



Take Away Home Learning

Year 10 - Spring
Food Technology

The Peri-ometer 4 task menu shows the level of challenge of each task ranging from extra mild to extra hot. All tasks should be completed during the term.



Write an essay on macronutrients	Write an essay of no more than 500 words that explains what macronutrients are and why our bodies need them. Focus on proteins, carbs, and fats, and use simple chemical diagrams to show their structure.	Helpful link: nutrition.org.uk/healthyliving/basics/macronutrients.html
Create an information sheet on raising agents	Make an information sheet about raising agents used in baking, like yeast and baking powder. Describe how they make cakes and bread rise, and what happens chemically during baking.	Helpful link: foodafactoflife.org.uk/14-16-years/cooking/raising-agents/
Produce a report on protein changes when cooking	Research and produce a report on what happens to proteins in foods like eggs when they're cooked. Explain the terms 'denaturation' and 'coagulation' with everyday examples.	Helpful link: foodafactoflife.org.uk/14-16-years/cooking/cooking/
Create a presentation on pH in food preparation	Create a presentation on how acidity or alkalinity (pH) can change food. Use examples like how sourdough is made or why jam doesn't spoil. Talk about the colours, flavours, and textures pH can change.	Helpful link: sustainweb.org/realbread/fermentation/