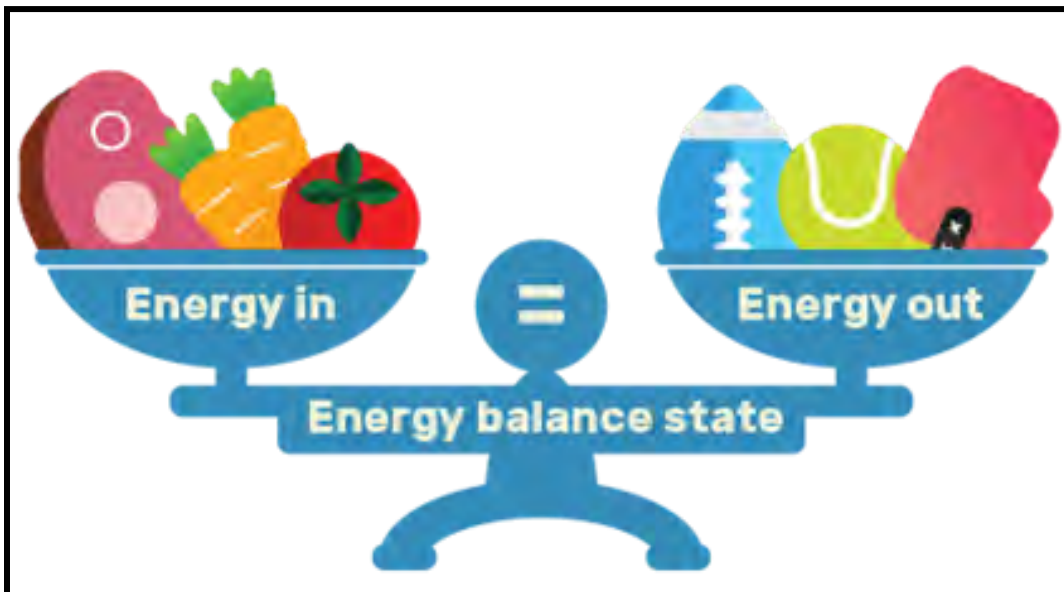


# ST JOHN BAPTIST HIGH SCHOOL

## HEALTH & WELLBEING: FOOD

YEAR 8

ENERGY



NAME/ENW: \_\_\_\_\_

GROUP/GRWP: \_\_\_\_\_

**Evaluation**

Date/Dyddiad: \_\_\_\_\_

	😊	😐	😞
I chose the correct equipment for each task			
I worked in a tidy & organised way			
I followed instructions and listened carefully			
I worked to the best of my ability			
The teacher had to help me			
My finished dish was ...			

I ensured that I worked safely by....

I ensured that I worked hygienically by ...

