

**Year 8 Food & Nutrition Remote Leaning**

**Task 6** – Macro nutrients

*Answer the following questions in full sentences.*

What does the term ‘*micro*’ mean?

Now what does the term *‘macro’* mean?

Identify the 3 macronutrients:

**Write a paragraph incorporating the following terms below:**

*Carbohydrates, Energy, Dietary Fibre, Starchy foods*

**Task 7** – Recipe Modification

It is recommended that starchy food should make up just over a third of the food we eat and that we should choose higher-fibre, wholegrain varieties when we can. Wholegrain food includes: wholemeal and wholegrain bread, pitta and chapatti, whole-wheat pasta, brown rice, wholegrain breakfast cereals and whole oats. High fibre white versions of bread and pasta are also available. Remember that fruit and vegetables also provide fibre.

**Identify ways to increase the fibre content of the 2 recipes below**

**Cottage pie**

1 onion

3 medium potatoes (700g)

250g lean beef mince

1 x 15ml spoon plain flour

1 x 15ml spoon tomato purée

1 x 15ml spoon Worcestershire sauce

300ml water, boiling

1 x 5ml stock cube

150ml semi-skimmed milk

To increase the fibre content, I would:

**Scone based pizza**

150g self-raising flour

25g margarine

1 egg

50ml milk semi-skimmed

3 x 15ml spoons of passatta sauce

50g cheese, e.g. Mozzarella

1 x 5ml spoon of dried herbs

***Suggested Practical – Marble Pear cupcakes***

**Task 8**

Comparing the Benefits

Draw two slices of pizza side by side, *example below*. On one of the slices add ingredients which will provide a consumer with lots of micronutrients, and one the other include toppings which will provide the consumer with macronutrients. **Annotate the slices, suggesting what toppings you have used and why? What nutrients will the consumer receive from each topping?**



**Task 9**

 Adapting a Recipe

Make adaptions to the pizza recipe and explain how the changes will improve the health benefits of the product.

|  |  |  |
| --- | --- | --- |
| Ingredient | Change/adaption | What are the benefits of this change? |
| 225g white flour |     |   |
| 2tbsp oil |     |   |
| 1 tsp salt |     |   |
| 300g full fat cheddar cheese |     |   |
| Tomato puree |     |   |
| Pepperoni |         |   |

***Suggested Practical – Pizza Dough & Healthy Pizza Toppings***

**Task 10**

Food Waste – Working with FareShare to combat Food Waste and Hunger

**Your task is to design and promote an initiative to help fight against food waste and hunger.** There are several ways this can be done; you can choose from *one below or create an initiative yourself*:

* Bake sales
* Dress down days
* Park runs
* Raffles
* Food banks at schools

You must include a poster to advertise, a label to fit on a donation tin and a logo.

Head to <https://fareshare.org.uk/> to gain inspiration.



***Suggested Practical – Mini Carrot cakes***

**Task 11**

Food Provenance in Britain

*Cuisine – A traditional style of cooking and eating that has developed in a country or region of the world. For example – Fish and Chips originate from England, Spaghetti Bolognese originates from Italy, Chicken Biryani originates from India…*

You are the head chef at a restaurant in London. One of your responsibilities is to create a menu which supports **British cuisine** and the style of cooking. You must include **3 starter options, 3 main courses and 3 desserts**. You can design the menu in whatever style you choose.

**Task 12** – Understanding a dish – Sweet and Sour Chicken

|  |
| --- |
| **List 4 or more safety rules for this practical- your answer should focus on general safety in a food room, working safely with the cookers and knives.****1. Cut vegetables using the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_****2. Do not \_\_\_\_\_\_\_\_\_ around the classroom****3. Always turn the oven \_\_\_\_\_\_\_ when you have finished using it.****4. Carry knives by the handle with the blade pointing \_\_\_\_\_\_\_\_\_\_\_** |
| **Handling poultry: List 3 or more tips that you should follow when handling raw poultry e.g. chicken.**1. Do not \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the chicken2. Store chicken on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ shelf of the fridge3. Use a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ chopping board |
| **List 2 ways that you can check that chicken is cooked- remembering to include a temperature in one of your answers.**1. Visual check- it is \_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the middle.
2. Temperature check it is \_\_\_\_\_\_\_\_˚C
 | **What colour chopping board would you use for vegetables. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_****Explain why:** |

***Suggested Practical – Sweet & Sour Chicken***

**Practical Ingredients and methods**

1. Preheat the oven to 180ºC or gas mark 4.

2. Place your bun cases into your bun tray.

3. Cream the sugar and margarine together

until light and fluffy.

