



St. Antony's Catholic College

Aspire - Believe - Achieve

Y9 Options for Food & Nutrition-Z3 & Z4

Instructions for the week beginning Monday 22nd June 2020

All materials are on the new Y9 Options Food Prep & Nutrition Google Classroom. The joining code is ao7q2qi

Topic-Fats: World foods

Read

Read the PowerPoint and investigate dishes from the different countries via either YouTube, Google etc. Make notes and say what you think are typical dishes. Discuss the similarities and differences.

Watch

Watch Gordon Ramsay's Mexican Huevos Rancheros Recipe on YouTube

<https://www.youtube.com/watch?v=xL3dQHepQxo> Write any key points or elements that Gordon highlights in his method. How could this dish be adapted? Why should this be considered an international dish?

Do

List 8 international ingredients and state the countries they could be typically from. List ingredients that are common to a whole range of countries.

Practical Do

Depending on the available ingredients & time you could complete one the following practical tasks. Alternatively you could do this in the future.

- a) Make an international food product showing an advanced skill or technique from a recipe
- b) Adapt an international food recipe and document the changes you have made

Please email a picture of your finished products to s.reynard@st-antonys.com

Fantastic Friday – Please email Mrs Wright (f.wright@st-antonys.com) by 12pm on a Friday if you'd like to share some of your best work of the week with her. She'd love to see it!