

Design & Technology



Year 8 Homework Booklet Food Technology

Name:

Group:

Date:

TASK: Complete your Practical Planning Sheet for your muffin

Dish Name:.....

Dish Description:

Total time allowance: Portion Size:

| Ingredients | Sensory Properties | Nutritional Properties |
|-------------|--------------------|------------------------|
| | | |

Skills:

Processes/Techniques:

Cooking Methods:

Special Dietary Considerations:

Time Plan

| Step | Method | Health & Safety Quality Control | Time |
|------|--------|------------------------------------|------|
| | | | |

Time Plan

| Step | Method | Health & Safety Quality Control | Time |
|------|--------|------------------------------------|------|
| | | | |

Food Diary

Name: Group: Date recorded:

TASK: Use this sheet to record everything you eat and drink in a 24 hour period. Be accurate and honest, include quantities where possible.

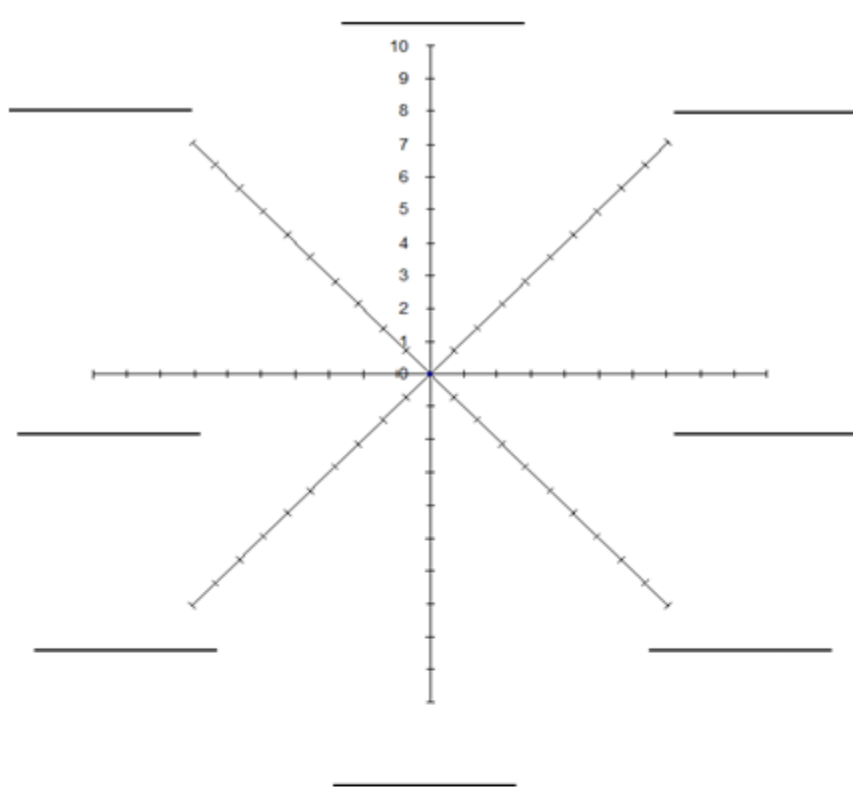
| <i>Time</i> | <i>Food and drink consumed</i> |
|----------------------|--------------------------------|
| <i>Snacks/Drinks</i> | |
| <i>Breakfast</i> | |
| <i>Snacks/Drinks</i> | |
| <i>Lunch</i> | |
| <i>Snacks/Drinks</i> | |
| <i>Dinner</i> | |
| <i>Snacks/Drinks</i> | |

