

Section 8

Preparing and Presenting Breakfasts



After completing this section, you will be able to:



Assist in preparing and presenting a full cooked and continental breakfast, plated and buffet style using a range of fresh and convenience produce.

Culinary Operations, 3N0549,
Learning Outcome Number 8

Preparing and presenting breakfast



Breakfast is so called because it is the meal that breaks an overnight fast. After a night's sleep, energy in the blood is at a low level. This is why we may be tired and irritable in the morning. A nourishing breakfast is necessary to raise the blood sugar levels which:

- ✓ helps concentration
- ✓ aids the prevention of accidents
- ✓ helps prevent headache and tiredness
- ✓ helps us work more efficiently.

There are two categories of breakfast, Continental and Full. These will be looked at below.

Points to remember when planning breakfast

The following points should be remembered when planning breakfast.

- ✓ Include foods from each food group.
- ✓ Include fruit or juice.
- ✓ Include beverages.
- ✓ Use high-fibre cereals and avoid sweetened varieties.
- ✓ The main course may include cooked protein food.
- ✓ Two breads should also be included.
- ✓ Avoid fries, grill instead.

A healthy breakfast will contain carbohydrates (the body's main energy provider), dietary fibre, protein and liquids. Choose your breakfast from the items listed in the following table.

Fruit	Cereal	Main course	Breads	Drinks
<ul style="list-style-type: none"> ✓ Orange segments ✓ Orange juice ✓ Grapefruit juice ✓ Grapefruit segments ✓ Half grapefruit ✓ Apple segments ✓ Apple juice ✓ Pineapple juice 	<ul style="list-style-type: none"> ✓ Porridge ✓ All-Bran ✓ Bran flakes ✓ Weetabix ✓ Alpen 	<ul style="list-style-type: none"> ✓ Scrambled egg ✓ Boiled egg ✓ Poached egg ✓ Omelette ✓ Rashers ✓ Sausages ✓ Tomatoes ✓ French toast ✓ Kippers 	<ul style="list-style-type: none"> ✓ Brown bread ✓ White bread ✓ Toast ✓ Scones ✓ Croissants ✓ Muffins 	<ul style="list-style-type: none"> ✓ Tea ✓ Coffee ✓ Milk ✓ Hot chocolate

Continental breakfast



Continental breakfast is a meal based on lighter breakfast traditions. It is a light meal that is meant to satisfy you until lunch time. A typical continental breakfast:

- ✓ includes coffee and milk or hot chocolate
- ✓ includes one or more of a variety of sweet cakes such as waffles, pancakes or brioche and pastries such as croissants, often with a sweet jam, cream, or chocolate filling
- ✓ often includes juice
- ✓ may also include sliced cold meats, such as salami or ham, cheese, yogurt or cereal.

Full breakfast



Traditionally, people in Ireland and the United Kingdom have enjoyed a substantial hot meal for breakfast, including eggs, bacon, sausages, accompanied by toast and tea or coffee. Other items may be included grilled or fried tomatoes, black pudding or white pudding, baked beans, fried sliced bread, various types of fried potatoes and mushrooms.

Another popular breakfast food in Scotland is the kipper, a type of salted, smoked herring that is either grilled or fried.

Serving breakfast

When serving the breakfast in bed, a tray is essential. The tray should be set in a way that facilitates the person eating from it. The following guidelines should be followed.

- ✓ Make sure that everything is clean.
- ✓ Use a tray cloth.
- ✓ Small dishes for butter, marmalade and milk will fit better.
- ✓ Place in a logical order with cup, saucer, tea pot, milk on right and butter, marmalade, toast and bread plate on the left.
- ✓ Cover the hot main course.

Buffet breakfast

A buffet is a style of service where people help themselves to food. Since it is the easiest method for serving large numbers of people, it is a very common method of serving breakfast in hotels and canteens. Great care is necessary in the arrangement of the buffet. Arrange the food, plates, cutlery and napkins in a way that is easy for the guests to access. Drinks should be served in a separate area.



Sample breakfast menus

Below are two sample breakfast menus, one for a full breakfast, the other for continental.

Full breakfast menu

Orange juice

Porridge

Grilled rashers, tomatoes, poached egg
on toast

Brown bread, toast, marmalade

Tea/Coffee

Continental breakfast menu

Grapefruit juice

Bran flakes/milk

Croissant and chocolate spread

Tea/coffee



Preparing and presenting breakfast

Vocabulary

concentration	efficient	energy	fibre
Varieties	continental	croissants	yoghurt
substantial	Kipper	facilitate	buffet
Beverage	canteen	separate	sausages



Preparing and presenting breakfast

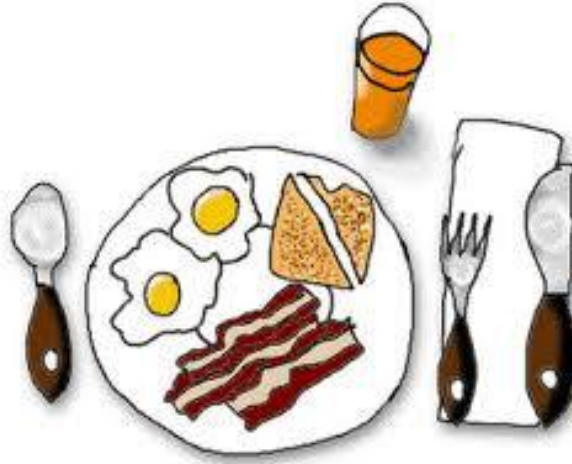
Worksheets

These worksheets are based on:

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Preparing and presenting breakfast- Worksheet 1 - Breakfast quiz



Answer the following questions.

1. Give two reasons why it is important to eat breakfast.

1. _____

2. _____

2. List four points to remember when planning breakfast.

1. _____

2. _____

3. _____

4. _____

3. Name the two categories of breakfast.

1. _____

2. _____

Preparing and presenting breakfast

Worksheet 2 - Planning breakfast

1. In the menu table below, plan a full breakfast by listing the individual foods and drinks/beverages options.

Full breakfast menu
Fruit
Cereal
Cooked course
Breads
Drinks/beverages

2. In the table below, plan a continental breakfast by listing the individual foods and drink/beverage options.

Continental breakfast menu


Preparing and presenting breakfast- Worksheet 3 - Unscrambling

Unscramble these breakfast related words. Write out each one correctly in the right hand column.

toygruh	
sritievae	
infeiifc	
neceatn	
sntcsairos	
itlacnonnet	
febtfu	
reifb	
flul	full
yerneq	