

Lesson 1

Objectives:

1. Be able to give 3 hygiene points to remember before cooking
2. Give at least 1 safety point for using a sharp knife
3. Understand the reason for rules in the food room

Starter

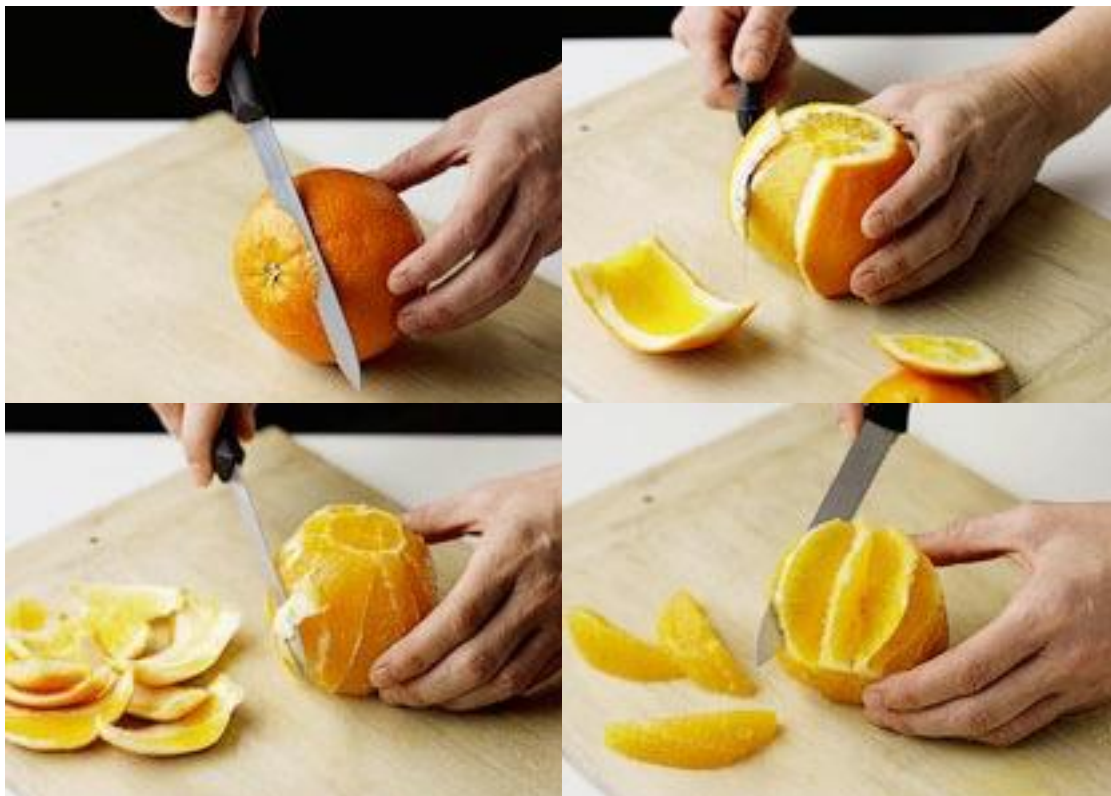
Guess the piece of equipment and what it is used for:

Introduction to the food room

- Layout of students work places
- Where essential equipment is kept
- Safety when using the room
- Give out books and safety sheets

Practical activity: Segmenting an Orange

Demonstrate how to segment an orange correctly



Safety using a knife:

Carry it with the blade facing down

Always pay careful attention when using the knife

Put it back in the knife block for counting at the end of the lesson

Plenary

Food Safety challenge:

<https://xtlearn.net/ResInfo?source=2&storedID=%7BCCA77305-4191-4AD0-BE4E-8E8EA68B9417%7D>

Resources:

Student Books

Safety Sheet

Oranges

Chopping board

Sharp Knife

Bowl

Compost Bin

Lesson 2

Objectives:

1. Use the correct equipment/order for washing up
2. Work in a 'table team' to complete the task
3. Complete the washing up worksheet correctly

Starter

'60 second news flash' about what we learn't last lesson

Washing up practical activity

Work in table teams, one washes the equipment carefully in hot soapy water, the other wipes the table, dries the equipment and they both put it away correctly, checking the picture.

