

DAYAWATI MODI ACADEMY

MODIPURAM MEERUT

Class X

ASSIGNMENT AND NOTES – FOOD PRODUCTION

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Topic- Introduction to cookery

- To explain the effect of heat on different components of food
- To state the objective of cooking food
- The purpose of cooking is to break it down from its complex form to simple form so that it can be consumed by human body
- To break down the components of food mainly the protein, fat, carbohydrates, vitamins and minerals the effect of heat has to be understood
- **Protein** plays a vital role of growth and repair good source of protein is required
- **Sources of protein** meat, egg, wheat, pulses, soybean, fish, milk and milk products
- Excessive heat can make the protein rubbery and chewy
- **Carbohydrate** provides energy
- **Sources of carbohydrates** wheat, rice, potatoes- starchy food
- The starch present in food absorbs moisture and swells, after that it bursts to form a gel. This process is called gelatinizing
- When dry heat is applied on carbohydrates it tends to become slightly brown
- **Fat** provides heat and energy
- **Source of fat** meat, egg, milk, nuts
- On the application of heat fats breakdown into free fatty acids and glycerol
- **Vitamins and Minerals** they protect the body's immune system
- **Sources** vegetables and legumes
- **Some** vitamins are lost when introduced to water or heat but largely vitamins and twenty different minerals remain unchanged with heat
- **Objectives of cooking food-**
- To make the food more palatable
- To help in the digestion process since the food components are broken down by the effects of heat
- It kills the bacteria and keeps the food sterile
- It improves the eye appeal of food
- Different ingredients used in preparation used in preparation of food to enhance the nutritional value of the dish
- **Assignment**
 1. List five objectives of cooking.
 2. Explain the effects of heat on different components of food.
 3. What happens to protein when it is over cooked?
 4. State the role of fat and list its resources.
 5. Describe the importance of vitamins and minerals.
 6. Why is cooking food essential? Elaborate.