Commodity - Eggs

How is this commodity grown/reared?

What dishes have you made using this commodity?

Classification - types

Methods of preservation

Nutritional values – what nutrients are found in this commodity and what is their function?

Dietary considerations (excess or deficiency in this commodity would result in what?)

Food hygiene and safety considerations – how should this commodity be stored correctly. What will happen if it is not stored correctly (name of food poisoning)? What is the lion mark on eggs for?

Provenance –geographical areas where eggs are produced? Local eggs verses imported eggs from Europe)

Food science:

What is the structure of meat?

What is denaturation?

What is coagulation?

How is a foam formed?

What is aeration?

What is maillard reaction?

What happens to eggs when you cook them?

Commodity – Meat

How is this commodity grown/reared?

What dishes have you made using this commodity?

Classification – types, cuts of meat

Methods of preservation

Nutritional values – what nutrients are found in this commodity and what is their function?

Dietary considerations (excess or deficiency in this commodity would result in what?)

Food science:

What is the structure of fish? Draw muscle tissue to show your understanding.

What is coagulation?

How does the amount of connective tissue in fish affect the cooking method?

What is gelatine?

Food hygiene and safety considerations – how should this commodity be stored correctly. What will happen if it is not stored correctly (name of food poisoning)?

Provenance – Welsh breeds, intensive farming v natural farming. Animal welfare

What does Protective Geographical Indication of meat involve and mean?

Commodity - Fish

How is this commodity grown/reared? (sea fish, farm fish)(how is the fish caught?

What dishes have you made using this commodity?

Classification – types, cuts of fish

Methods of preservation

Nutritional values – what nutrients are found in this commodity and what is their function?

Dietary considerations (excess or deficiency in this commodity would result in what?)

Health benefits of Omega 3?

Food science:

What is the structure of meat? Draw muscle tissue to show your understanding.

What is coagulation?

How does the amount of connective tissue in fish affect the cooking method?

What happens when you cook fish?

Food hygiene and safety considerations – how should this commodity be stored correctly. What will happen if it is not stored correctly (name of food poisoning)?

Poultry is a high risk food- what does this mean?

Provenance – geographical areas where fish is caught. Welsh river fishing v imported fish.

How many portions of fish should we eat in a week and why?

Commodity - Vegetables

Provence - How is this commodity grown? (Organic v non-organic, what are pesticides and herbicide – what can there impact be on health?)

What dishes have you made using this commodity?

Classification - types

Methods of preservation (what effect does it have on the nutritional content)

Complementary action of nutrients – what does this mean?

Vitamin C is needed with what vitamin___.

Calcium and vitamin ____.

Food science:

What is the composition of vegetables?

What is oxidation/enzymic browning and how can it be prevented?

How does the texture of vegetables change when cooked?

Nutritional values – what nutrients are found in this commodity and what is their function?

Dietary fibre – what is the importance of this in the diet?

What is the difference between soluble and insoluble fibre?

Food hygiene and safety considerations – how should this commodity be stored correctly. What will happen if it is not stored correctly (name of food poisoning)?

Commodity - Fruit

Provence - How is this commodity grown? (Organic v non-organic, what are pesticides and herbicide – what can there impact be on health?)

What dishes have you made using this commodity?

Classification - types

Methods of preservation (what effect does it have on the nutritional content)

Complementary action of nutrients – what does this mean?

Vitamin C is needed with what vitamin___.

Calcium and vitamin ____.

Food science:

What is the composition of fruit?

What is oxidation/enzymic browning and how can it be prevented?

How does the texture of fruit change when cooked?

Nutritional values – what nutrients are found in this commodity and what is their function?

Dietary fibre – what is the importance of this in the diet?

What is the difference between soluble and insoluble fibre?

Food hygiene and safety considerations – how should this commodity be stored correctly. What will happen if it is not stored correctly (name of food poisoning)?

Commodity - Dairy Products

Provence - How is this commodity produced?

How are animals reared, fed, and milked.

What dishes have you made using this commodity?

Classification – types, sources.

Methods of preservation (what effect does it have on the nutritional content)

Examples of secondary processing include cream,_____, _____, _____.

Lactose intolerance – what is this?

What are the alternatives?

Nutritional values – what nutrients are found in this commodity and what is their function?

Food science:

What is an emulsion?

Why is milk an emulsion?

Why do we use rennet to make cheese?

What is the effect of heat on cheese?

What happens to milk when you heat it?

Food hygiene and safety considerations – how should this commodity be stored correctly. What will happen if it is not stored correctly (name of food poisoning)?

Why may consumers chose organic milk and milk products?

What impact does cost of milk have on farmer's livelihood?

Commodity - Cereals

Provence - How is this commodity produced?

How does climate and soil affect the types of cereals that can be grown?

Cereal is a staple food – what does this mean?

What cereal crops are grown in wales?

What dishes have you made using this commodity?

Classification – types, sources.

Why do we need to get the balance of energy input and output correct?

Examples of secondary processing include ….

A coeliac is someone who ……..

Nutritional values – what nutrients are found in this commodity and what is their function?

Deficiency can result……..

Food hygiene and safety considerations – how should this commodity be stored correctly. What will happen if it is not stored correctly (name of food poisoning)?

Food science:

What is the chemical and physical structure of cereals? Draw a diagram to show this.

Explain the following key terms:

Gluten formation:

Gelatinisation:

Coagulation:

Dextrinization:

Retrogradation:

Gels:

Commodity - Butter

How is it made?

Classification:

Functions:

Nutritional value:

Storage:

Keywords: Aeration, Shortening

Commodity - Oil

How is it made?

Classification:

Functions:

Nutritional value:

Storage:

Keywords: Saturated, Unsaturated

Commodity - Margarine

How is it made?

Whay was it made

Classification:

Functions:

Nutritional value:

Storage:

Keywords: Fortification, hydrogenation.

Commodity - Sugar (Sucrose)

Come from?

Types of sugar?

Functions:

Nutritional value:

Storage:

Keywords: Empty calories

Commodity - Syrup

How is it made?

Classification:

Functions:

Nutritional value:

Storage:

What does energy dense mean?

What alternatives to sugar would you recommend?

What are the consequences of having too much fat in your diet?

-

-

-

-

-

Fat that comes from a vegetable, nut or seed is unsaturated and a liquid. This is considered as a healthy fat.

Fat that comes from animal sources is saturated and solid at room temperature. These are unhealthy fats and we need to limit their intake.

Commodity - Soya, Tofu, Mycoprotein, beans, nuts, seeds

How are soya beans, nuts and seeds grown?

How is soya changed to make tofu?

How is quorn made?

What is mycoprotein – what does it come from?

Classification;

Soya products e.g

Beans e.g

Nuts e.g

Seeds: e.g

Storage:

Allergens: