



Hospitality and Catering

Producing pasta dishes

Lesson 7

Gain knowledge and understanding of storing, preparing and cooking various pasta dishes in the hospitality and catering industry with this course.





Healthy options

Pasta is made from white 'Durum' wheat flour.

Pasta is high in carbohydrates.

White pasta is absorbed quickly into the body causing sugar spikes in the body.





Healthy options

Use whole wheat pasta for more fibre and to slow digestion down.

Use alternative flour's that are gluten free:

- Chickpea flour
- Rice and potato flour mix





Healthy options for sauces

Use vegetable based fat when making
bechamel sauces.

Use low fat cream, milk and cheese.





Healthy options for sauces

Use light vegetable oils when cooking.

Use less salt.





Healthy portion size for adults

180g of cooked pasta is a healthy portion.

This looks like two handfuls of uncooked dried pasta.





Healthy diet

Combine pasta into your diet.

Do not eat more than one portion of pasta a day.





Matching pasta shapes to sauce

Pasta shapes are designed to compliment different sauces.

Sauces can cling to pasta or be held by pasta.





Shapes and sauce

- Spaghetti – thick sauce clings
- Shells – hold meat and seafood
- Fusilli- thin sauce clings





Revision Activity 7

**How big is a healthy
portion of pasta?**