

YEAR 7

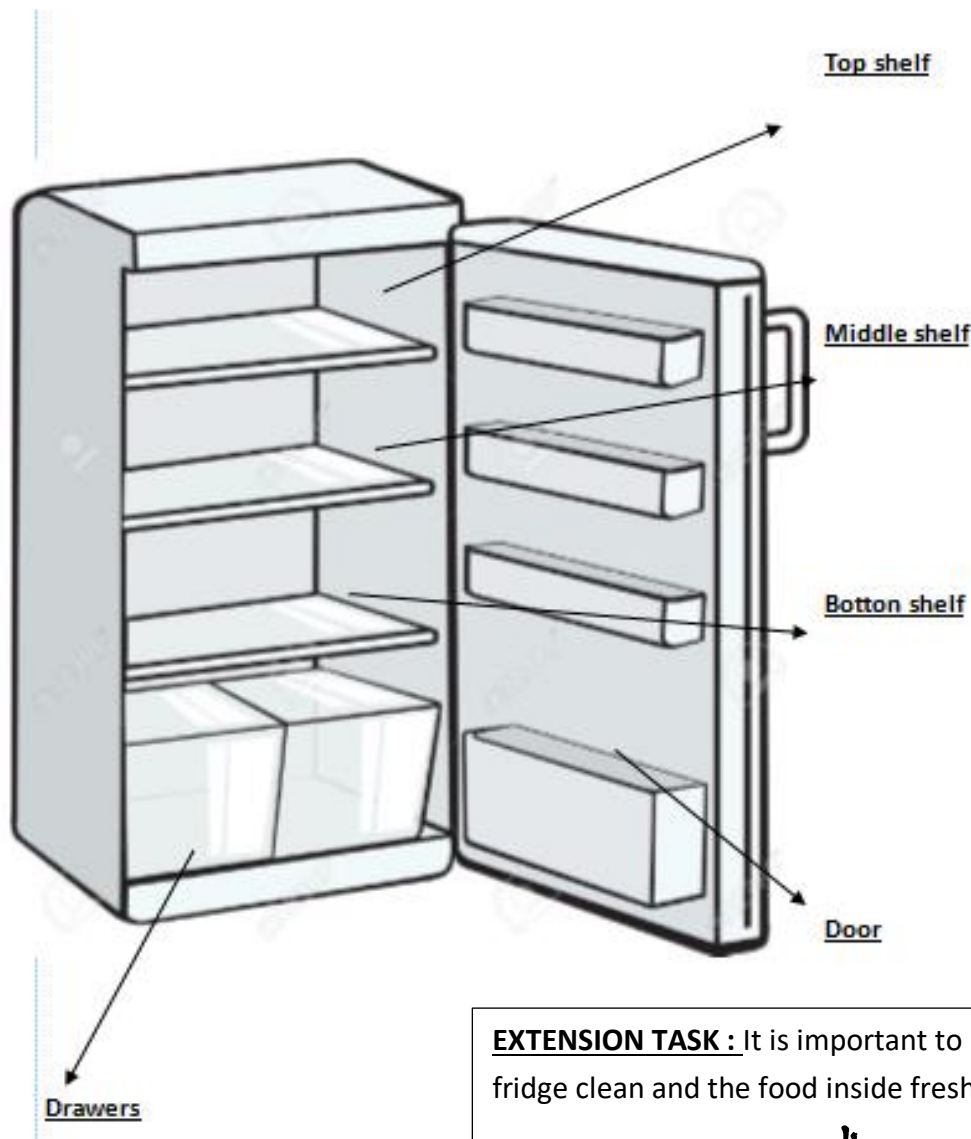
Independent learning to be completed during school closure

FOOD & TEXTILES

**During a two week period you would ordinarily have:
2 food or textiles lessons. Complete both activities below**

Lesson 1 – Fridges and Freezers Find out the information and fill the spaces below:

1. The minimum temperature for a *REFRIGERATOR* is ____ 'c, and the maximum is ____ 'c The minimum temperature for a *FREEZER* is ____'c.
2. Think about the fridge below and list the types of foods that you would store on each shelf. Try to **give reasons** why you would place things on each shelf.



EXTENSION TASK : It is important to keep your fridge clean and the food inside fresh. Make a checklist that would help **aliens** understand how to use the **coolest** invention on earth....the fridge!

Lesson 2 – Newsflash!

Longbenton News

ONLY REPORTING THE BEST EVER NEWS!

How to defrost your food safely or you may be struck down with food poisoning!

Defrosting in the fridge is the safest option. Put wrapped, frozen food on a shelf that's not too crowded—or a bottom shelf for raw meat and leave it overnight.

Defrosting in a microwave will speed up the process but be careful to ensure that the food is thoroughly thawed. Turn or stir it to make sure there are no frozen bits at the bottom. When you have thawed food using a microwave's defrosting setting, you must cook it immediately afterwards.

If you are defrosting small portions such as chicken breast or sausages, try putting them into a sealed **bag** and placing them into a sink of cold water, the defrost time will speed up. When using this method, cook the thawed portions straight away.

Discard liquid from defrosting food as it may carry bacteria and should be safely disposed of and not allowed anywhere near any other foods.

Cook defrosted food immediately, or you may allow bacteria to breed inside the food!

TAKE CARE DEFROSTING IN THE KITCHEN!



"We'll have to eat out tonight — I forgot to defrost the walrus."

On the mind map below summarise the key points from this article.



EXTENSION TASK : It is important that we, as consumers, know what to look for in a fridge or freezer when we are buying one. Carry out some market research to decide which fridge and freezer you would buy and explain why you have made your choice. Use websites like: www.appliancesdirect.co.uk, www.currys.co.uk and www.amazon.co.uk to help you complete this research.

If you require further information please email:

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