

Y8 Mastery in: Food Technology



Revisit the Eatwell guide.

<https://www.foodafactoflife.org.uk/11-14-years/healthy-eating/eatwell/>

Apply the Eatwell guide.

Produce 5 tips for healthy eating to share with your family.

<https://www.foodafactoflife.org.uk/11-14-years/healthy-eating/eat-well/#apply>

Plan a menu for a day that applies the principles of the Eatwell guide and healthy eating tips.

<https://www.foodafactoflife.org.uk/11-14-years/cooking/cooking-for-health/>

Cook a recipe that applies healthy eating principles.

<https://www.foodafactoflife.org.uk/11-14-years/cooking/cooking-for-health/>



Revisit the factors effecting food choices.

<https://www.bbc.co.uk/bitesize/guides/z7fw7p3/revision/1>



Can you **identify** foods grown in this country for each season?

<https://www.bbc.co.uk/bitesize/topics/zfmpb9q/articles/z3tcydm>



Look at 5 food products that you have at home. Where in the world has this food product come from? Use the internet to find out how many miles the product has travelled.



Plan and cook a dish that uses at least 1 seasonal or locally sourced ingredient.



List 10 dishes made from flour.

Create a farm to fork cartoon to show how flour is produced from wheat.

<https://www.youtube.com/watch?v=RwPzRMdMHQY>

Flour is used to thicken many sauces. **Produce** a fact file on the science behind the use of flour in thickening.

<https://www.foodafactoflife.org.uk/search-results?q=thicken>

Make a cheese sauce to demonstrate thickening in action. <https://www.foodafactoflife.org.uk/recipes/food-life-skills/cauliflower-cheese/>

Practice using the bridge and claw grip when preparing ingredients

https://youtu.be/UHIRGJJdDXU?list=PLSXnX8IDffhSU7A6Bi3us7KxEcHQqL_f2

https://youtu.be/YP9tIZVJzjs?list=PLSXnX8IDffhSU7A6Bi3us7KxEcHQqL_f2



Practice preparing an onion.

https://youtu.be/9drNaD4jr6g?list=PLSXnX8IDffhSU7A6Bi3us7KxEcHQqL_f2

Use a recipe in which a dough is used to practice forming a dough?

https://youtu.be/eunfugXVeOc?list=PLSXnX8IDffhSU7A6Bi3us7KxEcHQqL_f2

Revisit the risotto recipe and adapt to suit the ingredients you have at home?

<https://www.youtube.com/watch?v=VOBihHeZuXE>