Washing up worksheet

Cut out the steps for washing up. Make into a flow chart and stick into their book in the correct order.

Plenary

Importance of good hygiene:

Demonstrate a rule on yourself e.g Put on an apron, mime washing hands etc..

Resources:

T Towels

Dish clothes

Books

Washing up worksheet

Glue

Scissors

Lesson 3

Objectives:

1. Understand what the 'eatwell' guide is and why we have it.
2. Name the 2 main sections needed in the diet
3. Follow the demonstration and be able to explain a portion

Starter

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

Demonstration

Demonstrate how to make a fruit salad using a large variety of fruits to show all the different techniques

Explain and show how to use the different equipment

Stick recipe and method into books

Fruit Salad

Ingredients

2 Large oranges
2 Apples
200ml Fruit Juice
Container

Equipment

Chopping Board
Sharp Knife
Corer

Extra ingredients: Pears, kiwi, peaches, plums, grapes, strawberries, cherries, melon, banana etc.

Method

1. Peel and segment the orange, put into the container.
2. Core, peel and chop the apple into small pieces.
3. Peel and chop the other fruit and add to the container.
4. Add the fruit juice.
5. Wash and dry equipment, and wipe down surfaces.

Eatwell Worksheet

Stick in the worksheet. Look at the different sections. Find where the fruit salad fits onto the wheel.

Discuss the importance of a balanced diet.

Plenary

For each letter give an example of a fruit

'MANGOS'

Resources:

Variety of fruits

Chopping board

Sharp knife

Peeler

Corer

Pineapple slicer

Mango stoner

Books

Eatwell Sheet

Fruit salad recipe sheet

Glue

Scissors

Lesson 4

Objectives:

1. Segment an orange correctly
2. Produce a colourful fruit salad
3. Finish the practical in the time available

Starter

Name 3 safety rules for using sharp knives

Fruit Salad Practical

Brief explanation of what they have to do
Reminder about T Towels & Dish cloths
Regular time checks throughout practical session

Photo dishes

Check all students have a picture with their fruit salad

Plenary

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

Resources:

Variety of fruits

Chopping board

Sharp knife

Peeler

Corer

Pineapple slicer

T Towels

Dish cloths

Camera

Lesson 5

Objectives:

1. Complete a detailed evaluation of their fruit salad
2. Understand how to use spoons for weighing & Measuring
3. Consider the hazards when using an oven

Starter

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

Fruit Salad Evaluation

My fruit Salad looked

My fruit Salad 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 fruit Salad 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 rock buns.

Show how to rub butter in with fingertips and explain why we do this.

Show how to correctly break an egg and mix with a fork.

Explain and show how to use the different equipment.

Stick recipe and method into books.

Complete Weighing & Measuring sheet

Rock Buns

200g	Self Raising Flour
75g	Block Margarine / Butter
75g	Sugar
75g	Dried Fruit
1	Egg
1 tbsp	Water

1. Preheat the oven to 200C
2. Put the flour, sugar and margarine into a mixing bowl, rub in with your fingertips.
3. When it resembles fine breadcrumbs, add the dried fruit.
4. Break the egg into a measuring jug, add 2 tbsp water.
5. The mixture must be firm enough to stand in heaps.
6. Divide into 8 or 16 and place in rough heaps on the baking tray. (Remember they should look like rocks!)
7. Bake for about 10- 15 minutes, until firm and golden brown.
8. Put on a cooling rack to cool down.
9. Wash up and wipe down surfaces.
10. Put the rock buns into your container.

Plenary

In groups weigh the bags of flour then check they have the correct amount (could give merits for the most accurate)

Resources:

Ingredients for rock buns

Mixing bowl

Measuring jug

Fork

Baking tray

Books

Fruit salad evaluation sheet

Rock Bun recipe sheet

Weighing & Measuring sheet

Glue

Scissors

Lesson 6

Objectives:

1. Use correct method to make rock buns
2. Produce even sized, golden brown rock buns
3. Finish the practical in the time available

Starter

Name 2 safety rules for using hot ovens

Rock Bun Practical

Brief explanation of what they have to do

Reminder about T Towels & Dish cloths

Regular time checks throughout practical session

Photo dishes

Check all students have a picture with their Rock Buns

Plenary

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

Resources:

Weigh Scales

Mixing Bowl

Measuring Jug

Fork

Baking Tray

T Towels

Dish cloths

Rock Bun photo recipe sheet

Camera

Lesson 7

Objectives:

1. Complete a detailed evaluation of their rock buns including a photo
2. Discuss and produce six ideas using a brainstorm
3. Consider the hazards when using an oven

Starter

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

Rock Bun Evaluation

My Rock Buns looked

My Rock Buns 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 Rock buns 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 savoury scones.

