




GCSE Food Technology Super Curriculum



Read 	Do 	Find 
<p>Read about all the best chefs in the country at www.greatbritishchefs.com</p>	<p>Visit a farmers' market and cook a dish using local produce. Take a photo.</p>	<p>Find a recipe on how to make honeycomb and then make it and take a photo.</p>
<p>Revise the scientific principles of gelatinisation, dextrinization and the milliard reaction.</p>	<p>Watch an episode of Great British Bake off and create your own showstoppers.</p>	<p>Find a local pub/restaurant/diner that uses seasonal foods to take your family to.</p>
<p>Follow and explore food blogs such as the "Body Coach" and "The food medic" on Instagram.</p>	<p>Visit Borough Market and carry out sensory analysis of tasting from three stalls.</p>	<p>Find some vegan alternatives to your favourite meal and cook the dish for your family.</p>
<p>Visit www.agirlcalledjack.com. This is a blog about a single mother who has won a book deal for her inspirational recipes on a budget.</p>	<p>Watch a TED talk on Eating Seasonably.</p>	<p>Find a local farmers market or greengrocers and interview them on where they source their produce.</p>
<p>Read about a famous British chef called Hugh Fearnley-Whittingstall. He owns the River Cottage. www.rivercottage.net</p>	<p>Watch the BBC documentary, The Truth About Sugar and record your thoughts.</p>	<p>Find and watch the documentary of Jamie's School Dinners and discuss with your food teacher.</p>