

Year 8 and 9 Food Technology Homework:

This document is to help you to do homework. You can get as far ahead as you wish as long as you know what to do! You will get help in lessons to complete the work, but you should look carefully at the different amounts of detail required for work that achieves different 'levels'. Work to the best of your ability, and/or your target level.

Don't forget to use! <http://beaumontfoodblog.blogspot.com/>

1. Mood Board and Analysis "Food, Nutrition and Health".

Mood Board "A collection of words and pictures exploring a theme or topic".

Analysis – Write about the images you have collected.

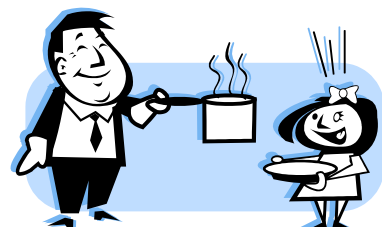
Mood Board



1 – L5	2 – L6	3 – L7
<p>You can give examples of food that contain:</p> <ul style="list-style-type: none"> •Protein •Carbohydrate •Fat •Vitamins & Minerals <p>You have written briefly what each nutrient helps the body to do</p> <p><small>use website http://www.bbc.co.uk/northernireland/schools/4_11/uptoyou/healthy/findnutrients.shtml</small></p>	<p>As level 5, plus you explain how people become:</p> <ul style="list-style-type: none"> • Overweight (obese) • Underweight <p>Explain some of the health problems linked to these conditions</p> <p><small>use website http://en.wikipedia.org/wiki/Obese</small></p>	<p>As level 6, with reference to:</p> <ul style="list-style-type: none"> • Heart disease • High Blood pressure • Diabetes (type 2) • High Cholesterol <p>NB. Give details of the website/ book/person you used.</p> <p><small>http://www.eatwell.gov.uk/</small></p>

2. Cook your carbohydrate ingredient (pasta, rice, quinoa, potatoes or cous cous) for next lesson's salad recipe.

- The ingredient should be carefully pre-cooked (follow the instructions on the packet and in your recipe booklet) and cooled down (place in a colander or sieve and 'flood' with cold water) ready to use in the lesson when you make a salad
- You do not have to prepare ANY of the other ingredients!



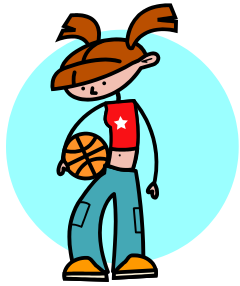
3. Client Profile

Ask another person if they mind you doing some research on what they eat.

They must not be you, aged 6-18, not be a fussy eater (or it will make the work hard for you!)

Client Profile

Find out and record clearly the following information:

1 – L5	2 – L6	3 – L7
<p>Basic facts:</p> <ul style="list-style-type: none">•Clients name (photo?)•Food likes and dislikes•Allergies or special diet information e.g. vegetarian 	<p>In some detail:</p> <ul style="list-style-type: none">•Clients name, age, height•Special diets or health concerns (e.g. vegetarian)•Typical Meals (breakfast, lunch, dinner)•Snacking habits (what food, how often)•Times and types of exercise undertaken e.g. Walk to school every day 20 mins slow walking & talking	<p>As level 6, plus:</p> <ul style="list-style-type: none">•Short interview with their parents to record their thoughts or concerns on food•Independent research on health concerns or special diets (internet or books – quote the sources of your information e.g. www.wikipedia.org)

4. Diet Diary – see worksheet you will be given

- Explain carefully to your client that you need them to write down EVERYTHING they eat and drink in one day. Remind them to be:
 - Honest
 - Detailed about exactly what they ate (e.g. toast. How many slices, with butter, any jam/marmite/spread?)
 - Detailed about how much they ate (e.g. 2 slices)

Check they understand that the information will be confidential (i.e. you will not go round telling everyone what they ate!)

5. Analysis of the Diet Diary

Produce a Pie Chart to show how the diet they gave you matches up to the Eat Well Plate. You will have to do this in ROOM 52 or the library using



Dietary Analysis




Based on the results of your diet diary data:

Dish it Up.Ink

1 – L5	2 – L6	3 – L7
<p>Complete the following sentences in your book: Based on the information from the programme 'Dish it Up'.</p> <p>1. My client needs to eat more ...</p> <p>2. My client needs to eat less ...</p> <p>3. My client should eat the same amount of ...</p>	<p>Nutrition information State:</p> <ol style="list-style-type: none"> What nutrients are in the different food groups What groups they eat too much/too little/the right amount of Give an indication of <u>some</u> of the health problems they could suffer from if they ate this diet every day (e.g. gain or lose weight) 	<p>As level 6 but complete no 3 in detail</p> <p>Research from http://www.eatwell.gov.uk Or http://britishnutrition.org.uk</p>

6. Plan to make a dish for your client, see below:

Planning a Dish for My Client

1 – L5	2 – L6	3 – L7
<p>You can name 1 recipe that correctly fit the design specification</p> <p>You can write in basic detail why you chose the dish (e.g. “my client likes the dish, it is healthy because”)</p> 	<p>Suggest 2-3 recipes and explain:</p> <ul style="list-style-type: none"> - the nutrients in the dishes - how it fits some of the other specifications (e.g. how long it takes to make) 	<p>Suggest 3 recipes and explain:</p> <ul style="list-style-type: none"> - how each dish fits (or could be changed or modified to fit) all of the design specifications

7. Writing a time plan for the lesson you cook your clients dish

Fill in in pencil to start with!

Time plan for


<p>Time Plan</p> <p>Estimate the time you will start each stage of making in 5/10 or 15 minute stages</p>	<p>The Method</p> <p>Write in here 'idiot proof' instructions to yourself on what to do to make your dish</p> <p>Write out here what to do in the correct order</p> <p>Don't forget to include any changes you have made to the recipe (e.g. any extra vegetables you are adding to make the recipe healthier)</p>	<p>Quality and Safety Points</p> <p>Write in these boxes any point that could help make the recipe a success</p> <p>E.g.</p> <p>Which equipment (coloured chopping boards for example)</p> <p>Which technique (e.g. 'bridge' grip when cutting)</p> <p>Weights and measures for ingredients</p> <p>Timings (e.g. fry onion for ... mins)</p> <p>Temperature details</p> <p>Check if it is cooked by using ...</p>

8. Evaluation

Use the following ID and Password to produce a Nutrition label for your dish.

Evaluation



1 – L5	2 – L6	3 – L7
<p>Record some comments on how much you and your client liked the dish.</p> <p>Ask your client to mark the dish out of 10.</p> 	<p>Get your client to score the dish for:</p> <p>Taste /10</p> <p>Texture /10</p> <p>Appearance /10</p> <p>Suggest at least 3 further improvements to the dish for reasons of taste, texture, appearance, nutrition or healthy eating.</p>	<p>As level 6, plus:</p> <p>Enter the recipe you used on the website below to print a nutrition label for your dish:</p> <p>http://www.nutritionprogram.co.uk/application</p> <p>Use the password: beaumont and the user ID: food.user_100</p>