



Year 9 Food Preparation & Nutrition Remote Learning Booklet B

Task 9

Topic Food from around the world: Mexico

1. Look on a map of the world- can you identify where Mexico is?



2. Watch the 24 minute video: <https://www.youtube.com/watch?v=OJ1psTWI8eY>
3. Create a mind map/brainstorm about Mexican Cuisine: include recipes and ingredients from the video and your own experience of Mexican food. Research using the internet and add images to your work.

Practical activity- Have a go at making enchiladas

Task 10

The Danger Zone and Food Poisoning

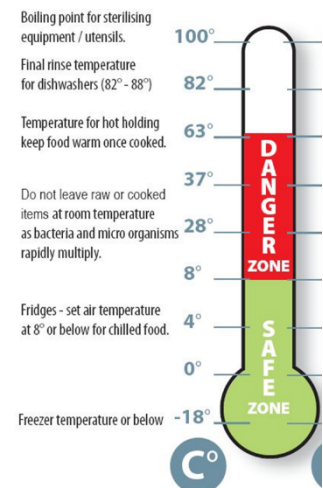
1. Explain how and where (including temperatures) the following foods should be stored;

- Raw chicken breasts
- Tomatoes
- Eggs
- Frozen prawns
- Milk

2. Cross contamination – **explain** 4 ways cross contamination of bacteria can be avoided when preparing and cooking a chicken salad. Your work must be written in full sentences.

3. Find a news article about food poisoning and explain how it could have been prevented. You could annotate (add notes to) the article or write a paragraph in response to the article.

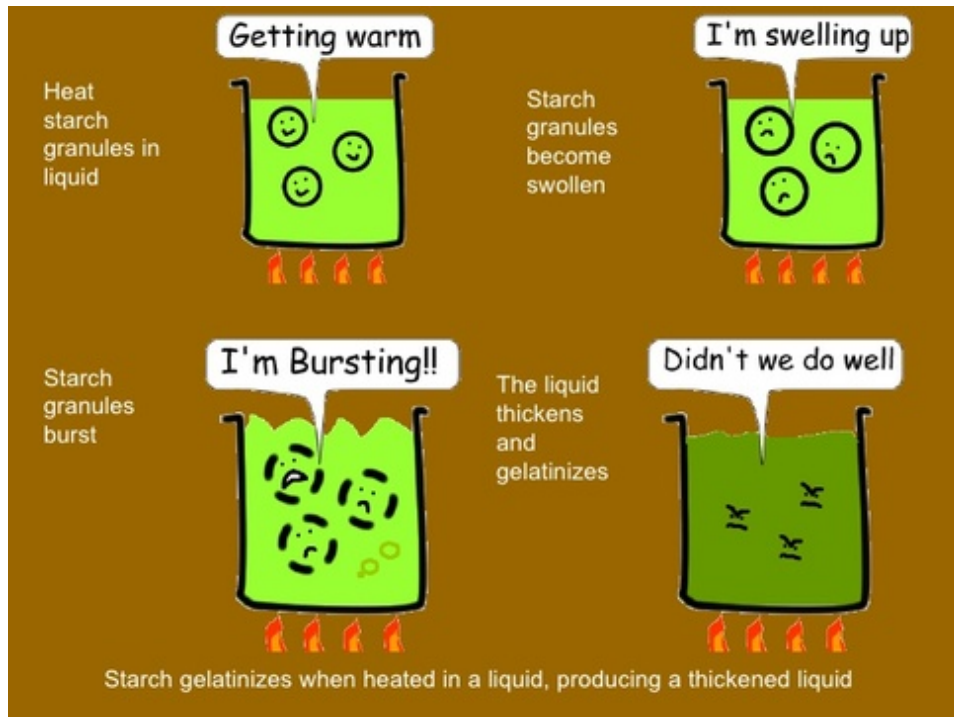
Practical activity- demonstrate how to make a product safely- teach a member of your family how to prevent food poisoning



Task 11

Gelatinisation

1. Watch the following video: <https://www.youtube.com/watch?v=zjyhMzjDaVI>
- 2.



Study the diagram above- can you add key temperatures for gelatinisation?

3.
 1. Copy and complete the following:

Ratio of ingredients for a white sauce:

Amount	600ml sauce	300 ml sauce
Milk	600ml	
Flour	50g	
Margarine	50g	

2. What could be added to the above sauce to improve the flavour?
3. Why would you need to keep mixing the sauce while it is on the hob?
4. What can happen to a sauce if you are using a metal pan and a metal whisk?
5. Explain what you would need to do if the white sauce:
 - a) was too thick?
 - b) too runny/thin?
6. Why do you cook the sauce for 1 minute?
7. Explain why a sauce may be lumpy.

Practical activity- make lasagne. Remember your food safety tips from last week.

Task 12

Functions of ingredients, nutrition and recipe development

1. Copy and complete the chart:

Ingredient	Function (role) of the ingredient	Main nutrient the ingredient contains
250g-500g minced beef 1 can of chopped tomatoes 1 onion 1 clove of garlic 1tbsp tomato puree 1 tsp mixed herbs Salt and pepper Lasagne sheets 300ml milk 25g plain flour 25g margarine/butter 70g cheese	Chewy texture	Protein- High biological value

2. Explain how the product could be developed to be:

- a. Reflect different cultures
- b. Suitable for different allergies
- c. Economical/cheaper
- d. Have a variety of textures
- e. Healthier
- f. Reflect different cuisines e.g. Mexico

3. Describe how to cut and onion safely and so that your eyes do not water

4. Why does a leftover lasagne need to be cooled before placing in the fridge?

5. Explain how to reheat leftover food safely preventing food poisoning. How could you extend the shelf life of a lasagne if you wanted to save it to eat the following week?