



HOME LEARNING

Subject: Food tech

Time:

Learning Objective: Read the information in the table below about methods of cooking and then add it to your own table with all the information from last week or make a new table. Include pictures if possible.

Method	Explanation	Advantage	Disadvantage	Example
Shallow frying	Food is cooked in a shallow amount of hot oil	Quick: uses less fat	Will cook small pieces of food only: high safety risk – splashes can cause injury and fire	Chicken, steak, sausages, vegetables
Deep Frying	Food is plunged into very hot fat	Gives a golden appearance and crunch: very quick	High safety risk due to overheating causing fire: very unhealthy – food absorbs fat	Chips, chicken pieces, fish
Stir frying	Small pieces of vegetable and meat are cooked quickly in a small amount of hot oil	Quick cooking method: vegetables remain crunchy	Food needs to be kept moving to cook through: heavy preparation needed before cooking,	Thin strips of meat, fish and vegetables

Save your work:

If you are using a computer, open a blank document to do your work (you can use Word or Publisher). Don't forget to SAVE it with your name, the lesson you are doing and the date.

For example: T.Smith Maths 8 April

If you would like us to see or mark your work please email it or send a photo of your completed work to:

ppitt@glebe.bromley.sch.uk

Thank you

Example of a table

Method	Explanation	Advantage	disadvantage	Example/Picture
Shallow Frying				
Deep Frying				
Stir Frying				