

Lesson 1

Objectives:

1. Give 3 hygiene points when in a Food lesson
2. Give 3 safety points when in a food room
3. Understand the method for making batters

Starter

Guess the piece of equipment and what it is used for:

Demonstration

Show how to make a pancake/toad batter correctly

Explain the different uses for a batter

Demonstrate making waffle/American pancake batter

Explain the correct equipment to use and why

Stick recipe & method sheet in books

Pancakes

100g SR Flour

250ml Milk

1 Egg

Filling of choice

Or

Toad in the Hole

180ml Milk

100g Flour

2 Eggs

3 Sausages

1. Make a well in the flour
2. Beat the eggs and add the milk
3. Add gradually into the flour using a whisk

Either:

Cook sausages then pour on batter and cook for 15 mins

Or:

Preheat a frying pan, pour in the batter, cook until it curls at the edge

Turn over and cook for another minute

Plenary

In pairs, name 3 points to remember when making batters

Resources:

Ingredients for Pancakes & Toads

Student Books

Raising Agents work sheet

Bowl

Whisk

Frying pan

Waffle maker

Muffin trays

Lesson 2

Objectives:

1. Make a batter correctly
2. Produce well risen toads or lump free pancakes
3. Finish the practical in the time available

Starter

Name the type of raising agent being used

Pancake/Toad Practical

Brief explanation of what they have to do

Reminder about T Towels & Dish cloths

Regular time checks throughout practical session

Plenary

Swap units and check the other persons cupboard, rate out of 10

Resources:

Mixing bowls

Whisks

Measuring jugs

Frying pan or Muffin trays

T Towels

Dish cloths

Camera

Lesson 3

Objectives:

1. Complete a detailed evaluation of their Pancake/Toads
2. Understand how egg whites can act as a raising agent
3. Be able to label the parts of an egg correctly

Starter

Guess the piece of equipment and what it is used for.

Pancake / Toad in the Hole Evaluation

My batter looked

My pancakes/toads tasted

The easiest thing to do was Because

.....

The hardest thing to do was Because

.....

The equipment I used was

.....

.....

If I made this product again I would improve my Pancakes/Toads by

.....

Did you finish on time Yes/No

Did you wash up carefully Yes/No

What score did you get for your cupboard? /10

Demonstration

Demonstrate how to make American pancakes/waffles.

Show how to separate an egg and whisk it.

Show how to correctly use an electric whisk.

Stick recipe and method into books.

Complete Egg worksheet

Show egg white video from the digital book

Waffles/American Pancakes

80g Plain flour

1 tsp. Baking powder

10g Caster sugar

1 Egg

130ml Milk

35ml Vegetable oil

1/2 tsp Vanilla extract

Large Container

1. Preheat the waffle maker or frying pan
2. Break the egg(s) into a small bowl and whisk with a fork
3. Measure the milk into a jug, add the eggs.
4. Put the flour into the mixing bowl and make a well
5. Add the egg/milk mix a little at a time, whisk.
5. Pour back into the jug and:

Either:

Put sausages into the muffin tray and fill with batter, bake for 20-25 mins

Or:

Pour the batter into the frying pan, swirl around to cover the whole pan, cook until coming loose at the edges, flip and cook for 1 minute.

Plenary

In groups measure the given amounts of liquid, then check they are correct (could give merits for the most accurate)

Resources:

Ingredients for Waffles

Mixing bowl

Measuring jug

Baking tray

Books

Evaluation sheet

Glue

Scissors

Lesson 4

Objectives:

1. Use correct method to make waffles/American Pancakes
2. Produce even sized, golden brown waffles/pancakes
3. Finish the practical in the time available

Starter

Name 2 safety rules for using the hob

Waffle/American Pancake Practical

Brief explanation of what they have to do

Reminder about T Towels & Dish cloths

Regular time checks throughout practical session

Plenary

Swap units and check the other persons cupboard, rate out of 10

Resources:

Mixing Bowl

Measuring Jug

Whisk

Frying Pan

T Towels

Dish cloths

Lesson 5

Objectives:

1. Complete a detailed evaluation of their waffles
2. Discuss where to store different foods in the kitchen
3. Complete the safe storage worksheet

Starter

Guess the piece of equipment and what it is used for.

