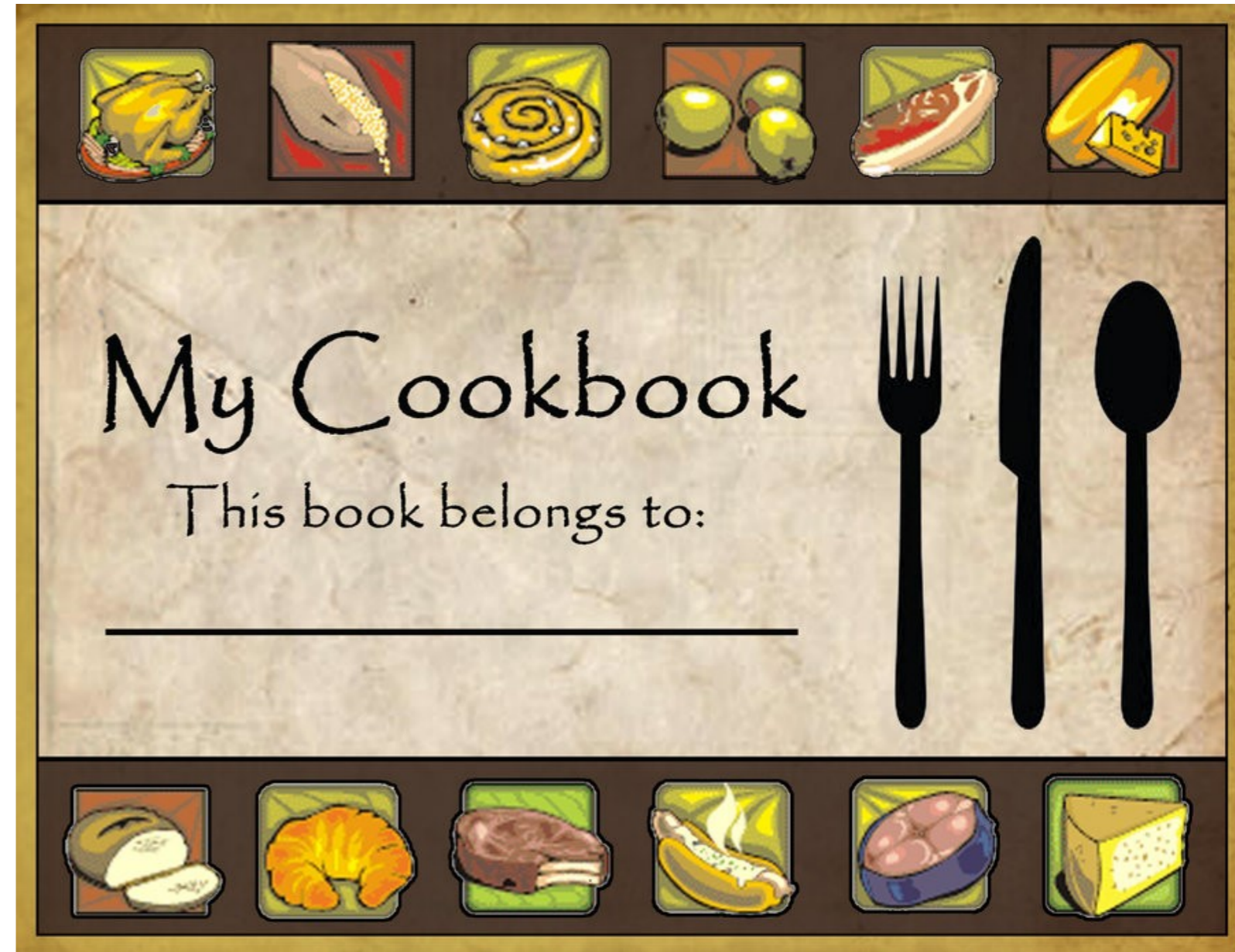




Yr 7 Nutrition and Health

Name:

TG: Teacher:



Record of Progress —Practical lessons Y7

DATE	DISH	REFLECT
	Cake experiment	WWW EBI
	Healthy Soup	WWW EBI
	Flapjack	WWW EBI
	Fruit snacks	WWW EBI
	Pizza Pinwheels	WWW EBI

FEEDBACK—PRACTICAL EXAM

NAME:

WWW:

EBI:

Baseline	◇ I can follow STOTI with very little help.
Emerging	◇ I choose appropriate equipment and use this safely.
Developing	◇ I choose appropriate equipment and use this safely and accurately. ◇ I can weigh ingredients independently and accurately and follow the recipe with some help. ◇ I can identify when the fat and flour are rubbed in enough.
Securing	◇ I choose appropriate equipment and use this safely and accurately. ◇ I can weigh ingredients independently and accurately and follow the recipe with very little help. ◇ I am well organised.
Mastering	◇ I choose appropriate equipment and use this safely and accurately. ◇ I can weigh ingredients in the independently and accurately and follow the recipe independently. ◇ I am well organised. ◇ I can identify when the fat and flour is rubbed in enough and identify when the pin-wheels are cooked.

