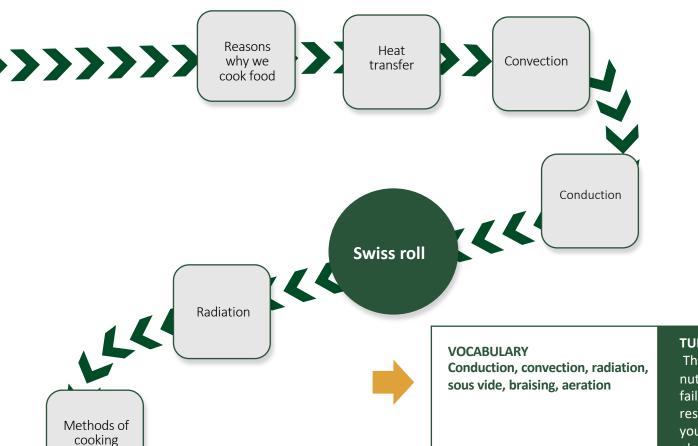


food

## **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

## **TUDOR HABITS AND VALUES**

This half term will cover many aspects of nutrition that will require you to be open to failure and feedback. You will take responsibility to modify recipes to challenge your skill level and self regulate when planning for practical lessons.

Dry heat methods

Moist heat methods

Frying heat methods

