

Subject: Food Technology
Year: 9A
Term: 2b
Topic: Properties of food

Lesson sequence:

1. Proteins
2. Carbohydrates
3. French onion soup
4. Fats
5. Raising agents
6. Soda bread and profiteroles
7. Revision
8. Bread

**Practical lessons:
containers required**

1. French onion soup
08/03/2019
2. Soda bread and
profiteroles
22/03/2019
3. Bread
05/04/2019

Prep slot
Mondays at home
Quiz days
Mondays

Quiz 1: Learn spellings and definitions (25/02/2019)

Denaturation	A change in the shape of protein molecules.
Marinating	Soaking foods in a marinade.
Marinade	A liquid used to flavour and tenderise foods.
Curdling	When milk denatures and turns lumpy.
Coagulation	Setting of protein caused by heat or acid.

Quiz 2: Learn spellings and definitions (04/03/2019)

Syneresis	Over-coagulation of egg protein.
Gluten	General name for proteins found in flour.
Foam	When a gas is spread throughout a liquid.
Starch grains	Tiny particles of starch found in some carbohydrates.
Gelatinisation	When starch grains are heated with water causing them to break open and release amylose.

Quiz 3: Learn spellings and definitions (11/03/2019)

Amylose	Makes sauces thicken and turn cloudy when cooked.
Amylopectin	Makes a clear gel when it thickens.
Dextrinisation	When dry heat turns a starch brown.
Dextrin	Made when starchy foods are baked or toasted.
Caramelisation	When sugar changes from white to brown when heated.

Quiz 4: Learn spellings and definitions (18/03/2019)

Shortening	When fat coats flour particles preventing water absorption.
Aeration	When air is trapped in a mixture.
Plasticity	The ability of a solid fat to soften over a range of temperatures.
Emulsion	A mixture of two liquids.
Emulsifier	A substance that will allow two substances that do not mix to be held together.

Quiz 5: Learn spellings and definitions (25/03/2019)

Lecithin	Natural emulsifier found in egg yolk.
Raising agent	An ingredient or process that adds air to a mixture.
Chemical raising agents	Produce carbon dioxide when heated with a liquid, e.g. baking powder and bicarbonate of soda.
Mechanical raising agents	Air and steam.
Whisking	Using a whisk at high speed to add air.

Quiz 6: Learn spellings and definitions (01/04/2019)

Beating	Mixing a liquid or mixture quickly to add air.
Folding	Folding dough to trap air between the layers.
Sieving	Using a sieve with flour to add air.
Rubbing in	Using fingertips to combine fat and flour, adding air.
Fermentation	When yeast produces carbon dioxide gas.

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Lesson sequence:

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**Practical lessons:
containers required**

1. Soda bread and profiteroles
21/03/2019
2. Bread
04/04/2019

Prep slot
Tuesdays at home
Quiz days
Tuesdays

Quiz 1: Learn spellings and definitions (26/02/2019)

Denaturation	A change in the shape of protein molecules.
Marinating	Soaking foods in a marinade.
Marinade	A liquid used to flavour and tenderise foods.
Curdling	When milk denatures and turns lumpy.
Coagulation	Setting of protein caused by heat or acid.

Quiz 2: Learn spellings and definitions (05/03/2019)

Syneresis	Over-coagulation of egg protein.
Gluten	General name for proteins found in flour.
Foam	When a gas is spread throughout a liquid.
Starch grains	Tiny particles of starch found in some carbohydrates.
Gelatinisation	When starch grains are heated with water causing them to break open and release amylose.

Quiz 3: Learn spellings and definitions (12/03/2019)

Amylose	Makes sauces thicken and turn cloudy when cooked.
Amylopectin	Makes a clear gel when it thickens.
Dextrinisation	When dry heat turns a starch brown.
Dextrin	Made when starchy foods are baked or toasted.
Caramelisation	When sugar changes from white to brown when heated.

Quiz 4: Learn spellings and definitions (19/03/2019)

Shortening	When fat coats flour particles preventing water absorption.
Aeration	When air is trapped in a mixture.
Plasticity	The ability of a solid fat to soften over a range of temperatures.
Emulsion	A mixture of two liquids.
Emulsifier	A substance that will allow two substances that do not mix to be held together.

Quiz 5: Learn spellings and definitions (26/03/2019)

Lecithin	Natural emulsifier found in egg yolk.
Raising agent	An ingredient or process that adds air to a mixture.
Chemical raising agents	Produce carbon dioxide when heated with a liquid, e.g. baking powder and bicarbonate of soda.
Mechanical raising agents	Air and steam.
Whisking	Using a whisk at high speed to add air.

Quiz 6: Learn spellings and definitions (02/04/2019)

Beating	Mixing a liquid or mixture quickly to add air.
Folding	Folding dough to trap air between the layers.
Sieving	Using a sieve with flour to add air.
Rubbing in	Using fingertips to combine fat and flour, adding air.
Fermentation	When yeast produces carbon dioxide gas.