley in this recipe.

# 2

1 oven	6 whisk
2 cook	7 smooth
3 butter	8 Stir
4 heat	9 Тор
5 sauté	10 browned

#### Porridge: origins and recipe, p. 59

# 1

1 litre	5 Reduce
2 tablespoon	6 heat
3 pinch	7 sprinkle
4 whisk	8 add

2 1 T 2 F 3 F

3 Personal answer

# Mixed cooking technique recipes, p. 60

4 F

#### 1 1 c 2 d 3 b 4 a

#### 2

1 Sardinian Style Octopus Ingredients: oil, garlic, onions, octopus, lemon juice, bay leaves, thyme, peppercorns, wild fennel Techniques: frying, casseroling 2 Chicken Chasseur Ingredients: chicken legs, salt, pepper, oil, onions, mushrooms, tomato purée, white wine, chicken stock, tinned tomatoes, herbs Techniques: sautéing, pan-frying, braising **3 Honeyed Carrots** Ingredients: carrots, honey, butter, seasoning Techniques: boiling, grazing **4** Spiced Pears Ingredients: lemons, pears, sugar, vanilla, cinnamon sticks, ground cinnamon, almonds; cream to serve Techniques: blending, stewing

# 3

Personal answer

# 4

Personal answers

#### Vegetarian and macrobiotic recipes, p. 61

# 1

 $\sqrt{\text{bulgur wheat}}$  $\sqrt{\text{cheese}}$  $\sqrt{\text{curry paste}}$  $\sqrt{\text{kebab skewers}}$ √ lard  $\sqrt{\text{olive oil}}$  $\sqrt{\text{mayonnaise}}$  $\sqrt{\text{mushrooms}}$ √ tofu

# 2

bulgur wheat, curry paste, garlic, ginger, kebab skewers, mango chutney, mayonnaise, mushrooms, mustard, olive oil, parsley, peppers, shallots, tofu, tomatoes, vegetable oil

# 3 26

Place 1/2 kg peeled and deveined prawns in a bowl. Add 2 crushed garlic cloves, 1 tbsp extra virgin olive oil, 2 tbsp chopped parsley, 1/2 tsp ground coriander, the grated zest of 1

lemon, 1/2 tsp brown rice syrup and toss to mix well. Marinate for 30 minutes in the refrigerator. Meanwhile, preheat the oven to 190°C. Season the prawns with salt and pepper and coat them evenly with 1 cup of whole wheat breadcrumbs. Place the prawns on a foil lined baking pan that has been greased. Bake until the crumbs are golden brown and the prawns are opaque, for about 8 minutes. Transfer them to a platter and serve hot with lemon wedges.

1 peeled	6 Season
2 crushed	7 greased
3 chopped	8 golden
4 toss	9 platter

5 preheat

#### Finger food, p. 62

#### 1

- 1 mango, prawn, lime, ginger, garlic, chilli, coriander
- 2 new potatoes, olive oil, crème fraîche, caviar
- 3 butternut squash, soy sauce, sesame oil, honey, sesame seeds
- 4 flatbread, Manchego cheese, chorizo, chilli
- 5 goat's cheese, shallots, sourdough bread, chilli jam, chives

#### 2

a 3 and 4 b 2 c 4 and 5 d 1 e 5 f 3 g 2 h 1

#### Alcohol-free cocktails, p. 63

# 1

1 d 2 a 3 b 4 c

# 2

- 1 The cocktail is mixed in a food processor **cocktail shaker**.
- 2 The cocktail contains crushed ice **cubes**.
- 3 There is only fresh **and frozen** fruit in the smoothie.
- 4 The smoothie recipe adds sugar **maple** syrup for sweetness.
- 5 The lassi contains half **full**-fat milk, double single cream and **un**sweetened yoghurt.
- 6 The lassi is not served with ice.

- 7 The milkshake contains whole **chopped** hazelnuts.
- 8 The milkshake is prepared in a cocktail shaker **food processor**.

#### 3

Personal answers

#### 4

Personal answer