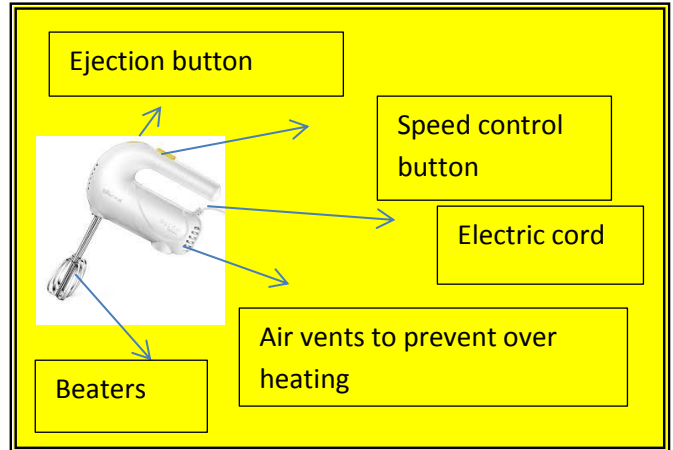


LEARN SHEET: Year 8 Food Technology

Vocabulary you need to know:

Creaming	A mixing method using a spoon
Whisking	a mixing method using a whisk
All in one	Adding all in the ingredients into the bowl at the same time and mixing together
Melting	A mixing method requiring the melting in of an ingredient to mix
Rubbing in	A mixing method requiring the tubbing flour and butter together into "breadcrumbs"
Aeration	Trapping air into a mixture
Raising agents	Ingredients that enable a mixture to rise
Hidden sugars	Sugars that are in food that people are unaware of
Diabetes	Illness cause irregular blood sugar
Heart disease	Disease of the heart
Obesity	Extremely overweight
Artificial sweetener	Artificial replacement for sugar
Adaptions	Changes to something like a recipe
Replacements	Alternatives to other ingredients
Added sugars	Sugars that are added to a product that do not naturally occur in it
Target Grade 5- or higher?	
Coagulation	Liquid that changes to solid from heat



Recipe adaptations:
Artificial sweeteners-

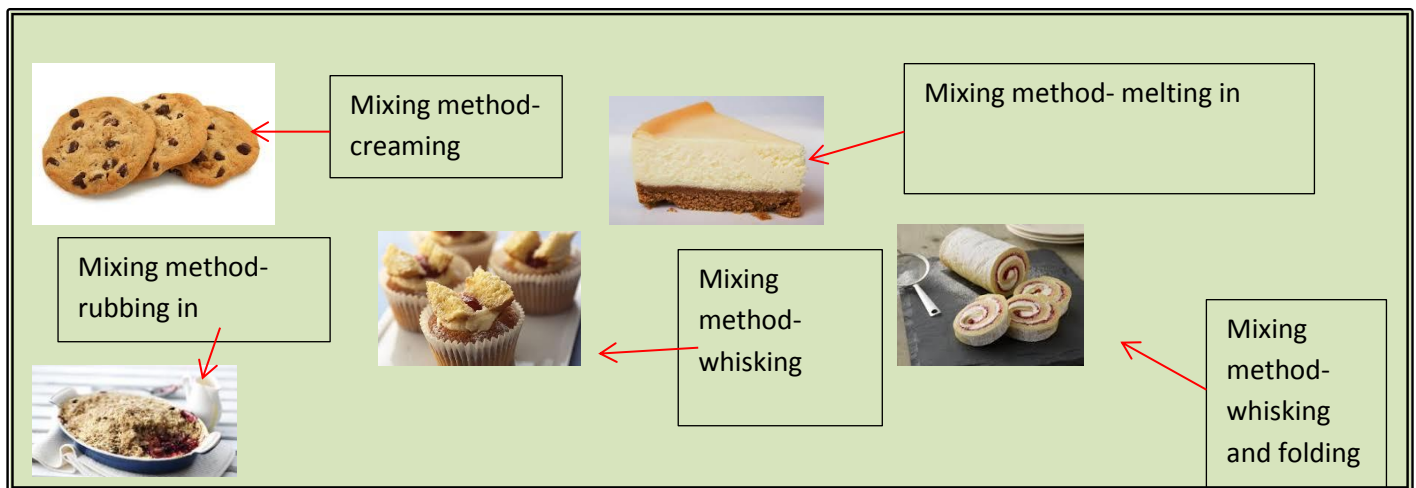
- Stevia
- Saccharin
- Aspartame
- Acesulfame-K
- Sucralose
- Neotame

Natural sweetener:

- Dates
- Maple syrup
- Honey
- Coconut syrup
- Jam

These sweeteners can in some places fully replace sugar and in others places partially replace sugar.
Where would a full sugar replacement be appropriate?
Why would most of these not be an appropriate full replacement in baking buns?

Grade 5-5+	
Types of sugar	Where it is commonly found:
Glucose	Blood sugar
Fructose	Plant sugar
Lactose	Milk sugar
Maltose	Sugar found in germinating seeds



Annotations- a note by way of explanation or comment added to a text or diagram.