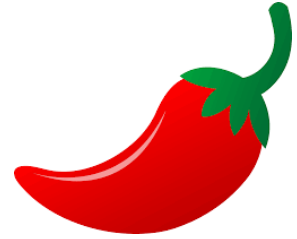


Scientist Name:



Today Science Club are going to be.....

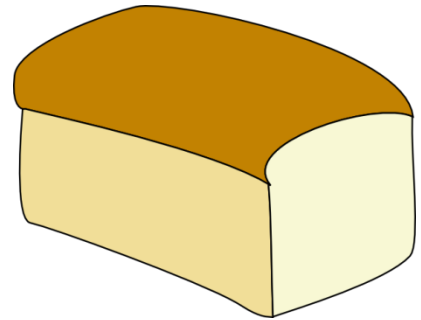
FOOD SCIENCE!

We have already learnt about microorganisms that cause disease in our hand washing session and our bread mould experiment. Some micro-organisms don't cause disease and do a good job.

Making bread:

Bread is made from flour, oil, water and a very important ingredient YEAST. Yeast makes Carbon Dioxide gas which makes the bread rise. This makes it soft and light and nice to eat!

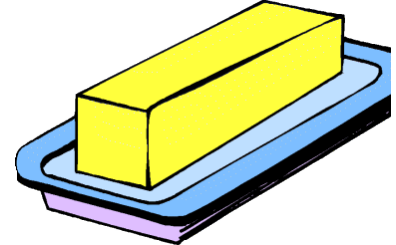
See how much the dough has risen by the end of the session.



Making butter:

1. Pour some cream in a jam jar.
2. Screw the lid VERY tight!
3. Shake the jar vigorously until the cream turns into butter!

The fat particles stick together to form butter and leave the remaining liquid which is buttermilk (which can be used for cooking).



You can take the butter home and have it on your bread! These foods are used to give us ENERGY. Bread is a CARBOHYDRATE and butter is a FAT. Fats release twice as much energy as carbohydrates so we need very little of this in our diet.

What other food types do we need for a healthy balanced diet?

Any questions please email: HassellScienceClub@gmail.com

Food Science Quiz

1. Most microorganisms cannot be seen without a ...
 - a. Telescope
 - b. Periscope
 - c. Microscope
2. Which of these is NOT true about microorganisms?
 - a. They are all harmful
 - b. They feed and grow
 - c. They reproduce
3. What is yeast used for?
 - a. To cure chickenpox
 - b. To make bread rise
 - c. To make yoghurt
4. Which of these is true?
 - a. Microorganisms are all around us
 - b. Microorganisms are only found in the kitchen
 - c. All microorganisms cause illness
5. Which food groups give us energy?
 - a. Milk and dairy
 - b. Fruit and vegetables
 - c. Meat, fish and beans
 - d. Cereals and bread
6. Which food group should we not eat much of?
 - a. Fats
 - b. Fruit and vegetables
 - c. Cereals and bread
 - d. Milk and dairy
7. Which food group does rice belong to?
 - a. Fats
 - b. Fruit and vegetables
 - c. Cereals and bread
 - d. Milk and dairy