

## Year 9 Homework Half Term 1 : Food Science

| Task     | +  | ++   | +++   |
|----------|--|--|---|
| <b>1</b> | <p><b>Bake-Off Problem Page</b></p> <p>Produce an answer in response to Steve’s letter.<br/>This should include an understanding of the basic functions of the ingredients used in Bread making.</p>   | <p><b>Bake-Off Problem Page</b></p> <p>Produce an answer in response to Steve’s letter.<br/>This should include an understanding of the basic functions of the ingredients used in Bread making.<br/>It should also include explanations of the processes used in bread making.</p>  | <p><b>Bake-Off Problem Page</b></p> <p>Produce an answer in response to Steve’s letter.<br/>This should include a detailed understanding of the functions of the ingredients used in Bread making.<br/>It should also include detailed explanations of the processes used in bread making.</p>  |
| <b>2</b> | <p><b>Research on the Vegetarian Diet</b></p> <p>We have looked at Quorn as an alternative source of protein for vegetarians and vegans.<br/>Choose one other source of alternative protein and produce an information sheet on it.<br/>You must:<br/>Include a description of the product<br/>Add pictures to illustrate the product.<br/>State how it can be used in the diet – include a recipe</p> | <p><b>Research on the Vegetarian Diet</b></p> <p>We have looked at Quorn as an alternative source of protein for vegetarians and vegans.<br/>Choose one other source of alternative protein and produce an information sheet on it.<br/>You must:<br/>Include a detailed description of the product.<br/>Describe how the product is produced.<br/>Explain how it can be used in the diet. Relate your answer to the nutritional value of the product.</p> | <p><b>Research on the Vegetarian Diet</b></p> <p>We have looked at Quorn as an alternative source of protein for vegetarians and vegans.<br/>Choose one other source of alternative protein and produce an information sheet on it.<br/>You must:<br/>Include a detailed description of the product.<br/>Explain how the product is produced and where it derives from.<br/>Analyse the product in nutritional terms relating your answer to protein, amino acids and high/low biological value proteins.</p> |

## **Bake-Off Problem Page**

**Steve has decided he would like to have a go at making bread. He has a few questions he needs answering first.**

**Take each of Steve's questions and give a FULL answer, using your knowledge of the principles of bread making to help you.**

**Dear Bake-Off,**

**I would like to become as good as Paul Hollywood when it comes to bread making, please could you help me, by answering these questions?**

- 1. Is there a particular type of flour that I need to use to make bread? If so, why do I need to use that type of flour?**
- 2. What is yeast? Why does it help in bread making?**
- 3. Paul says you should not put yeast next to the salt in your bowl. Why is this?**
- 4. Should I put cold or hot water in to mix up my ingredients? Does the temperature matter?**
- 5. I have heard you need to knead bread. What is kneading and why is it important?**
- 6. How long should I knead my bread for?**
- 7. Do I put the bread straight in the oven when I have made it?**
- 8. How can I tell if my breads is cooked?**
- 9. How can I make my plain dough more interesting?**
- 10. What about breads from other countries? Could you give me a recipe idea for a more unusual bread?**