

Sunday, 09 July 2023 Adding Heat to Food

TOPIC: Food science and safety

TODAY: Why do we cook food? How do we cook food? What are the risks?

Today's Bell Task is...

Why do we cook food?

Why do we cook food?

Speak for my team

To the teacher give you a problem to solve. In five minutes, decide which team is best. In five minutes, write your answer. In five minutes, write your answer. In five minutes, write your answer.

Why do we cook food?

To destroy harmful bacteria.

To make food last longer.

To help digestion.

To make the diet more varied.

To improve the colour, flavour, aroma and texture of food.

Appearance

Prior experience

What experience do you have transferring temperatures to food?

Temperature can be increased or decreased.

Cookers – The basics

Hob

Only Top Direct

Powered by Inducto

Main oven

Powered by gas

So what's an Induction Hob?

- Induction hobs don't actually produce any heat by themselves.
- They create a magnetic field between the pan and a copper coil that sits underneath the glass, and through the field, energy is transferred to the surface of your pan.

SCREENS HOT

Treating burns and Scalds

Burns and Scalds

Treatment

DO NOT

Remember to report to your supervisor (teacher) any accidents. This should be recorded in the accident book.

Heat Transfer

Conduction

Convection

Radiation

Where is it cooked?

Which part of the cooker do these cooking processes take place and how is heat transferred?

The Cooker

You have been shown how to use the different parts of the cooker.

- Label the parts of the cooker.
- You need to have a go of operating cooker.
- Answer the questions in your booklet.
- Record your rules for using the cooker safely.

Support: PowerPoint & Modeling Handout Information Personal plan area CIB4%

Extensions Activity: Use the heat transfer information and answer questions.

Recall

- Some foods are cooked to make them desirable. Give two other reasons why we cook food.
- Which of these foods contains harmful bacteria before it's cooked? ☐ ☐ ☐ ☐
- What is the name given to the unit of measurement, food is cooked? ☐
- Which of these cooking methods transfers heat using convection? ☐ ☐ ☐ ☐
- Eggs can be cooked in different ways such as frying, poaching and boiling. Choose another food and describe three different ways it can be cooked. ☐ ☐ ☐

AND THE STAR OF THE LESSON IS...

IT COULD BE YOU!!!