

Y10 Food Technology Homework: Term 1

The following homework must be completed by all students:

Week	Homework	Homework Type <i>(Preparatory, Consolidation, Learning)</i>	Tick when completed
1. Weds 5 th until Weds 12 th Sept	The Eatwell Guide Project	Learning	
2. Weds 12 th until Weds 19 th Sept	Food Spoilage	Learning	
3. Weds 19 th until Weds 26 th Sept	Evaluation of Chicken Kiev's/ Stuffed Chicken	Consolidation	
4. Weds 26 th until Weds 3 rd Oct	Practise Exam Question: Protein	Preparatory	
5. Weds 3 rd until Weds 10 th Oct	Food Safety	Consolidation	
6. Weds 10 th until Weds 17 th Oct	Research Different Vegetable Cuts	Preparatory	
7. Weds 17 th until Weds 31 st Oct	Sustainability: Reducing Food Waste	Preparatory	

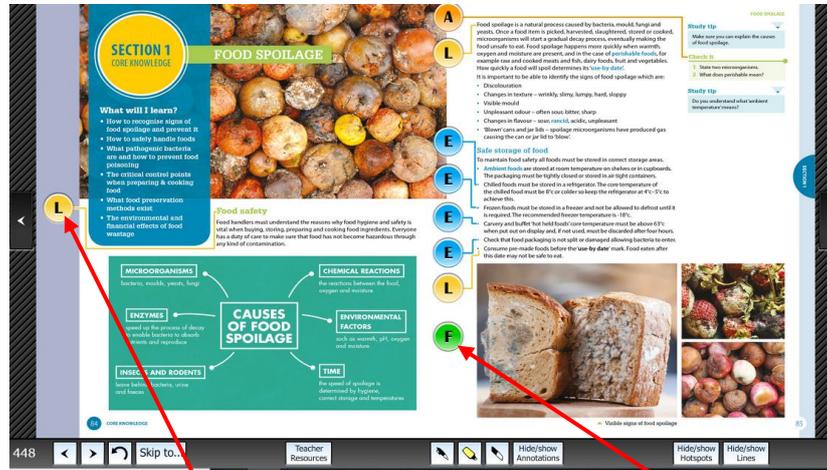
Y10 Extension Projects

The following projects must be completed by Gifted and Talented students or any student who wishes to extend their learning further in Food Technology:

Weeks	Project	Homework Type	Tick when completed
Weds 12 th until Weds 26 th Sept	Make a poultry dish at home (not chicken)	Learning	
Weds 26 th until Weds 3 rd Oct	Design and make a vegetarian dish at home that uses 'protein complementation'.	Learning	
Weds 3 rd Oct until Weds 17 th Oct	Demonstrate higher level making skills by making a dish that involves preparing and cooking a particular cut of meat e.g., beef eye fillet, .	Learning	

Week	Homework
<p>1. Weds 5th until Weds 12th Sept</p>	<p>The Eatwell Guide Project</p> <p>You need to research and explain:</p> <ol style="list-style-type: none"> 1. What the 'Eatwell Guide' is. 2. Identify the 5 different food groups and give examples of foods from each food group. 3. Identify the key nutrients and their nutritional benefits in each food group, e.g. <i>Dairy and Alternative food group contains foods high in calcium. Calcium is needed for strong bones and teeth. Dairy products also contain...</i> 4. Explain and give examples of dairy alternative and protein alternative foods 5. Why have 'alternative foods' been included in the Eatwell guide? 6. What other information is displayed on the 'Eatwell Guide' and why is it important? 7. When should the Eatwell Guide be used and who has it been designed for? 8. How will you use the 'Eatwell Guide' in Food Preparation and Nutrition? 9. Suggest ways that the 'Eatwell Guide' could be further improved. <p>You can present this as a PPT presentation, Word Document or as a creative A3 information board. You can also include a collage of the Eatwell guide by using food images from magazines.</p>
<p>2. Weds 12th until Weds 19th Sept</p>	<p>Food Spoilage</p> <p>Eduqas Digital: www.illuminate.digital/eduqasfood Username: Login:</p> <p>Read pages 84-88 and answer the first 4 worksheets, the pages of the worksheets have been numbered in the top right hand corner from 84-88. Remember to watch the videos and have a go at the interactive questions and web links . There is a video about mould growth and multiplication on page 85.</p>

The worksheets must be printed off and answered in detail. Remember to use correct terminology.



