

Year 10 – Cereals

What are we learning about?

You will learn about types of cereals and how these link to other countries and cuisines. The different nutrients they provide and how processing can affect this.

Why are we learning about it?

Staple foods (cereals) form the main part of the diet but which staple food depends on the country. Learning about this will explain the cuisine in different countries. Cereals forms the main part of our diet, understanding processing allow us to select the right foods for a healthy diet.

What new KNOWLEDGE will I gain?

- Definition of cereals.
- The origins of different cereals and the factors that affect this.
- The different types of cereals.
- The nutritional value of cereals.
- The importance of cereals in the diet.
- Primary and secondary processing of cereals.
- How different cereals are used to make different products.

How does this build on the KNOWLEDGE I already have?

Looking at primary and secondary processing for another commodity. The nutritional value of carbohydrates is very detailed and this topic allows you to look at this in detail.

What new SKILLS will I develop?

- Sauce making (reduction).
- Pastry (choux).
- Shaping dough (pasta).
- Choosing ingredients for an international dish.

How does this build on the SKILLS I already have?

- Sauce making (roux, starch)
- Pastry (short crust).
- Shaping dough (bread).
- Choosing ingredients for a seasonal dish.



Profiteroles
Risotto
Spinach and Ricotta Ravioli