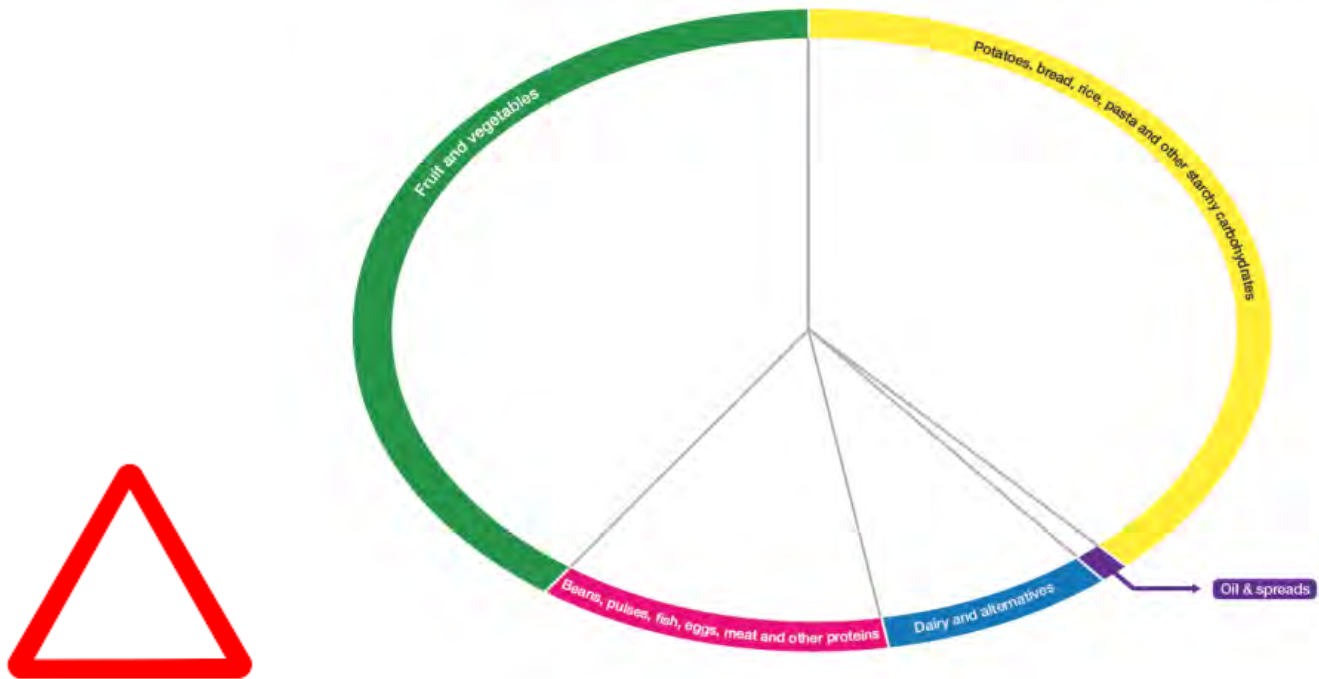
**Describe your finished product**

Appearance	Taste	Texture

**Suggestions for improvement**


**Skills demonstrated**


Identify where the ingredients you have used fit into the Eat Well Guide.



**Energy balance**

Input  
Kilocalories per portion

kcal



Output  
Exercise/Calories burned

for
minutes.

**What ingredients could you change?**

Replace	With

## Beef Burger

200g lean minced beef  
½ onion  
parsley  
1 tsp mustard (optional)  
1 bread roll  
½ tomato  
1 lettuce leaf  
black pepper (optional)



### Order of work

1. Tie hair back.
2. Put apron on.
3. Wash hands and wipe down work surface.
4. Collect equipment and take out ingredients.
5. Set the grill to a medium heat.
6. Tip the minced beef into the mixing bowl.
7. Peel the onion and then grate into the bowl with the minced beef.
8. Finely chop the parsley and add to the onions and beef.
9. Add the mustard (if using) and season well with black pepper to taste (if using).
10. Using clean hands, mix and squash the burger ingredients together, working the onion and the seasonings through the minced beef until they are evenly distributed.
11. Using both hands, work into a neat ball.
12. Place them on another chopping board (or a clean, flat surface) and press them down to form burger about 10cm in diameter and no more than 1cm deep. Wash your hands after touching the raw meat.
13. Using the spatula, place the burgers under the grill. Cook for 5 minutes, then carefully turn to cook the other side. The burger is cooked when the meat in the centre has turned from red to brown.
14. Wash and dry the lettuce and tomatoes. Slice each tomato into 4 circles and shred the lettuce. Place 2 circles of tomato inside each bread roll with a few strips of lettuce. Insert the burger into the bread roll and serve with mustard (if using).

## Lemon cheesecake

100g digestive biscuits  
40g butter  
100g plain cottage cheese  
100ml double cream  
25g sugar  
½ lemon



## Order of work

1. Tie hair back.
2. Put an apron on.
3. Wash hands and wipe down the work surface.
4. Collect equipment and take out ingredients.
5. Crush biscuits..
6. Melt butter in a pan and stir in biscuit crumbs.
7. Line base of flan dish, allow to cool.
8. Whisk double cream.
9. Push cottage cheese through a sieve. Stir into cream.
10. Fold in sugar, lemon juice and finely grated rind.
11. Spread the mixture over the crumbs and chill.
12. Wash and dry up.

