

Year 9 - The Road to **Year 10** Hospitality and Catering



Year 9

Can you research two Chefs and then try to create a poster about them?

The two Chefs I would like you to research:
-Gordon Ramsey
-Levi Roots

Unit 1 - LO4 Know how food can cause ill health

Now that you have researched the chefs, can you design a three course meal in the style of those chefs?

Three course meal includes:
-Starter
-Main course
-Pudding

Could you practice your practical skills whilst you are at home?

You can follow @cookingwithmissmarriott on Instagram for some ideas but anything you cooked in year 7,8 or 9 would be fab!
You can also email Miss Marriott for recipes from school.

Year 10

Gordon Ramsey

Gordon James Ramsay [OBE](#) (born 8 November 1966) is a British chef, restaurateur, writer and television personality. He was born in [Johnstone](#), Scotland, and raised in [Stratford-upon-Avon](#), England. His restaurants have been awarded 16 [Michelin stars](#) in total and currently hold a total of seven.^{[2][3][4]} His signature restaurant, [Restaurant Gordon Ramsay](#) in [Chelsea, London](#), has held three Michelin stars since 2001. After rising to fame on the British television miniseries [Boiling Point](#) in 1998, Ramsay had become one of the best-known and most influential chefs in the UK by 2004.^{[5][6]}

As a [reality television](#) personality, Ramsay is known for his bluntness, as well as occasionally fiery temper, strict demeanour, and frequent use of expletives. He combines activities in the television, film, hospitality, and food industries and has promoted and hired various chefs who have apprenticed under his wing. Ramsay is known for presenting TV programmes about competitive cookery and food, such as the British series [Hell's Kitchen](#), [The F Word](#), and [Ramsay's Kitchen Nightmares](#), the latter winning the [BAFTA](#) for Best Feature at the [2005 British Academy Television Awards](#), and the American versions of [Hell's Kitchen](#), [Kitchen Nightmares](#), [MasterChef](#), [MasterChef Junior](#), as well as [Hotel Hell](#) and [24 Hours to Hell and Back](#). In 2018, [Forbes](#) listed his earnings at £62 million for the previous 12 months, and ranked him the 33rd-highest-earning celebrity in the world.^[7]



Gordon Ramsay recipes | BB...
bbcgoodfood.com



Gordon Ramsay's pan-fried duck breast ...
redonline.co.uk



Gordon Ramsay Demonstrates How To ...
youtube.com



Steak Sandwiches | Gordon Ramsay ...
gordonramsay.com



Gordon's Signature Dish Goes Global
gordonramsayrestaurants.com



71



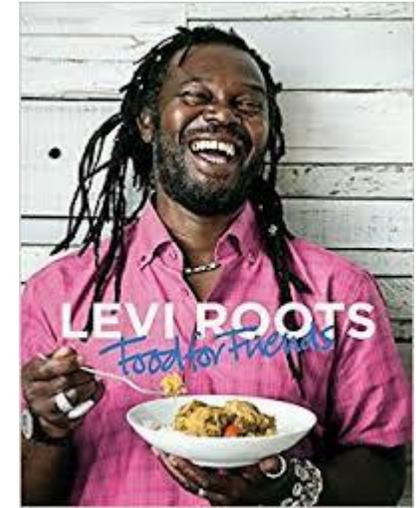
Levi Roots

Levi Roots' Reggae Reggae Sauce is a [jerk](#) barbecue sauce. In 2006 4,000 bottles of the sauce were sold at the [Notting Hill Carnival](#). He later took the sauce to a food trade show, where he was spotted by a [BBC](#) producer who approached him to appear on [Dragons' Den](#). He appeared in the first episode of the fourth series, seeking £50,000 of investment from the Dragons in return for a 20% equity stake in Reggae Reggae Sauce. Despite erroneously claiming that he had an order for 2.5 million litres of the sauce (when in fact the order was for 2,500 kilograms), he was offered the £50,000 for a 40% stake in his business by [Peter Jones](#) and [Richard Farleigh](#). Shortly after his appearance on the programme, [Sainsbury's](#) announced that they would be stocking the sauce in 600 of their stores.^[7]

Leading from the success of his spicy sauce, Roots released an extended version of his song "Reggae Reggae Sauce" which features one of his children (Joanne) on backing vocals. The music video features a cameo from Peter Jones. All of the money raised went to [Comic Relief](#). The song, which formed part of his pitch on *Dragons' Den* (and was also sung by Roots in an appearance on [Harry Hill's TV Burp](#)), was also released as a download single. "Proper Tings (The Reggae Reggae Sauce Song)" received its first play on [Allan Lake's](#) breakfast show on [Core](#). A news story in *The Grocer* magazine in 2010 states that a range of ready meals were to be launched, and that Roots had stated that the value of the brand had then increased to £30 million.^[8]

Papine Jerk Centre and Levi Roots' Caribbean Smokehouse

Levi Root's first London restaurant, the Papine Jerk Centre, was on the [Winstanley Estate](#) in [Battersea](#), [Clapham Junction](#) between 2007-2013 where it also served a local school (Thames Christian College) before closing.^{[9][10]} In December 2015, Levi Roots opened his first franchise restaurant in [Westfield Stratford City](#).^{[11][12]} It closed in 2019.^[13]



Recipes - Levi Roots
leviroots.com



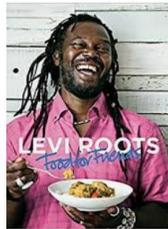
Recipes - Levi Roots
leviroots.com



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leviroots.com



Recipes - Levi Roots
leviroots.com



Levi Roots Food for Frie...
amazon.co.uk



Recipes - Levi Roots
leviroots.com



Recipes - Levi Roots
leviroots.com



Recipes - Levi Roots
leviroots.com



Jerk chicken thighs recipe - BBC Food
bbc.co.uk



Jerk Barbecued Salmon Steaks ...
thehappyfoodie.co.uk



Caribbean Chilli
leviroots.com

Ways to use your knowledge



1. Use your knowledge organisers (on classcharts and some of you have hard copies)

AC 4.1 Food related causes of ill health

Non-food poisoning illness

AC 4.1 Food related causes of ill health

Bacteria

What do bacteria need to multiply?

Sources of food poisoning bacteria

Influence of temperature

Food poisoning

Non-food poisoning illness

Chemicals

How do chemicals get into food?

Homones

Effect on health

Pesticides

Effects on health

Packaging

Effects on health

Fertiliser

Effects on health

PO4 Know how food can cause ill health

Additives

Effects on health

Cleaning

Effects on health

Naturally occurring

Effects on health

Residues

Effects on health

Food chain

Effects on health

Poisonous plants

Naturally occurring

Contaminants

Effects on health

Naturally occurring

Effects on health

AC 4.1 Food related causes of ill health - allergies and intolerances

The difference between intolerances and allergies

Reasons for food intolerance

Lactose intolerance

Coeliac/gluten intolerance

Coeliac disease

Yeast intolerance

3. Turn your learning into a video, PowerPoint or podcast to share with your teacher



2. Create a revision card