



Cookery Year



At St Cenydd...

- We believe homework is a key part of school life. It allows students to develop their skills and knowledge independently and can be the difference between good and excellent progress.
- We strive for all of the homework we set to be engaging and challenging, but above all worthwhile.
- We expect students to complete all their homework and contact their teachers if they have a problem with their homework.

You must complete either the core homework OR the challenge homework.

	Core Gwaith Cartref	Challenge Gwaith Cartref
Homework 1	Title: Food Hygiene	Title: Food Hygiene
	Details: Produce a 4 C's sign to clearly demonstrate your knowledge and application of the 4 C's when preparing food. This should be suitable to go on display in the food room. Draw on paper or use ICT if you wish.	Details: Find and print off a newspaper report about an incidence of food poisoning. Using your knowledge of the 4C's, write a report to explain how this could have been prevented.
Homework 2	Title: Macronutrients - Protein	Title: Macronutrients- Protein
	Details: In pairs, carry out research and write a newspaper article on the importance of protein foods for teenagers. You should use Google docs to work collaboratively.	Details: In pairs, carry out research and plan and deliver a 5 minute lesson to the class on the importance of protein foods for teenagers.
Homework 3	Title: The Eatwell Guide	Title: The Eatwell Guide
	Details: Complete a food and physical activity diary for a day. Compare your diet to the eight tips for healthy eating. Which tips are you following? Which tips are you	Details: Complete a food and physical activity diary for a day. Compare your diet to the eight tips for healthy eating. Which tips are you following? Which tips are you



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	not following?	not following? Suggest changes to your diet so it follows the eight tips for healthy eating.
Homework 4	Title: Evaluate your skills!	Title: Evaluate your skills!
	Details: Using Google forms, complete an evaluation of your dish. This should be submitted in Google Classroom.	Details: Using Google forms, complete an evaluation of your dish. Then try cooking a similar dish at home, note your improvements, take a photo and submit this with your work. This should be submitted in Google Classroom.
Homework 5	Title: Test your knowledge quiz	Title: Test your knowledge quiz
	Details: Complete the end of unit quiz in Google forms and write one target for your next term of cooking.	Details: Complete the end of unit quiz in Google forms and write one target for your next term of cooking and explain how you will achieve this.
Homework 6	Title: Breadmaking	Title: Breadmaking
	Details: Watch the video about the bread-making process and take notes. Be prepared to answer questions in class. https://www.youtube.com/watch?v=kphmtNykXAU	Details: Watch the video about the bread-making process and take notes. Be prepared to answer questions in class. https://www.youtube.com/watch?v=kphmtNykXAU Research breads around the world and present your findings to the class.
Homework 7	Title: Stir Fry Preparation	Title: Stir Fry Preparation
	Details: Watch the Youtube videos (3) on vegetable preparation, ready for your practical lesson. QR code for Youtube channel	Details: Watch the Youtube videos (3) on vegetable preparation, ready for your practical lesson. QR code for Youtube channel

		<p>Practise your chopping skills at home and take a photograph of what you have prepared.</p>
Homework 8	Title: Evaluate your skills!	Title: Evaluate your skills!
	<p>Details: Using Google forms, complete an evaluation of your dish. This should be submitted in Google Classroom.</p>	<p>Details: Using Google forms, complete an evaluation of your dish. Then try cooking a similar dish at home, note your improvements, take a photo and submit this with your work. This should be submitted in Google Classroom.</p>
Homework 9	Title: Cake-making	Title: Cake-making
	<p>Details: Watch the Delia Smith video tutorial on 'Little Cakes', in preparation for your practical lesson. https://www.deliaonline.com/cookery-school/first-term-perfect-cakes/lesson-3-little-cakes</p>	<p>Details: Watch the Delia Smith video tutorial on 'Little Cakes', in preparation for your practical lesson. https://www.deliaonline.com/cookery-school/first-term-perfect-cakes/lesson-3-little-cakes Create a mind map of the cake-making methods.</p>
Homework 10	Title: Test your knowledge	Title: Test your knowledge
	<p>Details: Complete the end of unit quiz in Google forms and write one target for your next term of cooking.</p>	<p>Details: Complete the end of unit quiz in Google forms and write one target for your next term of cooking and explain how you will achieve this.</p>
Homework 11	Title:	Title:



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	Details:	Details:
Homework 12	Title:	Title:
	Details:	Details:
Homework 13	Title:	Title:
	Details:	Details:
Homework 14	Title:	Title:
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Homework 15	Title:	Title:
	Details:	Details:
Homework 16	Title:	Title:
	Details:	Details:
Homework 17	Title:	Title:
	Details:	Details:
Homework 18	Title:	Title:
	Details:	Details:
Homework 19	Title:	Title:
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Homework	Title:	Title:



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