Show how to rub butter in with fingertips and explain why we do this.

Show how to correctly break an egg and mix with a fork.

Explain and show how to use the different equipment.

Stick recipe and method into books.

Design Challenge

Brainstorm ideas for savoury scones

Complete the sheet and select one or two ideas for the scones

Explain why you have chosen the fillings

Safe use of an oven

Draw an oven on the board

Students copy the image and label the parts

Students give a safety point for the hob, grill and oven

Plenary

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

Resources:

Scone ingredients

Weigh scales

Mixing bowl

Measuring jug

Fork

Baking tray

Biscuit Cutters

Books

Rock bun evaluation

Scone recipe sheet

Glue

Scissors

Lesson 8

Objectives:

1. Use correct method to make savoury scones
2. Produce even sized, golden brown scones
3. Finish the practical in the time available

Starter

Name a safety point when using eggs

Savoury Scone Practical

Brief explanation of what they have to do

Reminder about T Towels & Dish cloths

Regular time checks throughout practical session

Photo dishes

Check all students have a picture with their savoury scones

Plenary

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

Resources:

Weigh Scales

Mixing Bowl

Measuring Jug

Fork

Baking Tray

Biscuit Cutter

T Towels

Dish cloths

Savoury scone story board

Camera

Lesson 9

Objectives:

1. Complete a detailed evaluation of their savoury scones including a photo.
2. Understand why we carry out sensory testing.
3. Fill out a product profile chart correctly.

Starter

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

Savoury Scone Evaluation

My scones looked

My scones 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 scones 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 oat biscuits.

Show how to use the hob and give safety information.

Show wet and dry mixing and explain why we do this.

Show how to correctly shape the biscuits.

Explain and show how to use the different equipment.

Stick recipe and method into books.

Oat Biscuits

110g Self Raising Flour

50g Soft Brown Sugar

75g Rolled Oats

75g Margarine

55g Syrup

Extra ingredients: Cherries, apricots, sultanas etc...

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.

Sensory Testing

This is carried out to:

- * Understand the properties and characteristics of food
- * Look at the compatibility of ingredients
- * Evaluate products produced by yourself and others
- * Modify products
- * Develop new products
- * Maintain quality in production

When carrying out controlled testing it is important to use identical products. They should be cooked in an identical way, and cut to the same size. Each sample should be labeled with a code, and the sampler should be given a glass of water to cleanse the pallet. You should explain clearly what you want each tester to do, and ensure that there is no communication between testers about the products.

Product Profile Charts

Explain the chart

Show how to fill it out

Give some examples of sensory words

Plenary

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

Resources:

Oat Biscuit ingredients

Weigh scales

Mixing bowl

Saucepan

Melamine spoon

Baking tray

Books

Scone evaluation

Oat Biscuit recipe sheet

Glue

Scissors

Lesson 10

Objectives:

1. Use correct method to make oat biscuits
2. Produce even sized, nutritious biscuits
3. Finish the practical in the time available

Starter

60 second news report about a syrup burn incident and what happened.

Oat Biscuit Practical

Brief explanation of what they have to do

Reminder about T Towels & Dish cloths

Regular time checks throughout practical session

Photo dishes

Check all students have a picture with their biscuits

Plenary

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

Resources:

Weigh Scales

Mixing Bowl

Saucepan

Melamine Spoon

Baking Tray

T Towels

Dish cloths

Camera

Lesson 11

Objectives:

1. Complete a detailed evaluation of their oat biscuits including a photo.
2. Understand the 4 different methods of making mixtures rise
3. Be able to name the 4 conditions biological raising agents need to work effectively.