Vitamins and minerals – fill in the missing words

| Nutrient | Functions in the body | Sources in the diet |
|-----------------|--|--|
| Vitamin A | <p>Normal growth in _____.</p> <p>Keeps moist _____ such as the _____ and _____ healthy.</p> <p>Healthy eyes, vision in _____ light.</p> | <p>Animal:</p> <ol style="list-style-type: none"> 1. 2. 3. <p>Plant:</p> <ol style="list-style-type: none"> 1. 2. 3. |
| Vitamin D | <p>Works with _____ and phosphorus to form strong _____ and _____.</p> | <ol style="list-style-type: none"> 1. Oily _____ 2. 3. <p>The action of _____ on the skin to form vitamin D.</p> |
| Vitamin B group | <p>Helps release _____ from carbohydrate foods.</p> <p>Keeps the _____ system healthy.</p> | <ol style="list-style-type: none"> 1. 2. 3. 4. |
| Vitamin C | <p>Healthy _____ and _____. Helps absorb _____.</p> <p>Helps to heal _____.</p> | <ol style="list-style-type: none"> 1. 2. 3. |
| Iron | <p>Needed to form red _____ _____ to carry _____ round the body.</p> | <ol style="list-style-type: none"> 1. 2. 3. |
| Calcium | <p>Development of strong _____ and _____.</p> <p>Needed for clotting _____.</p> | <ol style="list-style-type: none"> 1. 2. 3. |

Sensory Star Diagram

1. Choose 8 sensory adjectives (e.g. cheesy, spicy, crunchy etc)
2. Rate each from 1–10
3. Join the dots to form a shape..



Sensory Analysis

Use the results of your Star Diagram to explain how your dish **looked** (appearance), what you could **smell** (aroma), the **flavours** you could taste (taste) and how the food **felt to touch and eat** (texture).

Appearance: What did your final dish look like?

Aroma: What could you smell from your final dish? Did ingredients or cooking methods cause this?

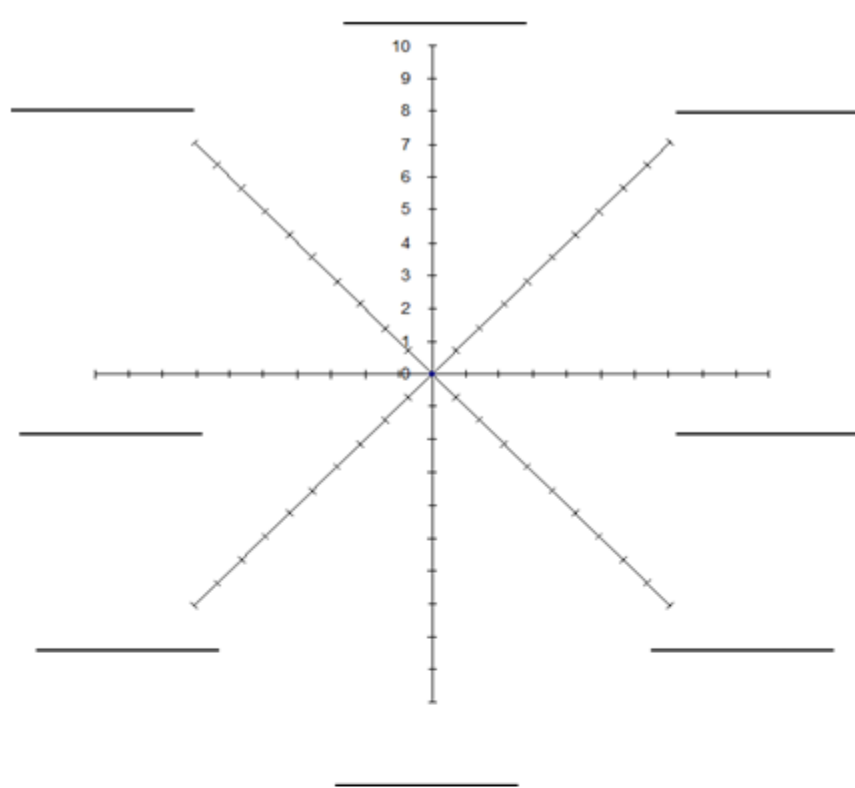
Taste: What flavours could you taste in your dish? What ingredients or cooking methods caused this?

Texture: Explain the different textures within your dish. What ingredients or cooking methods caused this?

Homework: Draw a poster to explain the 3 different methods of heat transfer

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