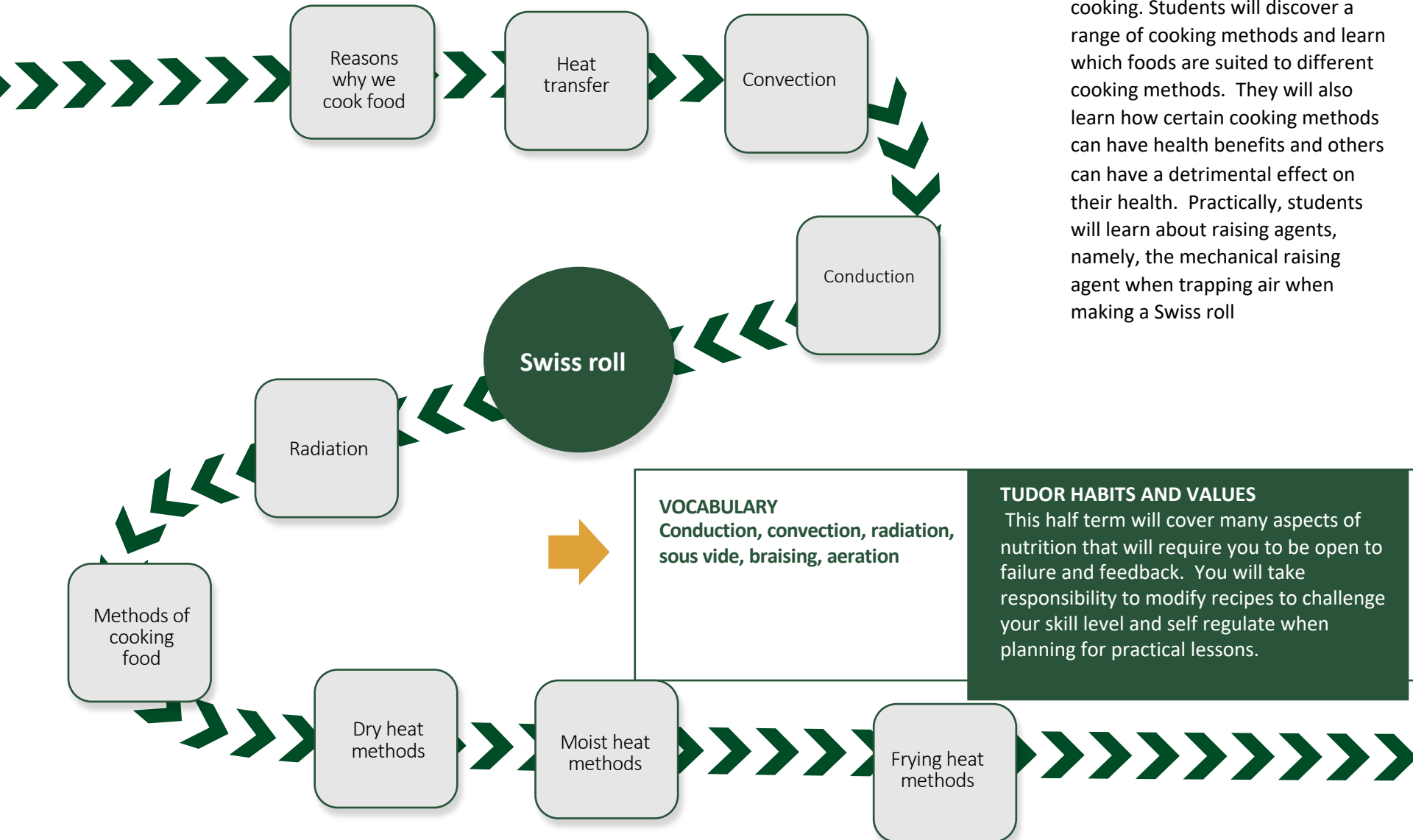


LEARNING JOURNEY

HEALTHY LIVING

COOKING METHODS & HEAT TRANSFER



This half term the focus will be on heat transfer and methods of cooking. Students will discover a range of cooking methods and learn which foods are suited to different cooking methods. They will also learn how certain cooking methods can have health benefits and others can have a detrimental effect on their health. Practically, students will learn about raising agents, namely, the mechanical raising agent when trapping air when making a Swiss roll