



# TYPES OF KITCHENS

## Teacher's Guide



# TYPES OF KITCHENS

## Support resources for Hospitality training.

As a precursor to undertaking Hospitality training, Fliplets eLearning resources introduce students to the operations and terminology used in kitchens in the hospitality industry. Fliplets were initially developed for Aboriginal and Torres Strait Islander students in remote locations but will also have value for students in other contexts. This resource will be valuable both for students undertaking specific vocational learning and those interested in the food preparation and hospitality aspects of Technologies and Work Studies subjects of the Australian Curriculum.

## RECOMMENDATION

It is recommended that students examine the 'Fliplet' several times prior to commencement of training, this gives the student basic underpinning knowledge of the subject being taught by the teacher / trainer. Once this has been done it is time for you to begin facilitation of the students learning. It is suggested that you use the recommended activities, questions or group discussions outlined at the end of each topic to develop and test the students understanding of the information in the 'Fliplet'.



## OVERVIEW

The purpose of this resource is to introduce students to the concept of different types of commercial kitchens found in the hospitality industry and the common items found in them.

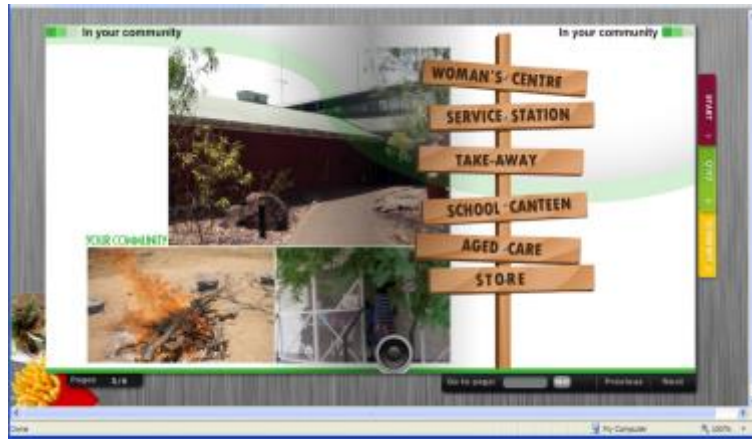
Specifically it focuses on the following topics:

1. Community Kitchens
2. Commercial Kitchens
  - Fast Food
  - Cafe
  - Restaurant
3. Common things found in the kitchen

# 1

## IN YOUR COMMUNITY

Refer pages 5 – 6 of 'Fliplet'



### Outline

- Identifies the types of kitchens that might be found on a community and explains that a non commercial kitchen is a kitchen that does not make a profit but still provides a service. For example, school canteens, aged care kitchens.

### Suggested Activities

#### **QUESTIONS:**

1. What types of kitchens can be found in your community?
2. Are they commercial or non-commercial?

#### **ANSWERS:**

1. Women's kitchens, school canteens, take way/ community shop, home economic kitchen, age care etc.
2. Are they profit making business or supplying a service?

# 2

## COMMERCIAL KITCHENS

Refer pages 7 – 8 of 'Fliplet'



### Outline

- Defines a commercial kitchen and divides them into three main groups.
  - Fast food
  - Cafe
  - Restaurants.
- Examines the differences between them including the equipment that belongs in them.

### Suggested Activities

#### **QUESTION:**

1. What are the three main types of commercial kitchens?

#### **ANSWER:**

1. Fast Food Kitchens, Café Kitchens and Restaurant Kitchens.

# 3

## FAST FOOD

Refer pages 9 – 10 of 'Fliplet'



### Outline

- Fast food kitchens produce meals quickly, generally food is grilled or deep fried. Due to this foods that come from fast food kitchens are often high in fat.

### Suggested Activities

#### **GROUP ACTIVITY:**

As a group, list as many fast food kitchens you can think of, for example McDonalds? Are the foods all high in fat or do they have a low fat or healthy alternative?

# 4

## CAFÉ

Refer pages 11 – 12 of 'Fliplet'



### Outline

- Cafes generally look a bit nicer than fast food outlets and have an area where you can sit and have table service.
- Customers come for a range of meals, cafes usually specialise in making coffee.