4. In a small bowl, beat the eggs with a fork.

5. Add the beaten egg to the margarine and sugar.

6. Sieve the flour into the bowl and mix.

7. Core and chop your fruit into small pieces. Scatter pieces of the fruit into the bun cases.

9. Spoon half of the plain cake mixture into the tin.

10. Stir-in the cocoa to the remaining cake mixture.

11. Spoon the chocolate mixture into the baking tin and then swirl the two mixtures together to create a marble effect.

12. Place in the oven and bake for 20 minutes, until golden brown and springy to the touch.

Marble Pear cupcakes

**Ingredients:**

100g caster sugar

100g soft margarine

2 eggs

100g self raising flour

Fruit e.g. ½ pear or apple, 6 strawberries.

1tbsp. Cocoa powder

Pizza Dough

**Ingredients**

225g strong bread flour, 1 tbsp. oil, ½ tsp salt, 150ml warm water, 7g yeast, sandwich bag/container

Mini carrot cakes

**Ingredients**

75g margarine

125g carrot

100g sugar

1 egg

100g self raising flour

1 tsp cinnamon

65g sultanas

**Method**

1. Mix together the oil, salt, yeast and flour using a round bladed knife.
2. Add 50 ml of boiling water to your jug- make this up to 150ml using cold water.
3. Add half the warm water mixing with the knife.
4. add the other half of the water to the bread.
5. Bring together until in a ball.
6. Knead the dough for 5 minutes until smooth.
7. Place in a bag within your name on.

**Method**

1. Preheat oven to gas 5/ 180 oC.
2. Grate the carrot using a grater onto a plate.
3. In a bowl cream together the sugar and margarine.
4. Add the flour, cinnamon, egg and sultanas and mix together.
5. Stir in the carrot. Put into 12 cake cases
6. Bake for 15-20 minutes

Sweet & Sour Chicken

**Ingredients**

1 tbsp oil- stops the meat from sticking to the pan

1 small onion- slimy texture, rich flavour

1 red pepper- colour, vitamin C, crunchy texture

1 chicken breast- protein food

1 can of pineapple pieces in their own juice- sweetness and chunky texture

1 level tbsp of sugar- sweetness in the sauce

1 tbsp of  vinegar- tanginess in the sauce- the sour!

1 tbsp of soy sauce- salty flavour- authentic ingredient in Chinese cookery

1 tbsp of tomato puree or ketchup- red colour and tomato flavour

1/2 level tbsp of cornflour- thickens the sauce/gelatinises

**Method**

1. Make your sauce: pour the juice from your pineapple into jug- check there is 125ml (top it up with water if not). Add to the jug the sugar, vinegar, soy sauce, tomato puree/ketchup and cornflour and mix with a fork.
2. Cut your pepper and onion into strips.
3. Fry your chicken, onion and peppers in oil until the chicken has turned white on the outside.
4. Pour over the sauce from the jug and stir until thickened. Add the pieces of pineapple. Leave to simmer until the chicken is white in the middle.

**Method**

1. Preheat oven to gas 6/ 180 degrees electric
2. Roll out pizza dough to the size of your container- NO BIGGER!
3. Put the dough onto the baking tray.
4. Spread the tomato sauce onto the base using the back of a spoon.
5. Sprinkle over cheese.
6. Add toppings and herbs
7. Bake for 15-20 minutes

Pizza Toppings

**Ingredients-** Pizza Dough, 2/3 pizza toppings, 100g cheese, 1 tsp mixed herbs, 50g tomato base sauce, Container