



8 Food Technology Super Curriculum



Read 	Do 	Find 
<p>'The Art and Practise of Making Pasta' by David Joachim</p>	<p>Visit a pop up farm shop and look out for free range produce.</p>	<p>Find your local allotments and interview some of the gardeners. What type of seasonal produce is grown in your area?</p>
<p>'Joe Wicks: 30 Minute Meals'. Pick your favourite and cook for your family.</p>	<p>Use food dye in your dough and try to create a pattern in your bread. Use one or two colours and a cocktail stick to make swirls.</p>	<p>Find out why the potato is listed as a war time hero food.</p>
<p>How to eat sustainably on a budget - BBC Good Food article. https://www.bbc.co.uk/food/articles/affordable_sustainable#:~:text=The%20WWF%20LiveWell%20diet%20offers,as%20peas%2C%20beans%20and%20nuts</p>	<p>Grow your own tomatoes. Keep them in a warm area and water daily. You may need to re-pot them after a couple of weeks!</p>	<p>Find out the main difference between short crust pastry and flakey pastry. What dishes are they most suited for?</p>
<p>The future of food: What we will eat in 2028. Science focus - future technology</p>	<p>Carry out an experiment using different types of raising agents to make fairy cakes. Record your findings on texture, colour and rise.</p>	<p>Find out the purpose of a food inspector. What is the significance of the role within the food industry?</p>
<p>NHS 8 Healthy Eating Tips</p>	<p>Watch the 'In the Factory' episode on baked beans to find out how they are manufactured in the UK.</p>	<p>Find out how cheese is made and matured. Create a step by step storyboard to document your findings.</p>