Waffle/Pancake Evaluation

My waffles/pancakes looked

My waffles/pancakes tasted

The easiest thing to do was Because

.....

The hardest thing to do was Because

.....

The equipment I used was

.....

.....

If I made this product again I would improve my waffles/pancakes by

Did you finish on time Yes/No

Did you wash up carefully Yes/No

What score did you get for your cupboard /10

Demonstration

Demonstrate how to make egg fried rice.

Explain how to cook and store egg fried rice correctly.

Explain how to complete the safe storage worksheet

Stick worksheet into books.

Plenary

Go around the room and see how many different high risk foods they can name

Resources:

Egg fried rice ingredients

Mixing bowl

Microwaveable bowl

Fork

Saucepan

Melamine spoon

Sieve

Books

Evaluation Sheet

Glue

Scissors

Lesson 6

Objectives:

1. Use correct method to make egg fried rice
2. Produce even sized chopped vegetables
3. Finish the practical in the time available

Starter

Name a safety point when using eggs

Egg Fried Rice Practical

Brief explanation of what they have to do

Reminder about T Towels & Dish cloths

Regular time checks throughout practical session

Plenary

Swap units and check the other persons cupboard, rate out of 10

Resources:

Egg fried rice ingredients

Mixing bowl

Microwaveable bowl

Fork

Saucepan

Melamine spoon

Sieve

Lesson 7

Objectives:

1. Use a piping bag correctly
2. Understand how biscuits are produced.
3. Learn how to melt chocolate correctly.

Starter

Guess the piece of equipment and what it is used for.

Demonstration

Demonstrate how to make viennese biscuits.

Show how to use piping bags and nozzles correctly.

Explain about biscuits being cooled correctly.

Show how to melt chocolate in both the microwave and over hot water.

Viennese Biscuits

100g Plain Flour

100g Butter

50g Icing sugar

$\frac{1}{2}$ tsp Vanilla essence

100g Chocolate

1. Preheat Oven to 200°C
2. Put the dry ingredients into a bowl & mix.
3. Put the wet ingredients into a saucepan & melt
4. Add the wet to the dry and mix well.
5. Make into small balls and put onto a baking tray
6. Squash into flat biscuits

7. Bake for 10 minutes
8. Put onto a cooling tray.

Plenary

Go around the room and see how many different sensory words they can name

Resources:

Viennese Biscuit ingredients

Weigh scales

Mixing bowl

Piping Bag & Nozzle

Melamine spoon

Baking tray

Books

Glue

Scissors

Lesson 8

Objectives:

1. Use correct method to make viennese biscuits
2. Produce even sized and shaped biscuits
3. Finish the practical in the time available

Starter

Get a student to demonstrate the correct way to use a piping bag

Viennese Biscuit Practical

Brief explanation of what they have to do

Reminder about T Towels & Dish cloths

Regular time checks throughout practical session

Plenary

Swap units and check the other persons cupboard, rate out of 10

Resources:

Weigh Scales

Mixing Bowl

Piping bag & Nozzle

Melamine Spoon

Baking Tray

T Towels

Dish cloths

Lesson 9

Objectives:

1. Produce a step by step information sheet for making bolognaise.
2. Understand the dangers of food poisoning and how it can be prevented
3. Be able to name the correct temperature of a fridge.

Starter

Guess the piece of equipment and what it is used for.

Demonstration

Show how to chop an onion effectively

Demonstrate how to make spaghetti bolognaise.

Explain about the importance of cooking the mince correctly.

Use the step by step picture sheet for activity on correct order for flow chart

Spaghetti Bolognaise

30ml Vegetable oil

1 Onion

5 Mushrooms

1 Pepper (red or green)

200g Mince

1 tsp Mixed Herbs
1 Clove of Garlic
1 Tin of tomatoes (400g)
2 tbsp Tomato puree
1 stock cube

1. Peel and chop the onion, peel and crush the garlic.
2. Slice the mushrooms and the pepper.
3. Put the oil in a large pan, add the onion.
4. Fry until soft, add the mince, cook until brown.
5. Add the mushrooms and pepper to the mince and onions.
6. Cook for 5 mins until soft.
7. Add in the tomatoes, tomato puree and herbs.
8. Fill the empty tin half full of water, then add to pan. Crumble in stock cube.
9. Simmer for 20 mins. Stirring occasionally

Plenary

Go around the room and see how many different high risk foods they can name.

