

Y9 Mastery in: Food Technology



Research different breakfasts from around the world.

<https://www.youtube.com/watch?v=ry1E1uzPSU0>

Apply knowledge of methods of cooking.

Cook an egg using your choice of method e.g. boiling, frying, poaching.

Pancakes are a popular breakfast option. Make a batch of pancakes.

What heat transfer methods are used in this recipe?

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

Cook a recipe which would be suitable to serve for breakfast.

<https://www.bbcgoodfood.com/search/recipes?q=breakfast>

Watch the video of rate my takeaway.

https://www.youtube.com/watch?v=w4MM_uOPbcw

Write a review of a dish that you have eaten recently.

Use the Food Standards agency food hygiene ratings page to check the ratings of 5 local food establishments.

<https://ratings.food.gov.uk/>

Use the home food fact checker to extend your understanding of how to prepare, cook and store food safely..

<https://www.food.gov.uk/safety-hygiene/home-food-fact-checker>

Do you know the difference between a best before and a used by date?

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



List 10 dishes made using eggs.
Make a dish that uses eggs



List 10 dishes that contain a protein.
Make a dish that uses a protein.



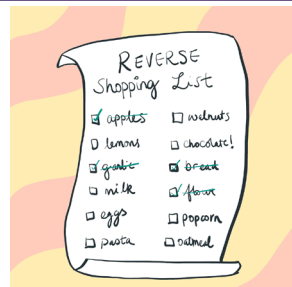
List 10 dishes that contain a carbohydrate.
Make a dish that uses a carbohydrate



List 10 dishes that contain a fruit or vegetable. Make a dish that uses a fruit or vegetables.

Plan a meal which would be suitable for a student e.g. someone on a budget.

<https://www.bbcgoodfood.com/>



Produce a shopping list for the recipe you have chosen.

Ingredient name	Cost of quantity purchased (£)	Quantity purchased	Quantity needed in recipe	Cost of ingredient used in recipe (£)
Butter	£1.50	250g	25g	
Milk	£0.98	1000ml	100ml	
Eggs	£1.20	6	2	
Mixed herbs	£1.45	11g	2g	

Work out the cost of the dish you have planned. You can do this by using a supermarket website?



Make your chosen recipe?