

# Year 10 – Science of Cooking

## What are we learning about?

You will learn about heat is transferred through different cooking methods and the affects of cooking on food.

## Why are we learning about it?

If we understand the affects of heat on food and the scientific processes taking place, we can understand where we need to make changed to improve foods. We can also learn how to retain nutrients or improve the nutritional content of a dish. We also need to know terminology to access higher marks in the GCSE exam.

## What new KNOWLEDGE will I gain?

- Why food is cooked
- How heat is transferred to food
- Different methods used food cooking food
- How to maintain the nutritional value of food through preparing and cooking
- Different types of raising agents and their functions
- Scientific principles when cooking food
- Terminology of food science

## How does this build on the KNOWLEDGE I already have?

Over the year you have made a wide range of dishes, using almost all preparation and cooking methods. Now you will learn why they worked.

## What new SKILLS will I develop?

- Sauce making (caramelisation)
- Aeration (eggs)
- Able to link heat transfer to cooking method.
- Browning of foods (dextrinisation and maillard reaction)

## How does this build on the SKILLS I already have?

- Sauce making (syrup)
- Aeration (mousse)
- Able to select appropriate cooking methods
- Bread making
- Cooking meat



Garlic Bread  
Margarita Pizza  
Meringues  
Blueberry Muffins  
Yorkshire Puddings

