

## Unit 304: Contribute to the guest experience

### Activity 23: Matching food and cooking methods to food preferences and special dietary requirements

Working individually, match the following foods and cooking methods that are suitable for the food preferences and special dietary requirements listed below:

Food preference/Special dietary requirements	Suitable Foods	Cooking methods
Low fat		
Vegan		
Nut allergy		
Halal		
Judaism		
Healthy diet		
Gluten free		
Islam		
Lactose intolerance		
Diabetic		
Sulphur dioxide allergy		
Soybean allergy		

**Foods****Cooking methods**

Yoghurt	Chicken	Edamame	Liver	Deep frying	Boil
Lobster	Duck	Miso	Marzipan	Bake	Sauté
Soy milk	Oats	Red wine	Satay sauce	Steam	Grill
Beef	Rye flour	Butter	Coconut oil	Poach	Shallow fry
Lamb	Sucrose	Eggs	Mayonnaise	Braise	Roasting
Pork	Tofu	Grapes	Dried fruits	Stew	Microwaving