Lesson 10

Objectives:

1. Produce a correct and safe Bolognaise sauce.
2. Chop the onion correctly and safely
3. Understand when mince is safe (brown) not pink.

Starter

Quick questions on the method they are going to use.

Practical

Brief explanation of what they have to do

Reminder about T Towels & Dish cloths

Regular time checks throughout practical session

Plenary

Swap units and check the other persons cupboard, rate out of 10

Resources:

Frying Pan

Chopping board

Sharp Knife / Spatula

T Towels

Dish cloths

Lesson 11

Objectives:

1. Understand the purpose of a basic recipe and why we use them.
2. Modify a recipe to make a dish suitable for specific requirements.
3. Link in different processes to create a different product

Starter

Guess the piece of equipment and what it is used for.

Demonstration

Demonstrate how make a fruit crumble

Explain about the importance of combining ingredients that work well together.

Use the design sheet for the development activity for their own fruit crumble.

Fruit Crumble

500g Fruit

50g Sugar

200g Flour

100g Margarine

1. Peel the apples, and core them, prepare other fruit.
2. Cut into small pieces and put them into a pan.
3. Put in the fruit juice, and 1 tablespoon of sugar.
4. Heat gently until soft.

5. Put the flour, sugar and margarine into a mixing bowl.
6. Using finger tips, rub in the margarine.
7. When it looks like breadcrumbs, stop.
8. Put the fruit in the bottom of a heatproof bowl.
9. Sprinkle the Crumble mix on top. Put in the oven for 15 mins.

Plenary

Go around the room and see how many different fruits they can name.

Lesson 12

Objectives:

1. Produce a correct fruit crumble.
2. Understand the importance of proportions in a basic recipe
3. Show that they can recognise when a product is cooked for the correct amount of time

Starter

Quick questions on the method they are going to use.

Practical

Brief explanation of what they have to do

Reminder about T Towels & Dish cloths

Regular time checks throughout practical session

Plenary

Swap units and check the other persons cupboard, rate out of 10

Resources:

Saucepan

Chopping board

Sharp Knife

Melamine spoon

T Towels

Dish cloths

Lesson 13

Objectives:

1. Understand the difference between a pizza and a calzone.
2. Produce some creative ideas for their calzone
3. Understand the 4 conditions needed for yeast to produce carbon dioxide.

Starter

Recap on last year's pizza practical, ask questions about yeast.

Demonstration

Show how to make a bread dough with examples of extra ingredients that could be added to improve it.

Explain about kneading and why it helps production of gluten

Demonstrate the folding of the dough and cooking and serving information.

Worksheet on raising agents.

Plenary

In groups, discuss 4 conditions for yeast and feedback to the rest of the group

Resources:

Pizza Tray

Chopping board

Mixing bowl

Measuring jug

Sharp Knife

Chopping board

T Towels

Dish cloths

Lesson 14

Objectives:

1. Produce a high quality Calzone.
2. Demonstrate correct addition of water to achieve a good dough
3. Understand when kneading is correct and sufficient to produce the gluten

Starter

Quick questions on the method they are going to use.

Practical

Brief explanation of what they have to do

Reminder about T Towels & Dish cloths

Regular time checks throughout practical session

Plenary

Swap units and check the other persons cupboard, rate out of 10

Resources:

Mixing bowl

Chopping board

Sharp Knife

Measuring jug

Pizza tray

ingredients

T Towels

Dish cloths

Lesson 15

Objectives:

1. Produce a correct sticky pudding following instructions.
2. Understand why the liquid is important when making the pudding.
3. Recognise which raising agents are making the pudding light and soft.

Starter

Quick demonstration on the processes being used.

Practical

Brief explanation of what they have to do, with step by step laminated sheet to assist them.

Reminder about T Towels & Dish cloths

Regular time checks throughout practical session

Cover and label and put in store cupboard

Plenary

Swap units and check the other persons cupboard, rate out of 10

Resources:

Mixing bowl

Measuring jug

Melamine spoon

Kettle

Foil trays

T Towels

Dish cloths