



## SUPER-CURRICULAR ACTIVITIES

### Pre-GCSE: Food Preparation & Nutrition Year 9

 Research chemical functions of the following: <b>Macronutrients; Proteins</b> – coagulation and denaturing; <b>Fats</b> – shortening, plasticity. <b>Emulsions; Carbohydrates</b> – gelatinisation and dextrinization; <b>Caramelisation</b> . 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.
 <b>Bake-off fairy cake challenge</b> 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?
 <b>Store Cupboard Challenge</b> 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.	<b>Packaging and Labelling</b> 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?	 <b>Cookery terms</b> 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