

Year 11 Food



Reading Tasks



Research Tasks

Is Self raising Flour the same as Plain flour with added baking powder?

Read this article and record your thoughts:

<https://amp.theguardian.com/food/2022/feb/22/is-self-raising-flour-the-same-as-plain-plus-baking-powder?fbclid=IwAR1ZL4QsskggyVwiRDzTRPFcGaxy-j7VDLVueKPadqW-tJvw3DCOx464v4M>

Visit a local restaurant and look at their menu and write a food review on the meals they are offering. Focus on nutrition, who they are aiming their menu at, the cost of the dishes, are they value for money.

Read all about 25 skills every cook should know, do you know them all?

[25 skills every cook should know | BBC Good Food](#)

Read about the Cocoa trade and the chocolate making process. What historical facts can you find out.

Read about where pasta comes from. Does Pasta really originate from Italy? Or is it somewhere else?

Research about food miles and explain why different foods come from where they do



Creativity Tasks

Create a beginners recipe book for teenagers focussing on health and well being. Think about recipes for a healthy eating and balanced diet, budget and time friendly recipes. Think about breakfasts, snacks, meals for one, family dinners that can be made all under 45 minutes.

Create a cooking journal and write about all the dishes you have tried and that you plan to make.



Writing Tasks

Visit a local restaurant and look at their menu and write a food review on the meals they are offering. Focus on nutrition, who they are aiming their menu at, the cost of the dishes, are they value for money.

Create and devise a healthy meal plan for a Family of 4 for a week



Watching Tasks

Watch three different cooking programmes on TV. Cook a dish from one of them. Suggestions:

[The 10 Best British Cooking Shows & Where to Watch Them](#)

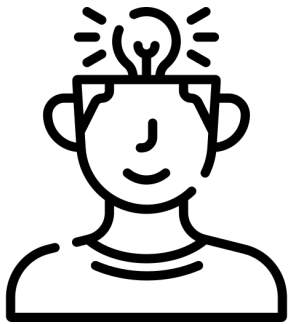
Watch [Food Unwrapped | All 4](#) to discover the industry secrets behind our favourite food



Trips and Visits

Visit a local restaurant and look at their menu and write a food review on the meals they are offering. Focus on the nutritional benefits in the menu. Who they are aiming their menu at, the cost of the dishes, are they value for money?

Visit local farmers markets, food markets and stalls, what food would you make to sell if you were at a market stall.



Student-led Creative Thinking Tasks

Design and cook a new food product using two high level skills – for example pastry, sauces, bread, fresh pasta, cakes

Demonstrate a new cooking skill you have learnt to the rest of the class.

