

Food Preparation and Nutrition – Subject Preparation Project – Year 8

In the food course you will be following from September, there is a large focus on the scientific properties of foods. For example, what the role of each of the ingredients has in a dish.

Your Task:

I would like you to look at a basic bread recipe, and conduct research to tell me what role each of the ingredients has to play. For example, why do we use strong plain flour? Why do we use warm water?

Complete the table to show your understanding of the functions of ingredients in bread:

<i>Ingredients</i>	<i>Function (Why it is needed)</i>	<i>Diagram if it helps you to explain the function...</i>
<i>Strong Plain Flour</i>		
<i>Yeast</i>		
<i>Warm Water</i>		
<i>Sugar</i>		
<i>Salt</i>		
<i>Fat (Butter or Oil)</i>		

