
















SUPER-CURRICULAR ACTIVITIES

GCSE: Food Preparation & Nutrition Years 10 & 11

 <p>Research different types of raising agents – the classes of raising agent and their chemical reactions which lead to the release of carbon dioxide. Give practical examples of cooking food in the kitchen.</p>	 <p>Practical task: use the recipes collected from your research of the country of own choice. Prepare two meals that could be eaten by your family on two separate occasions; include a healthy drink or dessert.</p>	 <p>International cuisine: although people round the world eat lots of different types of food, their diets are based on the same main food groups as is on the Eatwell plate. Research five main meals eaten in five different countries of your choice and collect recipes for two of them.</p>
 <p>Write a time plan for making your two dishes chosen from the international cuisine.</p>	 <p>Look up two recipes of your own choice to use the biological raising agent and use a chemical raising agent. Use the BBC good food website for interesting recipes.</p>	 <p>Fruits and vegetables play a vital part in our diet. Read and explain the classes of vegetables and give examples. Include information on nutritional value, how they can be affected by heat, and recipes for fruit and vegetable dishes.</p>
 <p>Presentation is very important in the food preparation and cooking industry. Follow Link 1 (below) to watch demonstrations of food presentation.</p>	 <p>Visit the BBC Bitesize website and watch the clip on the production and processing of wheat in the UK. Follow Link 2 (below)</p>	 <p>Visit the Food Miles website. Look at ten food items you have in your home and, using the calculator, find out how far these foods have travelled. Follow Link 3 (below)</p>
 <p>Look in your cupboard and make a collection of any ingredients you can find. Plan to make a balanced meal with what is available.</p>	 <p>Carry out a sensory evaluation of two versions of the same dish – one being a low -fat option. Create a preference test to analyse it.</p>	 <p>Adapt a recipe for a traditional Sunday roast. Make adaptations so that it is suitable for a vegetarian or someone who has Coeliac disease.</p>
 <p>Read the article on the BBC website 'What if we only eat food from local farms.' Complete the activity: 'How do your food choices impact the environment.' Follow Link 4 (below)</p>	 <p>Write a debate argument on the positive or negative aspects of genetically modified (GM) foods.</p>	 <p>Visit a supermarket and note down ten different vegan alternatives they have on sale. Compare the prices to the non-vegan options.</p>

Links to websites used in this Super-Curricular GCSE Activities sheet:

Link 1: <https://www.youtube.com/watch?v=02Brgs60BiY>

Link 2: <https://www.bbc.co.uk/bitesize/guides/zks8jty/video>

Link 3: <http://www.foodmiles.com/>

Link 4: <https://www.bbc.co.uk/news/uk-scotland-51225644>

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