

## KS4 Summer Homework – Food Technology Theory

1. The instructions for making a sweet and sour chicken product are given below.

1. Marinate the chicken in garlic, ginger and lemon.
2. Coat the pan with low fat spray.
3. Add diced, skinless chicken.
4. Cook for 5 minutes to seal the chicken before adding the sauce.
5. Add the sauce then simmer for 30 minutes.
6. Ensure chicken is cooked thoroughly before serving.

Explain the terms used above. (6marks)

**Marinate**

**Seal**

**Simmer**

2. Explain why it is important for chicken products to be cooked thoroughly before serving. (4 marks)

3. A recent survey shows that fewer consumers are buying white flour. Give reasons for this. (3 marks)

4. Explain why some bakeries now use wholemeal flour when making fruit scones. (2 marks)

5. Describe different control checks carried out when dried fruit for the scones is delivered to a bakery. (4 marks)

6. Give two examples of different types of food additives. (2 marks)

1.

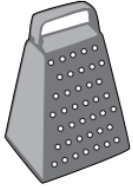
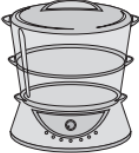

2.

7. Explain some of the advantages and disadvantages relating to the use of food additives in food products. (4 marks)

8. What is meant by the term organic foods? (2 marks)

9. Explain why more manufacturers are using organic foods. (2 marks)

10. Give an example of how each item of equipment shown below is used in the test kitchen. Give reasons why the item is used. (6 marks)

	Example of use	Reasons
A grater 		
A steamer 		
A hand blender 		

The best and only way to improve your cooking skills is by actually cooking!  
Therefore your summer homework will require you to cook or assist a parent or guardian with 3 different dishes. Fill in this cooking diary showing the ingredients, method and a photo of the finished dish. You could use recipes you have cooked previously at school or use a website like BBC GoodFood for recipe suggestions. Please note, this homework maybe submitted digitally to – [Lowen@johncolet.co.uk](mailto:Lowen@johncolet.co.uk) if easier.

**A pasta or rice dish**, i.e. Bolognese or a curry.

**A meal for than one person**, i.e. a casserole or lasagne.

**A fruit-based baked product**, i.e. a cake or cookies.