

# Mastery in food technology – Y7



Can you prepare ingredients safely?  
Practice using the bridge and claw at home in preparation of meal for your family.



Follow the hygiene routines?  
Could you explain the importance of food hygiene and safety to someone at home?



Follow a recipe?  
Choose a recipe that uses the skill of the rubbing in method we have learnt in lesson and produce at home.



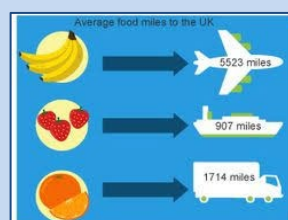
Combine ingredients to make products?  
Use some leftovers at home to produce a pitta pizza. Ask an adult for supervision when using grill.



Can you operate a cooker correctly?  
Work with an adult at home to make sure you know how to use your specific cooker effectively and safely.



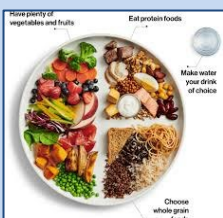
Revisit Macronutrients and micronutrients.  
<https://www.bbc.co.uk/bitesize/subjects/zdn9jhw>  
Use BBC bitesize to learn more about nutrition



Understand the environmental issues relating to food  
Try to find some articles about this subject to help you read seriously about this important issue.  
<https://www.youtube.com/watch?v=5QwKBNWOgbA>



Moral choices relating to food.  
<https://www.youtube.com/watch?v=b2GnlZugSqU>  
<https://www.youtube.com/watch?v=gHw0OI66kgU>



Appreciate what a healthy diet is?  
Record what you eat over a day and compare it to the Eatwell guide.  
<https://www.foodandlifefoundation.org.uk/11-14-years/healthy-eating/eat-well/>



Choose, adapt, scale, cost a recipe to make it appropriate for different user and scenarios.  
<https://www.youtube.com/watch?v=GZQGy9oscVk>



Identify food allergies in a recipe.  
<https://www.bbc.co.uk/bitesize/guides/zdr8y9q/revision/6>



Explain the function of specific ingredients  
Can you explain the functions of ingredients to someone at home for the recipe you have cooked today?  
<https://s-cool.co.uk/gcse/food-technology/ingredients-and-nutrition/revise-it/functions-of-ingredients>