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 |