### Suggested Activities

#### **QUESTIONS:**

1. What is meant by the term 'table service'?
2. Think of a reason as to why café food might be more expensive than fast food?

#### **ANSWERS:**

1. Table service is when the waiter will come to the table, take your order and deliver your food to the table.
2. Café food is generally a bit more expensive than fast food as the food quality is generally superior and there is a need for more staff which relates to more money needs to be spent on wages.

# 5

## RESTAURANT

Refer pages 13 – 14 of 'Fliplet'



### Outline

- Restaurants are dining places where you find a better quality meal for lunch or dinner. People come to sit down to never leave the table.
- Restaurants can be considerably more expensive than both fast food and café food.

### Suggested Activities

#### **ACTIVITY:**

Use the internet to find menu examples from restaurants and cafes. Compare and contrast the similarities and differences.



# 6

## QUIZ

Refer pages 15 – 16 of 'Fliplet'



- Students will need to either, tick the correct box or drag and drop into correct place.

### Questions / Answers

#### Activity 1:

Match the labels to the commercial eating places.

**Clockwise from top left**

**Cafe, Fast Food, Restaurant**

#### Activity 2:

Match the type of food to the commercial eating places

**Clockwise from top left**

**Gourmet sandwich, hot chips, plated meal**

# 7

## COMMON THINGS YOU CAN FIND IN A KITCHEN

Refer pages 17 – 32 of 'Fliplet'



### Outline

- Most kitchens are similar in appearance, and only the frontage of the restaurant differs.
- Items commonly found in all kitchens are:
  1. Microwaves
  2. Wash Up Area
  3. Stove/ Oven
  4. Deep Fryer
  5. Fridge/ Cool room
  6. Storage Area

# 8

## MICROWAVE

Refer pages 19 – 20 of 'Fliplet'



### Outline

- Outlines what a microwave is used for in a commercial kitchen and explains the importance of different settings on microwaves.
- **REMEMBER** – never put anything metal in a microwave, this includes tin foil!
- VIDEO – p 20 - Using a microwave.

### Suggested Activities

#### **QUESTIONS:**

1. Why would we use a microwave in a commercial kitchen?
2. What should you never put in a microwave?

#### **ANSWERS:**

1. In a commercial kitchen microwaves are generally only used for reheating, melting or defrosting something in a hurry.
2. NEVER place any metal items in a microwave – including tin foil.

# 9

## WASH UP AREA

Refer pages 21 – 22 of 'Fliplet'



### Outline

- All kitchens have a wash up area it should include a commercial dishwasher, sink and draining area.
- Prior to placing dishes in the dishwasher, plates should be scraped and rinsed and stacked correctly when placing in the dishwasher.
- VIDEO – p 22 – shows an example of a wash up area including a commercial dishwasher.

### Suggested Activities

#### **QUESTION:**

1. List the steps involved in cleaning dishes in a dishwasher?

#### **ANSWER:**

1. Scrape dishes, pre-rinse dishes, stack the dishwasher correctly and putting away the dishes.

# 10

## STOVE/ OVEN

Refer pages 23 – 24 of 'Fliplet'



### Outline

- Describes the stove and oven and what can be cooked in the oven and on the stove.
- CAUTION – ovens (including the outsides) are hot, be careful when working near ovens.
- VIDEO - p 24 – shows an example of the oven and stove area in a commercial kitchen.

### Suggested Activities

#### **QUESTION:**

1. List the important safety factors that you need to be aware of when working in a commercial kitchen.

#### **ANSWER:**

1. Ovens and stove tops are hot (even on the outside) precautions and care needs to be taken around this piece of equipment.

# 11

## DEEP FRYER

Refer pages 25 – 26 of 'Fliplet'



### Outline

- A Deep Fryer is a common piece of equipment used in commercial kitchens.
- CAUTION – deep fry oil can get extremely hot, and causes nasty burns if splattered on to the skin.
- VIDEO – p 26 - shows the deep fryer section in a take away establishment.

### Suggested Activities

#### **GROUP ACTIVITY:**

List as many deep fried foods as you can think of? What's your favourite? How often do you eat it?

