













SUPER-CURRICULAR ACTIVITIES

Pre-GCSE: Food Preparation & Nutrition Year 9

 Research chemical functions of the following: Macronutrients; Proteins – coagulation and denaturing; Fats – shortening, plasticity. Emulsions; Carbohydrates – gelatinisation and dextrinization; Caramelisation . Give examples these processes taking place during cooking.	 Yeast cookery: Find a recipe that uses yeast. Prepare a dish using yeast.	 Write a time plan for making your yeast dish. Explain how the yeast works as a biological raising agent putting into the conditions it requires.
 What is sustainability? Use the 3Rs (reduce; reuse; recycle) to create a detailed poster encouraging catering businesses and staff to adopt more sustainable practices.	 Research fat and oils. Make a presentation to cover the key functional properties of fats and oils. What happens at smoke point?	 Make a detailed poster focussing on the 4Cs (cleaning; cooking; cross-contamination; chilling) and how these should be addressed in the preparation and cooking of food.
 Bake-off fairy cake challenge Plan for making and decorating fairy cakes. Pay particular attention to the decoration part of the cakes.	 Food Security: What is food security? How is the coronavirus pandemic affecting food security? What impact has stockpiling had on food security?	 Investigate vegetarianism. What are the different types of vegetarians?
 Store Cupboard Challenge You are suddenly in a lockdown. Plan and make a complete meal out of the food in your store cupboard. Try to make a one course meal.	 Make your own healthy lunch that would be suitable for a teenager. Think about including all food from the Eatwell Guide.	Packaging and Labelling Explain the functions and importance of packaging: the packaging materials used, their properties and benefits. Identify ways to minimise the impact of packaging on the environment.
 Read about the impact of large-scale greenhouse food production on the environment. Do you think their use should be minimised?	 Cookery terms Different cookery terms are used in the food preparation. Build a bank of cookery terms and their meanings in order to help you interpret the language used in cooking.	

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