

**BACCALAURÉAT PROFESSIONNEL  
SECTIONS EUROPÉENNES**

**Session 2015**

**Cuisine**

**Sujet n°2**

**Épreuve orale spécifique de langue vivante : ANGLAIS**

**Partie A – 10 minutes**

*(à partir du sujet ci-dessous)*

**Partie B – 10 minutes**

*(entretien à partir de travaux, activités effectués dans l'année terminale, dans la discipline non linguistique et ouverture européenne)*

**Préparation : 20 minutes**

**Durée totale de l'épreuve : 20 minutes**

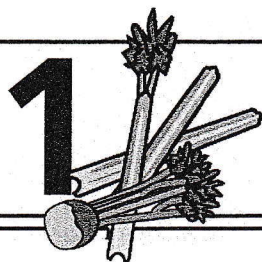
**Situation:**

**You are the head chef at “Le Cosmopolite”, a gourmet restaurant in France.  
You want to attract a new category of customers so you decide to offer a dairy free and gluten free menu.**

**Tasks:**

- 1. Use the document page 2 and give four examples of allergens. Then point out the seriousness of food allergies to your staff.**
- 2. Create and describe a dairy free and gluten free three-course menu.**
- 3. Explain the reasons why you have made the decision to create such a menu.**

# ALLERGENS

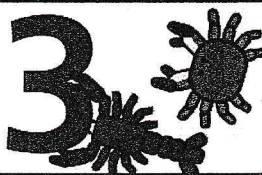


## Celery

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

## Cereals containing gluten

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.

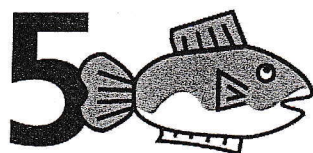
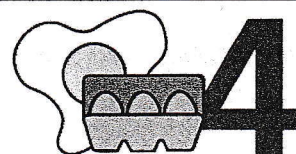


## Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.

## Eggs

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.

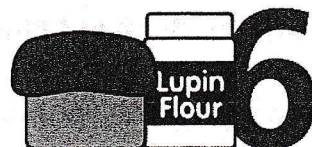


## Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

## Lupin

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.



## Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

## Molluscs

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews



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