Starter

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

Oat Biscuit Evaluation

My biscuits looked

My biscuits 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 biscuits 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 pizza whirls.

Give information about biological raising agents.

Show how to make a bread dough correctly.

Demonstrate rolling and shaping.

Stick recipe and method into books.

Pizza Whirls

300g Bread Flour

1 Sachet of Yeast

40g Butter

150g Cheese

2-3 tablespoons of Tomato puree

Optional extra ingredients:

Ham, mushrooms, herbs, peppers, onions etc..

Preheat oven to 200°C

1. Put the bread flour, butter and yeast into a bowl. Rub in
2. Add warm water to make a soft dough
3. Knead until soft and smooth
4. Roll out into a rectangle
5. Spread on tomato puree
6. Sprinkle on required toppings and cheese
7. Roll lengthwise into a sausage
8. Cut into 8 even pieces and put into a lined cake tin
9. Leave to rise, then bake for 15 minutes until golden brown

Raising Agents

Complete the Raising Agent keywords wordsearch

Plenary

Write down 3 things you have learnt today

Resources:

Pizza Whirl ingredients

Mixing bowl

Rolling pin

Metal spoon

Cake tin

Books

Oat biscuit evaluation

Pizza Whirl recipe sheet

Glue

Scissors

Lesson 12

Objectives:

1. Use correct method to make pizza whirls
2. Produce a soft well kneaded dough
3. Finish the practical in the time available

Starter

Give the 4 things that yeast needs to work effectively

Pizza Whirl Practical

Brief explanation of what they have to do

Reminder about T Towels & Dish cloths

Regular time checks throughout practical session

Photo dishes

Check all students have a picture with their whirls

Plenary

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

Resources:

Weigh Scales

Mixing Bowl

Measuring jugs

Metal spoon

Cake tin

T Towels

Dish cloths

Camera

Lesson 13

Objectives:

1. Complete a detailed evaluation of their pizza whirls including a photo.
2. Be able to name 3 micro nutrients
3. Understand the importance of including micro nutrients in the diet.

Starter

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

Pizza Whirl Evaluation

My whirls looked

My whirls 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 whirls 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 fruit muffins.

Give information about micro nutrients.

Show how to fill muffin trays correctly.

Demonstrate wet & dry mixes and discuss links with oat biscuits.

Stick recipe and method into books.

Fruit muffins

130g Plain flour,
50g Soft Fruit/Dried fruit
75g Caster sugar
120ml Milk
50 ml Vegetable oil
1 Egg
1 tsp Vanilla essence
Container
Preheat oven to 200°C

1. Put the wet ingredients into a measuring jug.
2. Put the dry ingredients into a bowl.
3. Make a well.
4. Add the wet ingredients to the dry ingredients.
5. Using either the measuring jug or 2 teaspoons fill the muffin tray.
6. Bake for 10 minutes

Micro nutrients

Complete the micro nutrient worksheet

Plenary

Give 3 fun facts about Vitamin C

Resources:

Muffin ingredients

Mixing bowl

Measuring Jug

Mini muffin tray

Books

Pizza Whirl evaluation

Fruit Muffin recipe sheet

Glue

Scissors

Lesson 14

Objectives:

1. Use correct method to make fruit Muffins
2. Produce a well filled tray of muffins
3. Finish the practical in the time available

Starter

Put the wet & dry ingredients in the correct order

Fruit Muffin Practical

Brief explanation of what they have to do

Reminder about T Towels & Dish cloths

Regular time checks throughout practical session

Photo dishes

Check all students have a picture with their muffins

Plenary

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

Resources:

Weigh scales

Mixing Bowl

Measuring jugs

Mini muffin tray

T Towels

Dish cloths

Camera

Lesson 15

Objectives:

1. Complete a detailed evaluation of their fruit muffins including a photo.
2. Understand the difference between simmer & boil
3. Give examples of 3 nutrients found in onions.

Starter

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

Fruit Muffin Evaluation

My muffins looked

My muffins 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 muffins 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 hidden vegetable sauce.

Give information about vegetables and their nutrients.

Show how to use the blenders safely and correctly.

Stick recipe and method into books.