## **Cookies**

250g self raising flour  
150g butter/margarine  
75g sugar  
50 g chocolate chips  
1 egg



## **Order of work**

1. Tie hair back.
2. Put apron on.
3. Wash hands and wipe down work surface.
4. Collect equipment and take out ingredients.
5. Sieve flour into mixing bowl and rub in fat until resembles fine breadcrumbs
6. Stir in sugar
7. Crack egg into small basin, beat with a fork
8. Pour egg into flour mixture and mix to a dough
9. Knead
10. Roll out dough and cut cookies out
11. Place cookies on baking tray
12. Using oven gloves place baking tray in the oven and bake until firm and golden brown
13. Wash and dry up
14. Remove cookies from the oven, cool on cooling rack

## Scones

250g self raising flour  
50g sugar  
50g margarine  
1 egg  
125ml milk



## Order of Work

1. Tie hair back.
2. Put apron on.
3. Wash hands and wipe down work surface.
4. Collect equipment and take out ingredients.
5. Sieve flour into a mixing bowl.
6. Rub in margarine until resembles fine breadcrumbs.
7. Stir in sugar and variation.
8. Crack egg into a small basin and beat with a fork.
9. Add milk.
10. Stir in 2 tablespoons of milk & egg (more if necessary) mix to a dough.
11. Dust surface with flour roll mixture out to 2cm thickness.
12. Cut using a pastry cutter.
13. Place on baking tray.
14. Brush tops with milk & egg
15. Bake for 10 – 15 minutes
16. Wash and dry up
17. Put equipment away
18. Take cake out of the oven when golden brown and firm to touch.
19. Leave to cool

## Tomato Ragu & Pasta

½ onion  
1 clove garlic  
1 tablespoon (15ml) oil  
½ can chopped tomatoes  
handful of fresh basil  
black pepper



### Order of work

1. Tie hair back.
2. Put apron on.
3. Wash hands and wipe down the work surface.
4. Collect equipment and take out ingredients.
5. Peel and chop the onion and peel and crush the garlic.
6. Fry the onion and garlic in the oil for 5 minutes, until soft.
7. Add the tomatoes and tear in the basil leaves.
8. Add a few twists of black pepper, then allow to simmer gently for 30 minutes.
9. Wash and dry up
10. Put equipment away
11. After 15 minutes, put a large saucepan of water on to boil. When rapidly boiling, add the pasta and cook for around 10 minutes until al dente;
12. Drain;
13. Mix the cooked pasta and tomato sauce together.
14. Wash and dry up
15. Put equipment away



## Mac 'n cheese

50g macaroni  
25g Cheddar cheese  
25g butter  
25g plain flour  
200ml semi-skimmed milk  
Black pepper



### Order of Work

1. Tie hair back.
2. Put an apron on.
3. Wash hands and wipe down the work surface.
4. Collect equipment and take out ingredients.
5. Bring a saucepan of water to the boil, and then add the macaroni. Cook for about 10 – 12 minutes, until *al dente*.
6. Grate the cheese.
7. While the pasta is cooking, make the sauce: place the fat, flour and milk into a small saucepan; bring the sauce to a simmer, whisking all the time until it has thickened; stir in most of the grated cheese.
8. Preheat the grill.
9. Drain the boiling hot water away from the macaroni into a colander in the sink.
10. Stir the drained macaroni into the cheese sauce and add a few twists of black pepper.
11. Pour the macaroni into an oven-proof dish (or foil tray).
12. Sprinkle the remaining cheese over the macaroni.
13. Place under a hot grill until the cheese is bubbling and golden brown.
14. Wash and dry up
15. Put equipment away

## **Pizza wheels**

200g strong white flour

A pinch of salt

7g packet fast action dried yeast

150ml warm water

1 tablespoon (15ml) spoon oil

### **Filling**

50g Cheddar cheese

2- 3 tablespoons (45 ml) tomato pizza sauce



### **Order of Work**

1. Tie hair back.
2. Put an apron on.
3. Wash hands and wipe down the work surface.
4. Collect equipment and take out ingredients.
5. Preheat the oven to 200 °C or gas mark 6.
6. Sift together the flour into a mixing bowl.
7. Stir in the yeast and salt.
8. Add the oil and enough warm water to mix into a soft dough.
9. Knead the dough for 5-10 minutes on a lightly floured work surface.
10. Roll out the dough into a rectangle.
11. Spread the pizza sauce over the base.
12. Sprinkle the cheese & herbs over the pizza base.
13. Roll up from the long end sealing the filling inside.
14. Cut into 4cm slices.
15. Place flat on the baking tray. Cover and allow to prove for 20 minutes.
16. Bake for 15-20 minutes, until golden brown.
17. Wash and dry up
18. Put equipment away
19. After baking, place on a cooling rack.