L: Lifeline- facts about the topic you are studying

Video about 'Mould Growth and Multiplication'

3. Weds 19th until Weds 26th Sept

Evaluation of Chicken Kiev's/ Stuffed Chicken

Produce a detailed evaluation about the dishes you made today.

4. Weds 26th until Weds 3rd Oct

Practise Exam Question: Protein
[Complete worksheet 1 exam paper](#)

5. Weds 3rd until Weds 10th Oct

Food Safety
 Watch the following video about <https://www.youtube.com/watch?v=flxmB8NKMzE>

Produce an informative leaflet that includes the following information:

- What food safety means
- Causes of food poisoning
- Factors that impact on bacterial growth
- Ways to prevent food borne illnesses

Remember that your leaflet should be informative, colourful and eye-catching. It should also contain pictures.

The leaflet can be handwritten or produced on a computer.

<p>6. Weds 10th until Weds 17th Oct</p>	<p>Research Different Fruit/Vegetable Cuts and Garnishes</p> <p>Produce a PowerPoint or word document about Vegetable cuts and garnishes. You should include at least 6 different vegetable cuts and at least 6 different garnishes. For each cut/garnish include the following information:</p> <ul style="list-style-type: none"> • Name of the cut or garnish e.g., julienne, brunoised, strawberry flan, strawberry rose • Picture • Describe each cut/garnish- are there any recommended measurements? • Give examples of different dishes that each vegetable/fruit cut and garnish can be used with and explain its suitability to the dish. <p>Resources:</p> <p>Vegetable cuts: https://www.youtube.com/watch?v=8VBnaFhOEn8 Strawberry rose: https://www.youtube.com/watch?v=tEq9DkJ8SpU Strawberry fan: https://www.youtube.com/watch?v=Yjd6kbaDiv4 Apple swan: https://www.youtube.com/watch?v=uLXEiMIiF5E</p>
<p>7. Weds 17th until Weds 31st Oct</p>	<p>Sustainability: Reducing Food Waste</p> <p>Watch the following videos and make notes.</p> <p>https://www.youtube.com/watch?v=0eqxgvZNn0I https://www.youtube.com/watch?v=7kTz_ulqNoY</p> <p>Make notes about the following 3 areas as you're watching the video.</p> <ul style="list-style-type: none"> • Causes of food waste • The environmental impact of food waste • Ways of reducing food waste <p>Exam Question:</p> <p>"Food is a valuable resource and yet in the UK around 15 million Tonnes of food is thrown away every year" Love Food Hate Waste, 2015.</p> <p>Assess factors that contribute towards food waste and review ways in which individuals can reduce the amount of food that they waste.</p>

	<p>[14 marks]</p> <p>This question is worth 14 marks and is known as an ‘extended response’ question because it involves a lot of writing, but don’t let that put you off!</p> <p>Break the question down and rephrase it into manageable chunks that you understand: <i>Assess factors that contribute towards food waste-</i> Rephrase this; Write down different points (factors) that cause food wastage Get to the Point, explain why, give examples (PEE)</p> <p><i>...and review ways in which individuals can reduce the amount of food that they waste.</i> Rephrase this; Explain how people can reduce food waste, include examples Remember to: Get to the Point, explain why, give examples (PEE)</p> <p>You can type or write this question and your response in your book.</p> <p>You will need to include a range of points, reasons, and examples in detail to obtain the maximum mark of 14.</p>
<p>Extension Homework</p>	
<p>Weds 12th until Weds 26th Sept</p>	<p>Make a poultry based dish at home (not chicken). You must:</p> <ul style="list-style-type: none"> • Name the dish. • Take photographs of you making the dish to record the different stages. • Include a final photograph of the completed meal. • Explain how you made it and list the skills used • Write an evaluation by gathering feedback from your family/ friends/ carers.
<p>Weds 26th Sept until Weds 3rd Oct</p>	<p>Design and make a vegetarian dish at home that uses ‘protein complementation’. Photograph your dish and explain how protein complementation has been used.</p>
<p>Weds 3rd Oct until Weds 17th Oct</p>	<p>Demonstrate higher level making skills by making a dish that involves preparing and cooking a particular cut of meat e.g., beef eye fillet. Photograph and document the practical.</p>