

DT: Cooking

**Year 7
Italian Food Project**

Name: _____

Tutor Group:: _____ Subject Teacher: _____

Given out: Monday 10 February Hand in: Monday 24 February

Parent/Carer Comment
Staff Comment
Target

Italian Cuisine – extended reading task

Italian cuisine is food typical of Italy. It has developed through centuries of social and economic changes, with roots stretching to antiquity.

Significant changes occurred with the discovery of the New World and the introduction of potatoes, tomatoes, capsicums, maize and sugar beet, this last introduced in quantity in the 18th century. Italian cuisine is known for its regional diversity, especially between the north and the south of the Italian peninsula. It offers an abundance of taste, and is one of the most popular and copied in the world. It influenced several cuisines around the world, chiefly that of the United States.

Italian cuisine is generally characterised by its simplicity, with many dishes having only two to four main ingredients. Italian cooks rely chiefly on the quality of the ingredients rather than on elaborate preparation. Ingredients and dishes vary by region. Many dishes that were once regional have proliferated with variations throughout the country.

For example, Milan (north of Italy) is known for its risottos, Bologna (the central/middle of the country) is known for its tortellini and Naples (the south) is famous for its pizzas and spaghettis.

Italian cuisine is also well known (and well regarded) for its use of a diverse variety of pasta. Pasta includes noodles in various lengths, widths, and shapes. Most pastas may be distinguished by the shapes for which they are named—penne, maccheroni, spaghetti, linguine, fusilli, lasagne, and many more varieties that are filled with other ingredients like ravioli and tortellini.

Pasta is categorized in two basic styles: dried and fresh. Dried pasta made without eggs can be stored for up to two years under ideal conditions, while fresh pasta will keep for a couple of days in the refrigerator. Pasta is generally cooked by boiling. Under Italian law, dry pasta (*pasta secca*) can only be made from durum wheat flour or durum wheat semolina, and is more commonly used in Southern Italy compared to their Northern counterparts, who traditionally prefer the fresh egg variety.

Durum flour and durum semolina have a yellow tinge in color. Italian pasta is traditionally cooked *al dente* (Italian: *firm to the bite*, meaning not too soft). Outside Italy, dry pasta is frequently made from other types of flour, but this yields a softer product.

Whole wheat pasta has become increasingly popular because of its supposed health benefits over pasta made from refined flour. (taken from Wikipedia – Italian cuisine)

1. What 5 new ingredients were discovered and brought back to Italy from the New World in the 18th century?

2. What country in particular has Italian cuisine that had a huge influence on the food they eat?

3. What famous dish comes from Milan, in the North of Italy?

4. What famous dish comes from Naples in the South of Italy?

5. What famous meat pasta sauce comes from Bologna, a city in the middle of Italy? (you have cooked this in Food lessons)

6. Name 2 filled varieties of pasta.

7. What is the difference in the ingredients of dry and fresh pasta?

8. What flour does dried pasta, by law, have to be made from in Italy?

9. What Italian term is used to describe how Italians like their pasta cooked? What does it mean?

10. Why has whole wheat pasta become increasingly popular?

The Eatwell plate is what we should all be aiming to follow.

1/3 of our food should be from vegetable and fruit.

1/3 from carbohydrates like bread, pasta and rice.