Pasta Sauce

1 Onion
1 Stick of Celery
2 Cloves of Garlic
1 carrot
1 stock cube
1 tin of tomatoes/passata
2 tbsp Tomato Puree

1. Peel and chop the onion and garlic.
2. Peel and grate the carrot.
3. Wash and chop the celery.
4. Put the onion, garlic, carrot and celery into a sauce pan and cook for 5 mins until soft.
5. Add the tin of tomatoes/passata and the $\frac{1}{4}$ tin of water
6. Crumble in the stock cube and add the tomato puree
7. Bring to the boil and simmer for 2 minutes.
8. Blend until smooth, then season.

Vegetables

Complete the vegetable worksheet and colour in.

Plenary

Give 3 fun facts about Onions

Resources:

Sauce ingredients

Chopping Board

Sauce pan

Blender

Books

Muffin evaluation

Sauce recipe sheet

Glue

Scissors

Lesson 16

Objectives:

1. Use correct method to make tomato sauce
2. Produce a smooth and well bended sauce
3. Finish the practical in the time available

Starter

3 safety points for using the hob and blender

Tomato sauce 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

Chopping board

Saucepan

Blender

T Towels

Dish cloths

Camera

Lesson 17

Objectives:

1. Complete a detailed evaluation of their tomato sauce
2. Understand the traffic light labelling used on food
3. Produce a traffic light label for their sausage rolls

Starter

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

Pasta Sauce Evaluation

My Sauce looked

My Sauce 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 Sauce 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 sausage rolls.

Give out laptops one between two.

Show how to use the nutrition program correctly.

Produce a traffic light label

Stick recipe and method and label into books.

Sausage Rolls

1 Packet of Puff/Flaky pastry (approx 450g)

400g Sausage meat or large Sausages

1 Egg

Salt & Pepper,

Herbs

Optional Ingredients:

Onion, Mushrooms, Cheese, sweetcorn,
peas, tomatoes etc.

Preheat oven to 200°C

1. Roll out the pastry into a large rectangle.
2. Peel the sausages, or put sausage meat into the mixing bowl.
3. Add seasoning and extra ingredients, mix well.
4. Divide the sausage mix into two and place it along the long edges of the pastry.
5. Put the egg in a measuring jug, beat with a fork.
6. Brush the pastry with egg, and roll into a scroll.
7. Cut lengthways down the middle and then cut into short rolls.
8. Brush with egg, make holes in the top to let out steam.
9. Place on a baking tray, and bake for 15-20 mins until golden brown and well risen.

Plenary

Each group ead out the calories per roll and see which is the highest

Resources:

Sausage roll ingredients

Mixing bowl

Measuring jug

Rolling Pin

Sharp knife

Baking tray

Books

Muffin evaluation

Sausage roll recipe sheet

Glue/ scissors

Lesson 18

Objectives:

1. Produce a rectangle of pastry
2. Construct the Sausage Rolls correctly
3. Finish the practical in the time available

Starter

Quick quiz on breaking and mixing an egg correctly

Sausage Roll 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

Measuring jug

Rolling pin

Sharp knives

Baking tray

T Towels

Dishcloths

Lesson 19

Objectives:

1. Complete a detailed evaluation of their sausage rolls
2. Be able to constructively evaluate the whole module
3. Understand the term 'seasonal'

Starter

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

Sausage Roll Evaluation

My sausage rolls looked

My Sausage Rolls 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 sausage Rolls 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 the seasonal dish.

Stick recipe and method into books.

End of Unit paperwork

Complete end of module test

Fill out final evaluation

Fill out end of module sheets

Plenary

On post it notes the students write 2 positive and 1 negative about the module then stick them on the board.

Resources:

Seasonal practical ingredients

Seasonal practical equipment

Books

Sausage Roll evaluation

Glue

Scissors

Lesson 20

Objectives:

1. Use correct method to make seasonal product
2. Produce a high quality product
3. Finish the practical in the time available

Starter

Explain what we mean by seasonal without using the word itself.

Seasonal 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

Equipment

T Towels

Dish cloths

Need to add:

Vegetable worksheet

Info on using nutrition program

End of module quiz & Evaluation

Vitamins information

Fun facts about onions

