

Year 9 Extended Learning

The extended learning task will be to complete a project, which should take you approx. 6/7 hours. The work is to be completed at home during the time you are following your Food course.

The work will be handed in for marking on

Project

Your first module of work in your Yr.9 Food Technology course has been on Baking and Cake making. Produce a recipe book that could be given to students who wish to improve their cake making skills.

- Give details of different methods of cake making.
- Research the main ingredients that are used for making cakes and include facts about them.
- Include recipes for cakes made by different methods. You might like to try making some of them - in which case include a written report of what you did and what your family thought of each cake.
- Find out about different ways of decorating cakes.

Presentation of work

- Write your name on each page
- Use A4 paper
- Work may be hand written or word processed.
- All projects should be well presented with clear headings.
- Add colour, diagrams and pictures to make your work more interesting.
- Take care with spelling, punctuation and grammar.
- Take a pride in the appearance of your work.
- Securely fasten all pages together.

Year 9 Extended Learning 2.

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Project

Food is an important part of our celebration of Christmas and many other festivals around the world.

- Choose one festival (e.g. Christmas) that you can research in depth and find out all you can about the type of food served and its origins.
- Include some typical recipes - you might like to try making some of them. If you do include a written report about what you have made and what your family thought of the dish.
- Plan 3 different menu's for celebration meal that might be served during the festival. Produce examples of menu cards that could be put on the table.
- Choose 3 foods items that may be sold in a supermarket for your festival. Design an interesting and appropriate packaging for each.

Presentation of work

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Project

Each different country or region of the world has its own different style of cooking and eating.

- Choose a country you would like to find out more about, e.g. Italy, Mexico, China etc.
- Find out as much as you can about the Food, Cooking and Eating habits of this country.
- Try to explain why the people eat the types of food that they do - consider - climate, culture, religion, economy, lifestyle etc.
- Include examples of typical recipes - you might like to try making some of them - if you do, include a written report about what you have made and what your family thought of the dish.
- Plan 3 full days' meals for your family showing how dishes from your chosen country could be included.

Presentation of work

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Project

Obesity is a major problem facing both children and adult in the UK.

- Research obesity and find out all you can about its causes danger to health.
- Produce a detailed information leaflet that can be given to teenagers to help them each healthily and avoid becoming obese.

Presentation of work

- Write your name on each page
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Year 9 Extended Learning 5.

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Project

- Fruit and vegetable should play an important role in healthy eating. Research 6 different types of fruit and 6 different types of vegetable available - finding out about cost, origin, uses, appearance, taste, etc. Find examples of recipes that could be used to help you include fruit and vegetables when planning healthy meals.
- Healthy eating guidelines recommend 5 servings of fruit and vegetables a day. Find out what this means and how you could make sure you meet the guidelines.
- Plan a full week's meal for your family, including drinks. You will need to make sure you are meeting the healthy eating guidelines of '5 a Day'. Indicate clearly how you have done this.

Presentation of work

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Year 9 Extended Learning 6.

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Project

Many people today are deciding to follow a vegetarian diet.

- Research the topic of Vegetarianism and produce a detailed fact sheet that could be given to teenagers to help them make an informed choice about becoming a vegetarian.
- Include information on eating healthily and meeting the nutritional needs of vegetarians.
- Give example menu's and recipe that could be followed.

Presentation of work

- Write your name on each page
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- Take care with spelling, punctuation and grammar.
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