# 12

## FRIDGE/ COOL ROOM

Refer pages 27 – 28 of 'Fliplet'



### Outline

- All kitchens have either a heavy duty fridge or cool room, which is a walk in fridge.
- Fridges/ cool rooms help keep food items at the correct storage temperature.
- VIDEO – p 27 – shows a small coolroom.

### Suggested Activities

#### **QUESTION:**

1. Why do we use fridges or cool rooms?

#### **ANSWER:**

1. Fridges and cool rooms assist to keep food at the correct storage temperature, which also assists in keeping foods for a longer time period.

# 13

## STORAGE

Refer pages 29 – 30 of 'Fliplet'



### Outline

- Every kitchen has lots of storage space, whether it is a pantry for storage of food (for example, flour and sugar) or cupboards for storage of pots and pans.
- VIDEO – p 29 – shows an example of a dry storage area.

### Suggested Activities

#### **QUESTION:**

1. What types of things might you store in a kitchen storage area?

#### **ANSWER:**

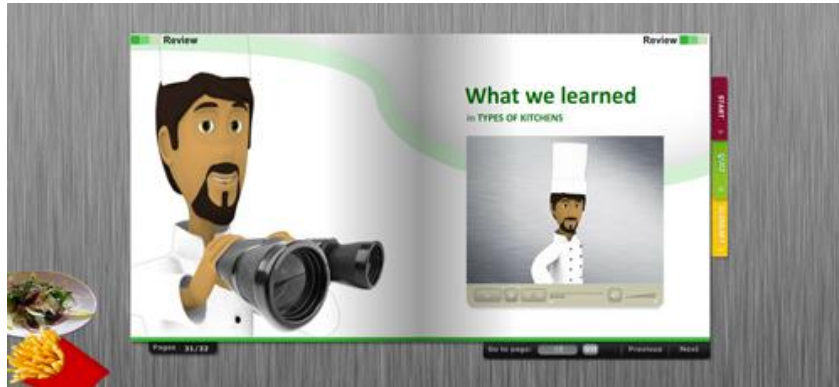
1. Pots, pans, utensils, dry ingredients (for example flour, sugar, lentils, tinned products and dried pasta)



# 14

## REVIEW

Refer pages 31 – 32 of 'Fliplet'



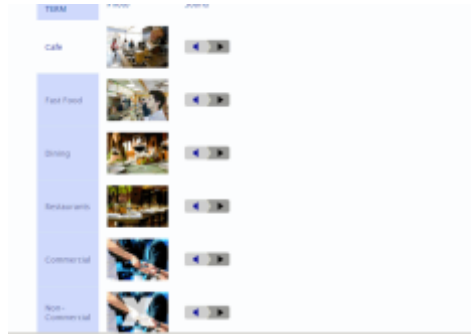
### Outline

- Reviews all aspects that have been covered in the 'Fliplet'.
  1. Community Kitchens
  2. Commercial Kitchens
    - Fast Food
    - Cafe
    - Restaurant
  3. Common things found in the kitchen

# 15

## GLOSSARY

Refer pages 33 – 34 of 'Fliplet'



- These have key words from this Fliplet in the written word, a picture format and audio format. This is so the students can practice identification and pronunciation of the key words.

# 16

## RESOURCE SUGGESTIONS / WEBSITES

Refer pages 33 – 34 of 'Fliplet'

### Resource

Make flash cards of items found in the kitchen and have the students either in groups or pairs, take turns in identifying what they are. You could divide the class into teams and make a game out of it with a reward at the end for the most correct answers.

Using the internet, research and look at different restaurants. Look at the style of restaurant, menu examples and drinks available. For example, Evoo @ Skycity Darwin, Sepia Restaurant Sydney, The Coffee Club, McDonalds, Red Rooster and Cornucopia Café @ the Darwin Museum .

### Websites

(Online resources were current at time of writing; if web pages are no longer current search alternate web sites)

SKYCITY

<http://www.skycitydarwin.com.au/Restaurants/Welcome.html>

Char Restaurant

<http://www.charrestaurant.com.au/>

Hilton Hotel

<http://www.hiltonsydney.com.au/>

Sepia Restaurant

<http://www.sepiarestaurant.com.au/>

# NOTES

