

# Year 7

## Autumn term

Complete your own food science investigation: see what happens to an apple or a potato if it is left with its skin exposed to the air. Record your findings and explain why it has happened and how it could be prevented	Read about different raising agents and make some scones or cupcakes using the different types which raising agent was the best and why?
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## Spring Term

Read the 'Art and practise of making pasta' by David Joacim and then try and make homemade pasta from the recipe discussed in class.	Calculate if it is cheaper to make your own tomato sauce or shop bought. Which is healthier Research the ingredients in a shop bought tomato sauce, do you know what all the ingredients are?
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## Summer Term

Use a supermarket website to find out about the different types of Fairtrade products available. Record your findings. Find a range of sweet and savoury recipes which could include Fairtrade products, name the recipe and copy out the parts that could be changed to include a Fairtrade ingredient. Make a dish using a range of Fairtrade ingredients, did the final product taste different to non-Fairtrade ingredients.	Make a packed lunch which shows balanced and healthy choices following the Eatwell guidelines. Visit the Food a Fact of Life website ( <a href="http://www.foodafactoflife.org.uk">www.foodafactoflife.org.uk</a> ) for videos, presentations and worksheets on the EatWell Guide.
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# Year 8

## Autumn term

Visit your local butcher and find out the different cuts of chicken for making fajitas and see which is the most suitable for fajitas and which is the most affordable.	Find out more about flour and its important role in bread making. Watch the clips on the grain chain <a href="https://www.youtube.com/channel/UC5zkqT0Uo9CgakAft8sVQaQ">https://www.youtube.com/channel/UC5zkqT0Uo9CgakAft8sVQaQ</a>
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## Spring Term

Read: how to eat sustainably on a budget – BBC Good Food article: <a href="https://www.bbc.co.uk/food/articles/affordable_sustainable#:~:text=The%20WWF%20Livewell%20diet%20offers,as%20peas%20beans%20and%20nuts">https://www.bbc.co.uk/food/articles/affordable_sustainable#:~:text=The%20WWF%20Livewell%20diet%20offers,as%20peas%20beans%20and%20nuts</a> . Produce a poster on the food miles of where your food come from.	Watch Fun Kitchen cookery for schools on YouTube. <a href="https://www.youtube.com/c/FunKitchenCookeryforSchools/videos">https://www.youtube.com/c/FunKitchenCookeryforSchools/videos</a> Research other multicultural bread products. Maybe make one, take a picture and show your subject teacher
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## Summer Term

Search these websites for more information on pastry: <a href="http://www.jusrol.co.uk">www.jusrol.co.uk</a> Make shortcrust pastry into mini apple pies/mini quiches There are other types of pastry. Choose a type of pastry – e.g. puff, filo and research the ratio of ingredients, a recipe for a how to make it and dishes made from it. Take a picture and bring it in.	Cook using the three different heat transfer methods (radiation, conduction, convection). Find out how microwaves cook and reheat food. Search on youtube for clips on preparing, combining and shaping foods e.g. how it's made – McDonalds beef burger patties, deliciously easy beef burger – classic Mary Berry Make a dish to illustrate a method for preparing, combining and shaping food. Burgers, falafels. Find out the main difference between shortcrust and flakey pastry. What dishes are they most suitable for?
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# Year 9

## Autumn term

Research careers in food and find an education pathway that career Find out more about the science of food; visit the following website to understand what is happening when you are cooking: <a href="https://www.youtube.com/c/FunKitchenCookeryforSchools/videos">https://www.youtube.com/c/FunKitchenCookeryforSchools/videos</a>	Research careers in food and find an education pathway that career Find out more about the science of food; visit the following website to understand what is happening when you are cooking: <a href="https://www.youtube.com/c/FunKitchenCookeryforSchools/videos">https://www.youtube.com/c/FunKitchenCookeryforSchools/videos</a>
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## Spring Term

Find out the main difference between short crust and flaky pastry. What dishes are they most suitable for?	Revise the scientific principles of gelatinisation, dextrinization and the mailard reaction Cook at home as much as possible, take pictures and show your subject teacher.
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## Summer Term

Rotation: Make a baked product which illustrates how biological raising agents works, such as bread based pizza, Chelsea buns. Watch the following clip at 03:11, wich shows experiments with yeast: <a href="https://youtu.be/ousi4dbrvvg">https://youtu.be/ousi4dbrvvg</a>	Make a baked product which illustrates how a chemical raising agent works, such as Irish soda bread, ginger bread. Watch the following video clip on raising agents at 01:52 and 7:00 which shows two experiments (volcanic eruptions and loo roll rockets): <a href="https://youtu.be/ousi4dbrvvg">https://youtu.be/ousi4dbrvvg</a> Make meringue kisses (mini meringues) to demonstrate denaturation or make a Quiche show coagulation.
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# GCSE

## Autumn term

<p>Research fruits and vegetables in season and the nutritional benefits to each one.</p> <p>Make a range of dishes both sweet and savoury using fruits and vegetables as the star of the show</p> <p>Find out more about the science of food; visit the following website to understand what is happening when you are cooking: <a href="https://www.youtube.com/c/FunKitchenCookeryforSchools/videos">https://www.youtube.com/c/FunKitchenCookeryforSchools/videos</a></p>	<p>Try a range of dairy products and make a note of the differences and the dishes they would be most suitable for.</p> <p>Find out more about the science of food; visit the following website to understand what is happening when you are cooking: <a href="https://www.youtube.com/c/FunKitchenCookeryforSchools/videos">https://www.youtube.com/c/FunKitchenCookeryforSchools/videos</a></p>
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## Spring Term

<p>Revise the scientific principles of gelatinisation, dextrinization and the Maillard reaction</p> <p>Watch the BBC documentary, the truth about sugar and record your thoughts.</p> <p>Visit <a href="http://www.agirlcalledjack.com">www.agirlcalledjack.com</a> this is a blog about a single mother who has won a book deal for her inspirational recipes on a budget</p>	<p>Watch a TED talk on Eating Seasonably</p> <p>Refine your technical practical skills learnt in class. Take a photo</p> <p>Find some vegan alternatives to your favourite meal and cook the dish for your family.</p> <p>Watch Fun Kitchen cookery for schools on YouTube. <a href="https://www.youtube.com/c/FunKitchenCookeryforSchools/videos">https://www.youtube.com/c/FunKitchenCookeryforSchools/videos</a></p>
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## Summer Term

<p>Revise the scientific principles of gelatinisation, dextrinization and demonstrate these through practicals such as roux/béchamel sauce and making lasagne and baking using starches.</p> <p>Search the Flour Advisory Bureau website (<a href="http://www.fabflour.co.uk">www.fabflour.co.uk</a>) watch the clip on how flour is milled.</p> <p>Answer the following questions</p> <p>Explain how the wheat is cleaned into white flour.</p> <p>Explain how semolina is made from white flour</p> <p>Explain how wholemeal flour is made</p>	<p>Read about a famous British chef called Hugh Fearnley-Whittingstall. He owns the River Cottage. <a href="https://www.rivercottage.net/">https://www.rivercottage.net/</a></p> <p>Make meringue kisses (mini meringues) to demonstrate denaturation or make a Quiche show coagulation.</p> <p>Investigate the number of different meat types and cuts in the butcher, record your findings and make a presentation of the information.</p> <p>Investigate how meat can be made more tender by the careful cooking method and length of cooking, suggest cuts of meat and cooking method.</p>
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