Week 9: Topic: Food – Did you know?

Did you know that food technology is a part of Design and Technology (DT)?

Remember to choose one activity a day.

ACTIVITY ONE: Food education clips

For this activity you will need to access the internet, to watch education video clips about the following:

- Where food comes from.
- Food groups.
- Preparation.
- Cooking.
- Healthy eating and nutrition.
- Hygiene.

The web link is: https://www.bbc.co.uk/bitesize/topics/z3crd2p

ACTIVITY TWO: Food science experiments

You will need to ask an adult's permission to complete these experiments. They are not dangerous, but they are food related and can be a bit messy!

Choose to complete one of the following experiments:

- Picking up an ice cube.
- Make your own butter.

The instructions for these experiments are on the following pages …

Picking Up an Ice Cube

Science Experiment

Ice cubes are a great thing to add to your drink on a sunny day. Using only a length of thread, can you pick up the ice cube?

You will need:

- ice cube
- thread
- salt
- glass of water

Method:

1. Try different ways of picking up the ice cube using only the thread. You might try tying it around the cube, making a loop or some other way.
2. Now put the ice cube in the glass of water.
3. Lay the thread on top of the ice cubes with the ends hanging over the side of the glass.
4. Sprinkle salt on top of the ice cube and thread. Leave it for a few minutes.
5. Take both ends of the thread and pick them up.
6. Lift up the ends of the thread and hold them up high. See what happens to the ice cube.

The science:

Saltwater freezes at a lower temperature than normal water (this is why the sea doesn't freeze over). The salt melts some of the ice so the thread goes slightly inside the ice cube. The water over the thread freezes again slightly (because the air by the cube is cold), trapping the thread inside the cube. So when you lift the thread, the cube comes with it.

Science Experiment

Picking Up an Ice Cube

Why is it difficult to tie the thread in a loop around the ice cube to pick it up?

Watch carefully. What happens when you put the salt on the ice cube?

When the roads are icy and slippery, salt is sometimes put on them. Why do you think this is?

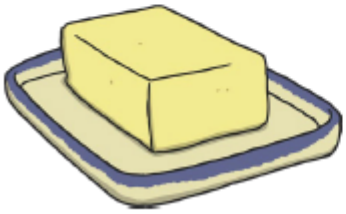
Science Experiment

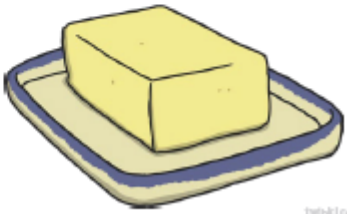
Make Your Own Butter

How long did you have to shake the jar before you saw lumps starting to form?

Which is runnier, the cream or the buttermilk?

Does the cream change colour when it turns into butter and buttermilk?





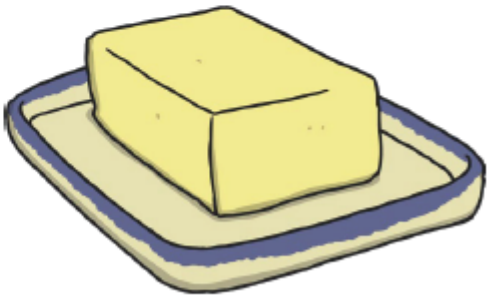
Make Your Own Butter

Science Experiment

Butter is an important part of sandwiches and tastes great on toast. Follow these instructions to make your own yummy butter.

You will need:

- cream (it needs to be thick cream so double cream or whipping cream works best)
- plastic jar with a lid
- sieve
- bowl



Method:

1. Pour the cream into the jar. The jar should be about half full.
2. Put the lid on the jar and make sure it's on tightly.
3. Now for the hard work! Shake the jar lots until you see a lump form in the jar. This could take a long time – maybe even ten minutes!
4. Eventually, you will see a lump and some liquid. The lump is butter and the liquid is buttermilk, an ingredient that can be used in lots of different things.
5. Put the sieve over a bowl. Open the jar and tip the contents into the sieve.
6. You now have separate butter and buttermilk.

The science:

Cream is made up of tiny pieces (called molecules) of fat surrounded by water. When you shake the cream, the fat molecules start to clump together in a lump. They then separate from the liquid.