

DIGITAL MATERIALS FOR YEAR 9-11 FOOD NUTRITION

Total:	39
YouTube :	39
Website :	0

NO	TOPIC	DESCRIPTION	SOURCE	LINK
1	Cake making - different types of cake making	4 different types of cake making (creaming, whisking, rubbing-in, melting method)	Youtube	http://youtu.be/1mAFaq2YIzY (whisking method) http://youtu.be/EZqs4noFMhE (creaming method) https://youtu.be/LJslI3Tz5bs (melting method) https://youtu.be/AWo9NcOTp0U (rubbing-in method)
2	bread making	how to knead a bread dough	Youtube	https://www.youtube.com/watch?v=BjIucv88fIM&list=FLpWdFR_CYcJkGMBndV7IzGg&index=7 https://www.youtube.com/watch?v=VrUdtzXquWk
3	Scones	How to make scones	Youtube	https://youtu.be/BVNhJXa5W74
4	Batter	How to make batter, types of batter such as coating batter dishes, thick batter	YouTube	How to make batter https://www.youtube.com/watch?v=gg7DJ-OBfc4 https://www.youtube.com/watch?v=qc-WvauHhNE https://www.youtube.com/watch?v=JVPm9Lgrnhs Coating batter https://www.youtube.com/watch?v=TSaMYP8CVU4 https://www.youtube.com/watch?v=eVkj_POEL-o Thin batter https://www.youtube.com/watch?v=7Alw0cKw4tl https://www.youtube.com/watch?v=xvkPdZUfgTI Thick batter https://www.youtube.com/watch?v=viDiEVLORzk
5	Raising agents	How raising agents work	YouTube	Raising agents investigation https://www.youtube.com/watch?v=0USi4DbRVVQ Different raising agents https://www.youtube.com/watch?v=NS4yggNjI9Y https://www.youtube.com/watch?v=Om2bXrr3RM https://www.youtube.com/watch?v=viHkb8v1nT0 https://www.youtube.com/watch?v=VrUdtzXquWk
6	Sauce	How to make roux sauce in Macaroni and Cheese	YouTube	https://www.youtube.com/watch?v=AH18xP8ehQg
7	Method of Cooking, Meat, Eggs	Different methods of cooking - moist heat, dry heat, frying Methods of cooking beef - moist and dry heat Cooking eggs by poaching	YouTube	Frying https://www.youtube.com/watch?v=hlI5wtH8ph4 https://www.youtube.com/watch?v=TJfAo5iHYeE Stewing / Meat https://www.youtube.com/watch?v=iS8YvFUyP90 Braising / Meat https://www.youtube.com/watch?v=EuHhBYN1ogI Roasting / Meat https://www.youtube.com/watch?v=rApdDLwp_gM https://www.youtube.com/watch?v=bJeUb8ToRlw Poaching / Eggs https://www.youtube.com/watch?v=pAWduxoCgVk Pressure cooking / Meat https://www.youtube.com/watch?v=VRXOgXfC3EU

8	Food preservation / Seafood / Milk	<p>How to make canned sardines, frozen fish, caviar, dried fish.</p> <p>How to cut / clean a fish?</p>	YouTube	<p>Canned sardines https://www.youtube.com/watch?v=PB3JeLGgPgA</p> <p>Frozen fish https://www.youtube.com/watch?v=dQsd2NIK6kY</p> <p>Caviar https://www.youtube.com/watch?v=AQWeO5wMekQ</p> <p>How to cut / clean a fish https://www.youtube.com/watch?v=-2Pa9Bii0Ro</p> <p>Dried fish https://www.youtube.com/watch?v=vywx4mx-zro</p> <p>Homogenisation and pasteurisation https://www.youtube.com/watch?v=r0rCEBPgo5Q</p>
9	Eggs	<p>Uses of Eggs</p> <p>Cooking eggs by poaching</p>	YouTube	<p>Coating - Battered Chicken https://www.youtube.com/watch?v=TSaMYP8CVU4</p> <p>Main dish - Scotch eggs https://www.youtube.com/watch?v=k8SXF5V8aPM</p> <p>Setting - Egg tarts https://www.youtube.com/watch?v=R70Fpjiq6ro</p> <p>Trapping air - cake / pavlova / profiteroles https://www.youtube.com/watch?v=NS4yggNij9Y https://www.youtube.com/watch?v=NS4yggNij9Y https://www.youtube.com/watch?v=ROxNWaF9Ltc</p> <p>emulsifying agent / making mayonnaise https://www.youtube.com/watch?v=qSHXG-5ShFK</p> <p>poaching eggs https://www.youtube.com/watch?v=pAWduxoCgVk</p>