



Science for Home Educating Families, Term 4, 2013

Beginning on Thursday, 8th August, we will be offering a class in food science, suitable for mid-teen (Year 10-11) students. This class will cover the scientific aspects of cooking and nutrition, exploring the chemistry and physics of the kitchen, and the biology of food.

Taught in a small-group setting, this class will offer students an opportunity to engage and interact with the topic in a personal way, with a focus on learning by enquiry and investigation.

About the teacher

This class will be taught by Steve McCabe. Steve has taught in Japan and the United States, and currently teaches physics and general science at a south Auckland high school.

Classes will be held in Pukekohe, and will run from 5:30pm to 7:30pm each week.

Cost

\$100 per student for the term (includes materials).

<i>Date</i>	<i>Topic</i>	<i>Details</i>
17/10/2013	Food and the body	Introduction; food groups, their roles and sources.
24/1/2013		The digestive system; basic food chemistry in the body.
31/10/2013	The chemistry of cooking	Food chemistry in the kitchen; the interactions of the food groups and their chemical reactions.
7/11/2013		Raw and cooked food; boiling, frying, roasting, fermentation.
14/11/2013		The Maillard reactions.
21/11/2013	Safety, hygiene and health	Food safety and handling; safety in the kitchen; pathogens and hygiene.
28/11/2013		Diets and food disorders; obesity; diabetes; sugar, salt and fat.
5/12/2013	Summing up	Review and consolidation.