



Yr hanner tymor hwn: Sgiliau, Gwybodaeth a Dealltwriaeth i'w ddatblygu;

During this half term: Skills, Information and Understanding to be developed;

SGILIAU / SKILLS

Students will develop skills in preparing and cooking dishes using the commodities studying in theory lessons. They will continuously developing their practical skills throughout the course, ensuring they are producing them safely and hygienically.

GWYBODAETH / INFORMATION

Students will study the major commodity groups and reflect current recommended guidelines for a healthy diet. Their knowledge will be developed in nutrition, specialising in special dietary requirements this half term. Students will explore the effects of each dietary requirement.

DEALLTWRIAETH / UNDERSTANDING

Students will understand the value of the commodity within the diet; features and characteristics of each commodity with reference to their correct storage to avoid food contamination; the origins of each commodity, to include an awareness of Welsh produce; the working characteristics of each commodity.

Geiriau / Termau Allweddol;

Key Terms / Words;

commodity, carbohydrate, gelatinisation, gluten formation, caramelisation, yeast fermentation, bread, pastries, shortening, aeration and raising agents, denaturation, coagulation, emulsification, alternative proteins, egg, dairy, emulsification, foaming, staple foods, primary processing, secondary processing, bread, yeast, pasta, pizza, bran, fibre, germ, kernel, essential oils, vitamins and minerals, endosperm, starch, carbohydrate, proteins, glutenin and gliadin, elastic qualities, wheat harvester, iron, thiamin, potassium, carbohydrates, fibre, protein, milled, hard wheat, carbon dioxide, elasticity.

Deilliannau Dysgu / Learning Outcomes

Asesiad / Assessment

Meini Prawf Llywyddoant / Success Criteria

Gwaith Cartref / Homework

Deilliannau Dysgu Wythnos 1-2 / Week 1 -2 Learning Outcomes

Introduction to Commodities.- Bread, cereals, flour oats, rice, potatoes and pasta.

- Pupils will be introduced to the different varieties of cereals and the importance of staple foods in the diet.
- Pupils will know the basic structure of a wheat grain.
- The importance of protein content of flour.
- The functional properties of wheat flour.
- Primary and secondary processing of wheat.

Practical skills developed:

Cake making:

- Creaming method
- Rubbing in method

Exam style questions in class booklet.

Key word bingo activity.

Class practical investigation:
Research into types of flour.

Homework:

INGREDIENTS:
Buy, weigh and Measure

Ingredients for

- Victoria Sponge cake
- Savoury Scones

Deilliannau Dysgu Wythnos 3-4/ Week 3-4 Learning Outcomes

Cereals – Wheat and wheat based products (Breads, pasta and pastries)

- The pupils will be introduced to the varieties of bread products available.
- The key ingredients and their functions in bread making.
- They will know the nutritional value of different breads and how they can be affected by the manufacturing process.
- The function of yeast and air as a raising agent.

Practical skills developed:

Cake making:

- Whisking method
- Icing and cake decorating techniques

Bread making

- Bread roll shaping techniques / glazing.

Activities and exam style questions in booklet.

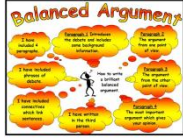
Assessment Task 1
Examination style questions on cereals.

Homework:

INGREDIENTS:
Buy, weigh and Measure

Ingredients for

- Swiss roll
- Olive bread Swirls
- Chocolate gateaux

<p>Deilliannau Dysgu Wythnos 5-6 <i>Week 5-6 Learning Outcomes</i></p> <p>Eggs and Dairy products</p> <ul style="list-style-type: none"> • Pupils will know the variety of eggs and dairy product which are available to the consumer. • The uses of eggs and dairy products in dishes and meals. • The functions of eggs and dairy products in food preparation and cooking. • How to store eggs and dairy products correctly. • The safe handling of eggs during food preparation and cooking. <p>Practical skills developed:</p> <p><u>Cake making:</u></p> <ul style="list-style-type: none"> • Whisking method <p><u>Biscuit making</u></p> <ul style="list-style-type: none"> • Rubbing in method <p><u>Custard making</u></p> <p><u>Caramelisation of sugar</u></p> <p><u>Pastry Making</u></p> <ul style="list-style-type: none"> • Shortcrust method 	<p>Class booklet tasks and exam style questions.</p> <p>Internet research: to produce a meaningful and persuasive argument for either the farming and selling of battery or free range eggs. (Class debate).</p>		<p>Homework: INGREDIENTS: Buy, weigh and measure Ingredients for</p> <ul style="list-style-type: none"> • Meringue roulade • Quiche Lorraine. • Crème Brulee • Shortbread biscuits
<p>Deilliannau Dysgu Wythnos 7-8 / <i>Week 7-8 Learning Outcomes</i></p> <p>Fats, Oils, Sugar and syrup.</p> <ul style="list-style-type: none"> • Pupils will learn the composition of fats ,oils and sugar. • The nutritional value of fats, oils and in the diet. • The properties of fats, oils and sugar and their function in food preparation. • Pupils will understand the different between sugars and sweeteners and the current issues with sugar consumption in the diet. <p>Practical skills developed:</p> <p><u>Cake making</u></p> <ul style="list-style-type: none"> • Melting method • All in one method <p><u>Cake decorating technique – feather icing</u></p> <p><u>Pastry making</u></p> <ul style="list-style-type: none"> • Choux <p><u>Custard making</u></p>	<p>Activities and exam style questions in booklet.</p> <p>Assessment Task 2 Examination questions on Eggs and Dairy products.</p>		<p>Homework: INGREDIENTS: Buy, weigh and measure Ingredients</p> <ul style="list-style-type: none"> • Chocolate brownies. • Decorated cupcakes. • Chocolate custard eclairs.
<p>Deilliannau Dysgu Wythnos 9-11 / <i>Week 9-11 Learning Outcomes</i></p> <p>Fruit and Vegetables</p> <ul style="list-style-type: none"> • The pupils will be able to identify the variety of fruit and vegetables available and the farming methods used to grow the produce (organically vrs intensive farming/ GM crops). • They will explore the chemical and physical changes in fruit and vegetables as a result of given actions. • The impact of lifestyle and food choices on the environment and local economy. • Pupils will understand the nutritive value of fruit and their role in a healthy diet. • Pupils will know the characteristics and uses of herbs and spices within recipes. <p>Practical skills developed:</p> <p><u>Cake making</u> Creaming method Decorating skills (uses of marzipan and royal icing)</p>	<p>Activities and exam style questions in booklet.</p> <p>Food investigation Assessment Task 3 : Enzymatic browning of fruit.</p> <p>Assessment Task 3 Examination questions on Fats, Oils, Sugar and syrup.</p>		<p>Homework: INGREDIENTS: Buy, weigh and measure Ingredients</p> <ul style="list-style-type: none"> • Christmas cake
<p>Deilliannau Dysgu Wythnos 12-13/ <i>Week 12 -13 Learning Outcomes</i></p> <p>Review of commodities.</p> <ul style="list-style-type: none"> • Pupils will reflect upon the practical knowledge and skills of basic mixtures of Cakes Sauces Pastry Biscuits • Review the proportions of ingredients used in the basic mixtures 	<p>Activities and exam style questions in booklet.</p> <p>Product assessment Christmas cake</p>		