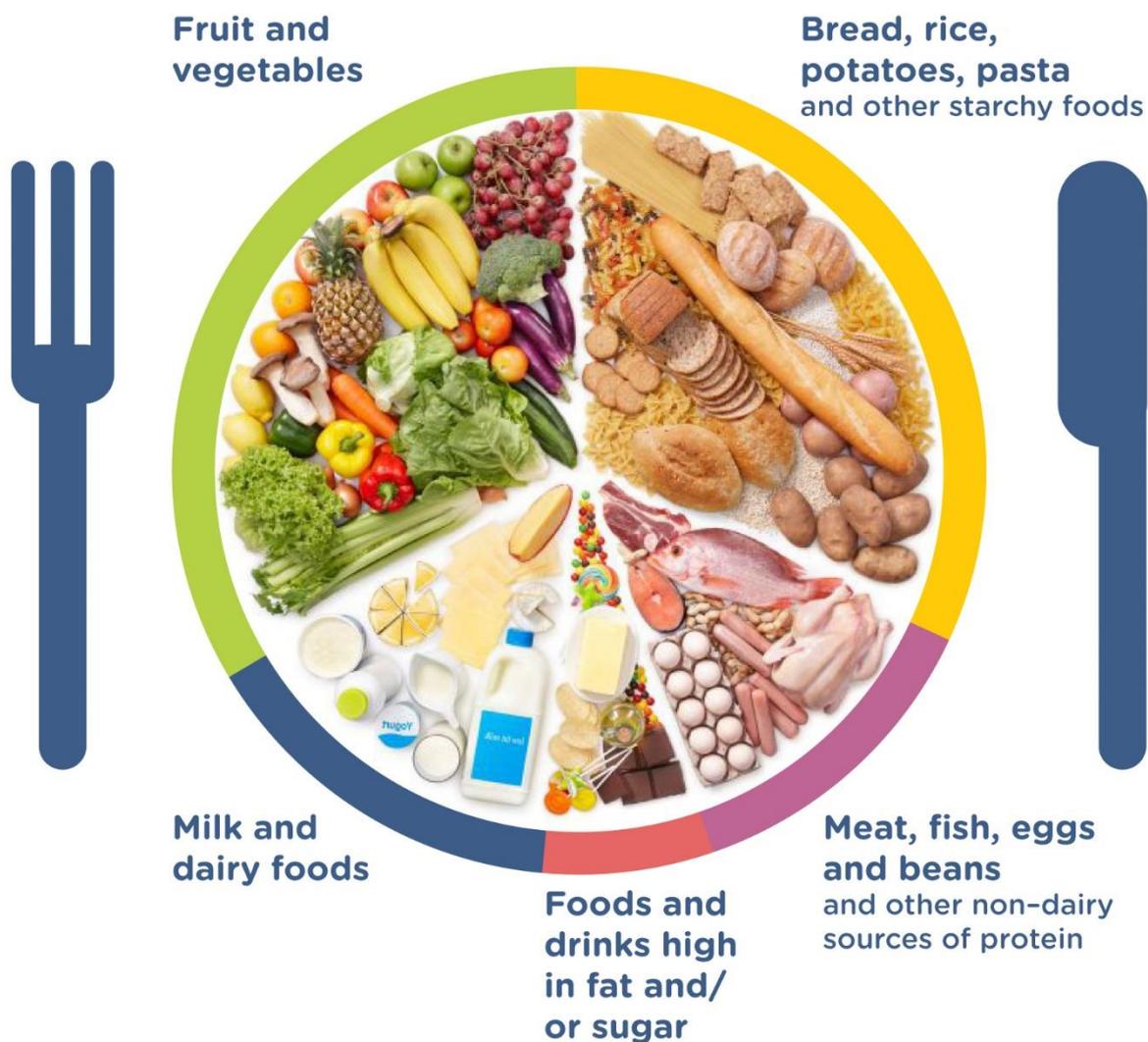
1/3 from meat, dairy and from fats and sugars.

In a pizza most of the ingredients are flour in the pizza base so you need to come up with a good balance of vegetables, herbs, spices, fruits and then a little meat and/ or cheese for the toppings to make your pizza healthier. Also always try to eat pizza with a salad.

The Eatwell Plate

Use the Eatwell Plate to help you get the balance right.

It shows how much of what you eat should come from each food group.



Pizza Design Ideas

Use the space below to list the different types of ingredients that can be used to make healthier pizzas. Use the Eatwell Plate pictures to help you achieve a healthy balance of ingredients. Try to think of at least 10 examples of each. There is one example done for you on each:

Vegetables/fruits

Courgette slices

Meat, dried meats, white meat,
fish etc

Parma ham

Cheeses.

Parmesan

Herbs and spices

Fresh Coriander

Designs

Use the space below to design a *healthy* pizza. Each pizza must contain a variety of vegetables, fruits, meat and / or cheeses. Your design needs to be drawn in pencil, fully coloured in coloured pencils and annotated (labelled). Different shapes and views can be used.



ATL 1= very creative, innovative, very well drawn and rendered with detailed annotations.



Research the History of Pizza



- good, detailed facts in own words, interesting, good use of images.

Research 'Good' and 'Bad' Fats



Research using the internet and books what fats are needed in our diets and why. Also which are good for our health and what fats are unhealthy for us to eat. Include information on animal and vegetable fats and explain the terms saturated and unsaturated fats.

ATL 1 = good, detailed facts in own words, interesting, good use of images.

Design A layered Dessert

Use the space below to design a *layered dessert*. Your dessert must contain a variety of components and flavours, as well as contain some nutrients. Remember to try to include foods that are colourful and different textures eg a crunchy layer and a smooth, creamy layer. Each design must be drawn in pencil, fully coloured and annotated. Different shapes and views can be used.



ATL 1 = - good, creative design, well drawn and rendered, good annotations.

