



SUPER-CURRICULAR ACTIVITIES

FOOD TECHNOLOGY Year 9

 Cut an apple into eight pieces, keep one piece plain, and submerge the rest into different liquids to see what preserves them best. For example, lemon juice, vinegar and water. Over a period of three hours, revisit the apple every 30 minutes to see the changes, which provides the best preservative?	 Write an article that explains the difference between mass produced ready-meals available in the supermarket and similar dishes that you can make from scratch at home. Explain to the reader the differences and identify the health benefits.	 Watch three different cooking shows on the television. Write a review of them.
 Find out how ice cream is kept soft in freezing conditions.	 Look up a Food competition that you can get involved in – What do you need to do to enter it?	 Open your kitchen cupboard at home and identify the foods that contain saturated fats and unsaturated fats.
 Find out about five careers or jobs that relate to food technology and nutrition.	 Using a take-away menu in your house, recreate one of the items to make it friendly for someone with a dietary need such as celiac or vegan.	 Explain the term that is used to describe when fats go off. What causes fats to go off, as they do not contain moisture?
 Design a new food product that will make life easier for a student with a disability. It must be made cheaply, easily and in bulk. It should be suitable so the student can eat it on the move.	 Design your own burger in a bun, trying to add lots of fibre into your recipe.	 Who is your favourite chef? Record key facts about their work and explain why they are your favourite.
 Teach someone at home a recipe that you have learnt and photograph it as evidence.	 Identify the different types of food-poisoning bacteria and produce a fact sheet or display poster on each one.	 Design a game used to help younger children understand healthy eating. You can use any media or materials.

	Reading task		Creative task		Watching task		Student-led task
	Research task		Writing task		Listening task		Trip or visit