


Class: Year 10 stage 5		Date: 12/06/24	Time: period 3 Start: 11:20 Finish: 11:40
Key Learning Area: Food Technology		Lesson Topic: Reasons for cooking food	
Recent Prior Experience:			
Syllabus Outcome(s): To discuss reasons for cooking food (ACTDEK045)	Learning intentions for this lesson: <i>By the end of the lesson students will:</i> <ul style="list-style-type: none">- identify the reasons for cooking food		Success Criteria: <i>By the end of the lesson students should be able to identify and explain reasons for cooking food.</i>

Any safety issues to be considered:	Resources: <i>Slide show: reasons why we cook food</i> https://docs.google.com/presentation/d/1kCph7wD6e1B64OD-_IFGii1L4WQfW6qaXvOatNeXMMQ/edit#slide=id.g1523de4f586_0_0 <i>Document: "reasons for cooking food"</i> https://pymblelc.instructure.com/courses/11528/files/2188467?wrap=1
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LESSON SEQUENCE

Lesson Content / Indicators of Learning (<i>What</i> is Taught):	Timing (<i>mins</i>)	Teaching Strategies / Learning Experiences: (<i>How</i> it is taught)	Resources and Organization:
INTRODUCTION – whole class			
<ul style="list-style-type: none">Introduce self	2 min	<p>** All devices should be down</p> <ul style="list-style-type: none">Explain what my expectations are teaching them moving forward<ul style="list-style-type: none">Same respect shown for usual teacher should be shown for meWhen I am speaking the girls are to be quiet and listeningHave fun	SLIDESHOW (slide 1)
<ul style="list-style-type: none">discuss reasons for cooking food (ACTDEK 045)	5 min	<ul style="list-style-type: none">Ask Ss what they think some sensory characteristics are: “What are some reasons as to why we cook foods?”<ul style="list-style-type: none">A: Sensory characteristics and safety of food (<i>hint to senses: visual, sound, touch, taste and smell</i>)Class discussion / validate their answers	
DEVELOPMENT – mixture of whole class, group and individual learning			

<ul style="list-style-type: none">Slide show (slide 2)	5 min	<p>SHOW ANSWERS:</p> <ul style="list-style-type: none">Show slide of : sensory characteristics <p>CLASS DISCUSSION</p> <ul style="list-style-type: none">Discuss with Ss the sensory characteristics aroma, texture, etc.. <p>Discussion questions to ask:</p> <ul style="list-style-type: none">- What is aroma? How does it enhance the food? Cookie dough example- What is flavour? How does it contribute to food? Salt, herbs and spices- What is texture?How does this change a food? Cooked VS raw chicken?- What is sound? How do we know food tastes good? Crunch, sizzle?- What is safety? How do we know food is safe to eat.. We dont want to eat raw eggs, chicken or meat as it can give us food poisoning- If Ss get stuck or unsure.. / demonstrate an example <ul style="list-style-type: none">Show demonstration of appearance (slide 3)	<p>How will you know who has achieved the outcomes?</p> <p>(slide 2)</p> <p><u>Examples of all</u></p> <p>Appearance</p> <p>appealing as cooking can transform the way a food appears for e.g. Pasta looks more appealing when cooked as it is usually cooked with sauce and herbs.</p>  <p>Cake before baked and after</p> <p>Aroma</p> <p>Smell or raw meat and cooked meat, cookie dough Vs baked cookie</p> <p>Flavour</p> <p>Use salt and pepper to enhance flavours, herbs and spices</p> <p>Texture</p>
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Time check here

1 min

- Explain how before the cake is baked **what does the texture look like? The colour? What do you think it would smell like?**
- Ask what it would be like after the cake is baked, what would it smell like then? The difference in texture?
- Continue to go through the other characteristics, **what is aroma? What could an example be before and after cooking or baking something?**

Transition:

- Some great examples discussed there, we now know what each of these characteristics are and how they apply to food..
- Open up your devices and go to the **VC - food service and catering - functional properties of food.**


5 min

Activity:

- Download the "reasons for cooking food" doc

Discuss reasons for cooking food, for example:

- sensory properties, eg colour, flavour, texture
- safety



Complete the following **activity** in relation to:

- Favourite meal
- Favourite dessert
- Favourite fruit
- Favourite vegetable

Complete the following **Sensory properties of food.docx** using their textbook as reference.

Complete **Reasons for cooking food.**

Revision Activities

Complete **Reasons for cooking food research questions** using the internet to assist.

Complete **Sensory properties of food crossword.**

****document should look like****



• discuss reasons for cooking food, for example: (ACTDEK045)

- sensory properties, eg colour, flavour, texture
- safety

There are many different reasons that people cook food. There are also many different methods of cooking that can impact foods in a variety of ways.

Cooking allows some foods to be more easily digested in the body. Cooking food can make some foods easier to chew as it softens foods, allowing our bodies to absorb the nutrients without having to work as hard for e.g. grains like wheat which are turned into breads and

**Individual
work
(quietly)**

Of cooked vs raw chicken,

Sound

Crispy, crunchy, crackly?
Sizzling? How do you know when food is finished cooking in oil?
Relates to texture.

????

Safety

There are certain food products that must be cooked in order for them to be safe for human consumption such as raw meat, chicken and eggs

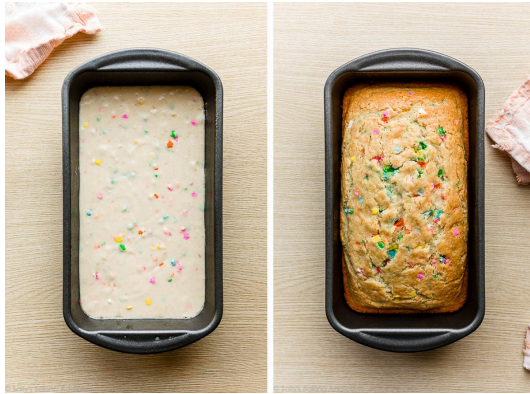
EG: appearance.. Food that looks bad before and good after??

<p>Keep an eye on the time here !!</p>		<ul style="list-style-type: none"> - Read through the information on the document, highlight parts if you want to .. what you think is important - Go through the 6 questions and answer them - Ss may not complete the entire document <ul style="list-style-type: none"> - Reminder 5-3 min before bell.. 	
<p>CLOSURE - whole class</p>			
<ul style="list-style-type: none"> - Wrap up: 	<p>1 min</p>	<ul style="list-style-type: none"> - Ask girls to wrap up what their doing on their documents (WHAT IS NOT DONE IS HOMEWORK by next theory) - Tell Ss next lessons objective : prac on making raspberry jam <p>NEXT THEORY:</p> <p>Functional properties of food in...</p> <p>Carbohydrates: caramelisation, dextrinisation, gelatinisation, crystallisation</p> <p>Proteins: Coagulation, Denaturation, Aeration,</p> <p>Lipids: Emulsification</p> <ul style="list-style-type: none"> - Remind aprons - "Have a good day!" 	

Examples of all

- Appearance

appealing as cooking can transform the way a food appears for e.g. Pasta looks more appealing when cooked as it is usually cooked with sauce and herbs.



Cake before baked and after

- Aroma

Smell of raw meat and cooked meat, cookie dough Vs baked cookie

- Flavour

Use salt and pepper to enhance flavours, herbs and spices

- Texture

Of cooked vs raw chicken,

- Sound

Crispy, crunchy, crackly? Sizzling? How do you know when food is finished cooking in oil? Relates to texture. (not sure..)

- Safety

There are certain food products that must be cooked in order for them to be safe for human consumption such as raw meat, chicken and eggs

