

BACCALAURÉAT PROFESSIONNEL

ÉPREUVE ORALE SPÉCIFIQUE – ANGLAIS

**COMMERCIALISATION ET
SERVICES EN RESTAURATION**

**SECTION EUROPÉENNE
DURÉE DE L'ÉPREUVE : 20 minutes**

La calculatrice et le dictionnaire ne sont pas autorisés.

ASTON HOTEL NEW SPA

Situation

You are a head barman's assistant in a luxury hotel, in the South of Ireland, next to Cork.

A very large and well-equipped SPA has been recently installed in the hotel.





You suggest some healthy drinks or cocktails to satisfy the customers and increase the business.

Tasks

You are expected to :

- Elaborate two healthy cocktails without alcohol. Choose any other fruit, vegetables, herbs, or soft drinks which could be interesting to create your recipes.
- Elaborate the sales argument for each cocktail. Insist on the taste and mostly, on the healthy qualities.

The Crazysexy Green Juice Formula

	+		+		+	
Base		Green leafies		Fruit		Other optional goodies

CHOICE OF ONE OR MORE OF THE FOLLOWING:
 CELERY, CUCUMBER
 ROMANE, SPINACH, KALE, COLLARDS, CABBAGE, DANDELION
 CHOICE OF ONE OR MORE OF THE FOLLOWING:
 GREEN APPLE, GREEN PEAR, LEMON, LIME, GRAPEFRUIT
 BROCCOLI STEMS, SPROUTS, GINGER ROOT, CAYENNE PEPPER, WHEY PROTEIN SHOT, B12

How-to make Crazy Sexy Green Juice:
 Grab your favorite juicer and ingredients: cucumber and celery, 1-2 leaves, 1-2 fruits and other goodies (if desired). Wash, juice and serve! And remember, choose organic vegetables and fruits whenever possible.



Boost your overall health & energy with delicious green drinks! With 60 recipes and countless useful tips, tools and resources, my info-packed e-guide is your go-to manual for green juices that are not only good for you, but taste amazing. Get started today!



Crazysexyjuice.com

How to Create Your Custom Green Smoothie



1. MAKE YOUR SELECTIONS BELOW

Pick One

				
1 cup grapes	1 apple	1 orange, peeled	1 cup melon, peeled	1 cup papaya, peeled
1 cup pineapple	1 banana, peeled	1 cup mango, peeled	1 cup cucumber, peeled or unpeeled	1 pear
1 kiwi, peeled	1 cup berries	2 stalks celery	1 cup soy milk (plain or vanilla)	1 cup water
	1 cup yoghurt (flavored or plain)	1 cup fruit juice		

Pick Two

				
1 cup grapes	1 apple	1 orange, peeled	1 cup melon, peeled	1 cup papaya, peeled
1 cup pineapple	1 banana, peeled	1 cup mango, peeled	1 cup cucumber, peeled or unpeeled	1 pear
1 kiwi, peeled	1 cup berries	2 stalks celery	1 cup soy milk (plain or vanilla)	1 cup water
	1 cup yoghurt (flavored or plain)	1 cup fruit juice		

fruit infused water

easy combinations for natural detoxification

Fat-burning, digestion & headaches

green tea + mint + lime

Blood sugar support & digestion

cucumber + strawberry + kiwi

Hydration, digestion & appetite control

cucumber + lemon + lime

Immune defense, digestion & heartburn

lime + orange + lemon

For best results: combine each with 12-16 oz water!

PHYSICIAN'S PREFERENCE.