



Hospitality and Catering

# Weights and measures

## Lesson 1

Become trained in the legal and job role requirements of working in a bar by completing the weights and measures course





# Learning objectives

- State the purpose of the Weights and Measures Act 1985
- Name the measuring system used in the UK
- Recognise the role of trading standards in relation to weights and measures
- Identify the products which are exceptions to the law using imperial measurements
- Summarise the different measurements of alcohol served by the glass
- Explain how to use an optic and measuring thimble when serving alcohol
- Recognise the correct glasses to use containing a stamp of approval, lined glasses and brim measurements





# Learning objectives

- Understand how to measure alcohol content by volume
- Describe what information should be included on labelling of packaged food
- Outline the importance of weighing ingredients accurately when producing products
- Define how measurements play a role in stock control
- Explain how to weigh and measure products and liquids correctly in a kitchen environment
- Describe how to convert imperial to metric measurements





# What are weights and measures?

Weights and Measures is a legal term for uniform standards given to quantify something e.g. alcohol content of a drink.





# Weights and Measures act

A weights and measures act is a way of establishing legal standards for weights and measures.





# Weights and Measures act

This legislation provides consumers with information on 'Weights and Measures', that they can have confidence that the quantity of products are accurate, and that the market is fair for businesses.





# Pre-packed food

Nearly all of the food delivery to food outlets is pre-packed.

Pre-packed means made up in advance ready for retail sale in a container





# Pre-packed food

Pre-packed food must follow strict packaging rules on measurements.



| Nutritionnel |                    | Énergie            |                    | Lipides            |                    | Glucides           |                    | Protéines          |                    |
|--------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| par 100 g    |                    | par 100 g          |                    | par 100 g          |                    | par 100 g          |                    | par 100 g          |                    |
| Énergie      | 1113 kJ / 266 kcal | 1113 kJ / 266 kcal | 1113 kJ / 266 kcal | 1113 kJ / 266 kcal | 1113 kJ / 266 kcal | 1113 kJ / 266 kcal | 1113 kJ / 266 kcal | 1113 kJ / 266 kcal | 1113 kJ / 266 kcal |
| Lipides      | 12,1 g             | 12,1 g             | 12,1 g             | 12,1 g             | 12,1 g             | 12,1 g             | 12,1 g             | 12,1 g             | 12,1 g             |
| Glucides     | 24,9 g             | 24,9 g             | 24,9 g             | 24,9 g             | 24,9 g             | 24,9 g             | 24,9 g             | 24,9 g             | 24,9 g             |
| Protéines    | 1,4 g              | 1,4 g              | 1,4 g              | 1,4 g              | 1,4 g              | 1,4 g              | 1,4 g              | 1,4 g              | 1,4 g              |
| Sel          | 2,9 g              | 2,9 g              | 2,9 g              | 2,9 g              | 2,9 g              | 2,9 g              | 2,9 g              | 2,9 g              | 2,9 g              |

AQR = Apport Quotidien de Référence pour un adulte-type (8400 kJ / 2000 kcal). Cet emballage contient 1 portion.





# Deliveries

Consumers must be able to see the quantity of goods ordered.

This must be included on the products' labels.





# Deliveries

Some fruit and vegetables are not included as they can be counted easily through the packaging.





# Loose food

Food items that are not pre-packed are called loose items, e.g. vegetables and specialist items.

They must still be weighed and labelled by the supplier.





# Revision Activity 1

**What is the name of the legislation relating to weights and measurements of food and drink?**