## Bread

225g strong white flour

A pinch of salt

7g sachet dried yeast

100ml warm water





Pinch of extra flour



## Order of work

1. Tie hair back.
2. Put an apron on.
3. Wash hands and wipe down the work surface.
4. Collect equipment and take out ingredients.
5. Put a piece of baking parchment or a muffin case at the bottom of the flowerpot (ensure this is clean).
6. Sift together the flour into a mixing bowl.
7. Stir in the yeast and salt.
8. Add the oil and enough warm water to mix into a soft dough.
9. Knead the dough for 5-10 minutes on a lightly floured work surface.
10. Shape the dough with your hands and place into the flowerpot and sprinkle with flour.
11. Place the bread into the oven and bake for 20-25 minutes.
12. Wash and dry up
13. Put equipment away
14. After baking, place on a cooling rack.

# WORD BANK

AROMA	TASTE	TEXTURE	APPEARANCE
<p>The nose detects aromas released from food. An odour may be described in association with a particular food; cheesy or fishy.</p> <p>Other words;            Acrid            Aromatic            Bland            Burnt            Citrus            Floral            Fragrant            Fruity            Mild            Musty            Perfumed            Pungent            Rotten            Scented            Smoky            Sour            Spicy            Strong            Sweet            Yeasty</p> 	<p>The tongue can detect four basic tastes; sweet, sour, salt &amp; bitter. Taste may be described in association with a particular food; meaty, minty or fruity.</p> <p>Acidic            Bitter            Bland            Cool            Creamy            Hot            Mild            Rancid            Rich            Salty            Sharp            Sour            Strong            Sweet            Tangy            Tart            Warm            Zesty</p> 	<p>Texture may be assessed through touch. When food is placed in the mouth, the surface of the tongue reacts to the feel of the surface of the food. Different sensations are felt as the food is chewed.</p>  <p>Brittle            Bubbly            Chewy            Creamy            Crisp            Crumbly            Crunchy            Dry            Fluffy            Gooey            Gritty            Moist            Rubbery            Runny            Short            Soft            Smooth            Sticky            Stodgy            Tender</p>	 <p>Appetising            Attractive            Burnt            Clear            Clody            Colourful            Cracked            Curved            Decorated            Firm            Flaky            Fresh            Glossy            Golden            Healthy            Lumpy            Moist            Pale            Soft            Soggy            Tasty            Uneven</p>

## PREPARATION & COOKING TECHNIQUES

Basic	Medium	Complex
Blending Beating Grating Hydrating Juicing Marinating Mashing Melting Proving Shredding Sieving Tenderising Zesting	Creaming Dehydrating Folding Kneading Measuring Mixing Pureeing Rubbing-in Rolling Skinning Toasting (nuts/seeds) Weighing	Crimping Laminating (pastry) Melting using a bain marie Piping Shaping Unmoulding Whisking (aeration)





## KNIFE TECHNIQUES

Basic	Medium	Complex
Chopping Peeling Trimming	Baton Chiffonade Dicing Slicing Deseeding Spatchcock	Brunoise Julienne Mincing Deboning Filleting Segmenting



## COOKING TECHNIQUES

Basic	Medium	Complex
<p>                     Basting                      Boiling                      Chilling                      Cooling                      Dehydrating                      Freezing                      Grilling                      Skimming                      Toasting                 </p> 	<p>                     Baking                      Blanching                      Braising                      Deglazing                      Frying                      Griddling                      Pickling                      Reduction                      Roasting                      Sauteing                      Setting                      Steaming                      Stir frying                      Water bath (sous-vide)                 </p> 	<p>                     Baking blind                      Caramelising                      Deep fat frying                      Emulsifying                      Poaching                      Tempering                 </p> 