

Subject: Food Technology
Year: 8
Term: 2b
Topic: Cooking skills
Prep session: Thursdays at home

Lesson Sequence:

1. Hob skills (Quiz 1)
2. Tuna pasta bake
3. Oven skills (Quiz 2)
4. Dough making (Quiz 3)
5. Mini pizzas
6. Cheese production (Quiz 4)

Practical lesson:
Container required

1. Tuna pasta bake:
06/03/2019
2. Mini pizzas:
27/03/2019

Section 1: Quiz date = 27/03/2019

Learn the **spellings** and **definitions**.

Hob	A piece of equipment, used for cooking methods such as frying and boiling.
Boiling	Cooking in a saucepan with boiling water (large bubbles).
Steaming	Cooking using the steam on top of boiling water.
Poaching	Cooking food in liquid below boiling point.
Simmering	Cooking in a saucepan with simmering water (small bubbles).

Section 2: Quiz date = 13/03/2019

Learn the **spellings** and **definitions**.

Blanching	Cooking food quickly in a saucepan of boiling water, then cooling quickly.
Dry-frying	Cooking in a frying pan without added fat.
Shallow frying	Cooking using a small amount of fat, in a frying pan.
Stir-frying	Cooking quickly using a small amount of fat, in a wok.
Deep frying	Cooking using a large amount of fat, in a saucepan or deep fat fryer. .

Section 3: Quiz date = 20/03/2019

Learn the **spellings** and **definitions**.

Oven	A piece of equipment, used for cooking methods such as baking and roasting.
Baking	Cooking in an oven without added fat.
Roasting	Cooking in an oven with added fat.
Casserole	Cooking food covered in liquid, in the oven.
Tagine	A pot used to make a Moroccan casserole in the oven.

Section 4: Quiz date = 03/04/2019

Learn the **spellings** and **definitions**.

Braising	Cooking food half covered in liquid, in the oven or on the hob.
Pasteurisation	Heating milk to destroy harmful bacteria.
Homogenisation	Process to prevent milk from separating.
Sterilisation	Destroying all microorganisms through heating.
Ultra-heat treatment (UHT)	Process of heating milk to a high temperature for a very short time.