



Hospitality and Catering

# Specific dietary requirements

## Lesson 5

Gain an understanding of specific dietary requirements due to customers preference, medical and religious reasons.





# Cooking for health

Being aware of how to prepare and cook foods healthily will greatly improve the quality and healthiness of the dish you are cooking.

Making small changes can have large positive effects on health.





# Remove excess fats

Keep meat lean. Meat fat is saturated in fat and is hard for the body to process.





# Remove excess fats

Remove from raw meat and skim off  
the top of cooked sauces and stews.





# Steaming, boiling and grilling

These are the healthiest way to cook as they don't involve fat in the cooking process.





# Do not overcook

Keeping cooked vegetables firm  
and 'al dente' helps to retain their  
vitamins and minerals.





# Reducing red meat

Reducing red meat as it has been linked to cancer, heart attacks and heart disease.

Eat the leaner cuts and cook without added fat.





# Increase vegetable content in all meals

Simple advice for all your dishes.  
The more vegetables you eat the healthier you will be.







# Dairy for vitamin D

We need to eat fish and dairy products because they contain vitamin D which helps with strong bones.

Choose low fat products when cooking.





# Revision Activity 5

**What are the healthiest ways to cook food?**