Achieved:

Student Response / Evaluation:

Pizza Pinwheels



Ingredients

- 200g S.R. flour
- 50g block margarine
- 100ml milk
- 1 tsp tomato puree
- 50g grated cheese
- Pinch of herbs
- 12-15 mins

Methods

1. STOTI (Oil a baking tray, over 180' gas 5)
2. Sieve flour, rub in margarine.
3. Add milk and mix dough with a knife
4. Knead on a lightly floured bench
5. Roll out thinly to a square shape
6. Spread thinly with tomato puree
7. Sprinkle on the grated cheese
8. Add a pinch herbs
9. Roll up securely
10. Cut into circles and bake on oiled tray until golden colour



All in One Buns

Ingredients

- 50g S.R. Flour
- 50g sugar
- 50g soft margarine
- 1 egg



Method

1. Preheat oven to 190°C / Gas 5.
2. Weigh out all ingredients carefully.
3. Place all ingredients in a mixing bowl and beat for 2 minutes with an electric mixer until creamy.
4. Check for soft dropping consistency.
5. Place 1 teaspoon of mixture into 9 paper cases (remember to use a spatula to scrape all of the mixture out of the bowl).
6. Bake for 15mins, until golden brown and well risen.
7. Place on a cooling tray.

You will use the recipe above to work with a partner to make a healthier type of cake . You may be making one of the following.

The control—the original recipe

Low fat—less margarine

Different spread—soya

Low sugar—less sugar

Low fat and sugar—less margarine and sugar

High fibre—wholemeal flour, or addition of fruit

Healthy Soup



Ingredients

- 50g lentils
- carrot
- onion
- potato
- stick celery
- 1tbsp oil
- 500ml water
- 1 vegetable stock cube

Method

1. Wash and dice all of the vegetables.
2. Heat oil in a saucepan and fry vegetables for 5 minutes until they start to soften.
3. Make up the stock cube with boiling water and allow to dissolve.
4. Add the lentils and stock
5. Bring to the boil and allow to simmer for 20 minutes until the lentils are soft.
6. Allow the soup to cool and blend using a hand blender if you want.

Fruit Yoghurt

- 1 small tin blackcurrants
- 100g raspberries
- 1 large pot natural yoghurt

Method

1. Open tin of blackcurrants. Pour juice and fruit into a blending cup.
2. Blend with a hand blender until smooth. Pour into a mixing bowl.
3. Slice raspberries and place into a blending cup.
4. Blend with a hand blender until smooth. Pour into the mixing bowl.
5. Stir blackcurrants and raspberries well. Add yoghurt and stir.
6. Serve in presentation bowl and small, individual bowls for tasting.
7. Taste product and complete tasting chart.

Equipment

Tin opener, sharp knife, chopping board, hand blender, mixing bowl, presentation bowl, small bowls, dessert spoons, table spoon.

Fruit Kebabs

- 1 kiwi
- 5 strawberries
- a few grapes
- ½ banana

Method

1. Peel and chop kiwi
2. Slice strawberries in half.
3. Put the fruit onto skewers, alternate the fruits.
4. Place 2 skewers on a serving plate.
5. Taste product and complete tasting chart.

Equipment

Sharp knife, chopping board, skewers, serving plate.

Fruity Oat Bars



Ingredients

- 60g oats
- 1 tblsp syrup
- 10g Demerara sugar
- 50g hard margarine
- 15g plain flour
- *30g of anything else; nuts, seeds, fruit..*

Method

1. Preheat oven to 180°C / Gas 4
2. Put the oats and flour into a mixing bowl.
3. Gently melt margarine, syrup and sugar in a pan, keep stirring with a wooden spoon until the sugar has dissolved.
4. Stir the oats and flour mixture into the margarine, sugar and syrup mixture.
5. Stir in any other ingredients you have chosen.
6. Press foil dish and bake for 15-20 minutes.
7. Remove bars from oven. Cool for 5 minutes then mark into pieces.

Fruit Snacks

You will work in a group to make one of the following fruit snacks

Fruit Smoothie

1 banana
8 strawberries
1 pint milk

Method

1. Roughly chop banana and strawberries.
2. Place half of them into the blender.
3. Add ½ pint of milk and blend until smooth.
4. Transfer to a measuring jug.
5. Place into presentation glass.
6. Repeat the process and pour into cups.
7. Taste product and complete tasting chart.

Equipment

Sharp knife, chopping board, blender, measuring jug, presentation glass, paper cups.

Fruit Salad

1 tin pears
1 satsuma
a few grapes
1 tin peaches

Method

1. Open tins with a tin opener.
2. Pour juice into a mixing bowl. Slice pears and peaches into bite size pieces.
3. Chop grapes in half and add to bowl of fruit, stir well.
4. Peel and segment Satsuma, add to bowl of fruit, stir well.
5. Serve in presentation bowl and tasting dishes.
6. Taste product and complete tasting chart.

Equipment

Sharp knife, chopping board, tin opener, mixing bowl, measuring jug, presentation bowl, small bowls, dessert spoons, table spoon.

Cereal – Muesli

1 tbsp. raisins or sultanas
3 dried apricots
1 small banana
2 tbsp. oats
1 tbsp. bran
1 pint milk

Method

1. Finely chop apricots and banana. Place in a mixing bowl.
2. Add raisins, oats and bran, then mix well.
3. Place into a presentation bowl and small, individual bowls for tasting.
4. Add required amount of milk.
5. Taste product and complete tasting chart.

Equipment

Sharp knife, chopping board, mixing bowl, measuring jug, presentation bowl, small bowls, dessert spoons, table spoon.

Fresh Fruit Juice

3 oranges
Handful of frozen mango

Method

2. Peel orange and divide into quarters
3. Place all fruit into blender and whizz up!
4. Place all the juice into a measuring jug and stir well.
5. Divide juice between presentation glass and cups for tasting.
6. Taste product and complete tasting chart.

Equipment

Sharp knife, chopping board, juicer, small glass, measuring jug, presentation glass, cups.