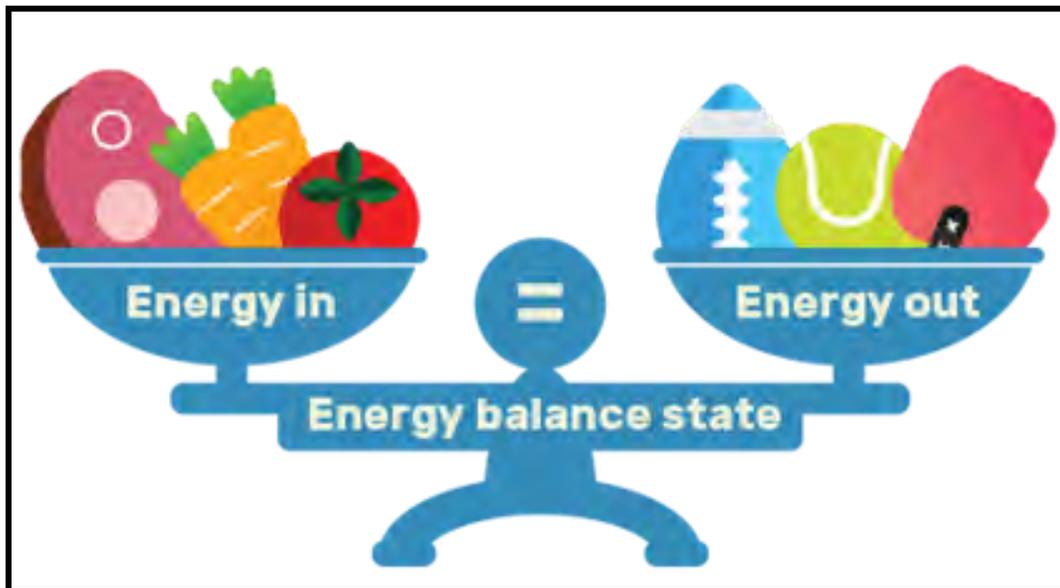


ST JOHN BAPTIST HIGH SCHOOL

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 ...

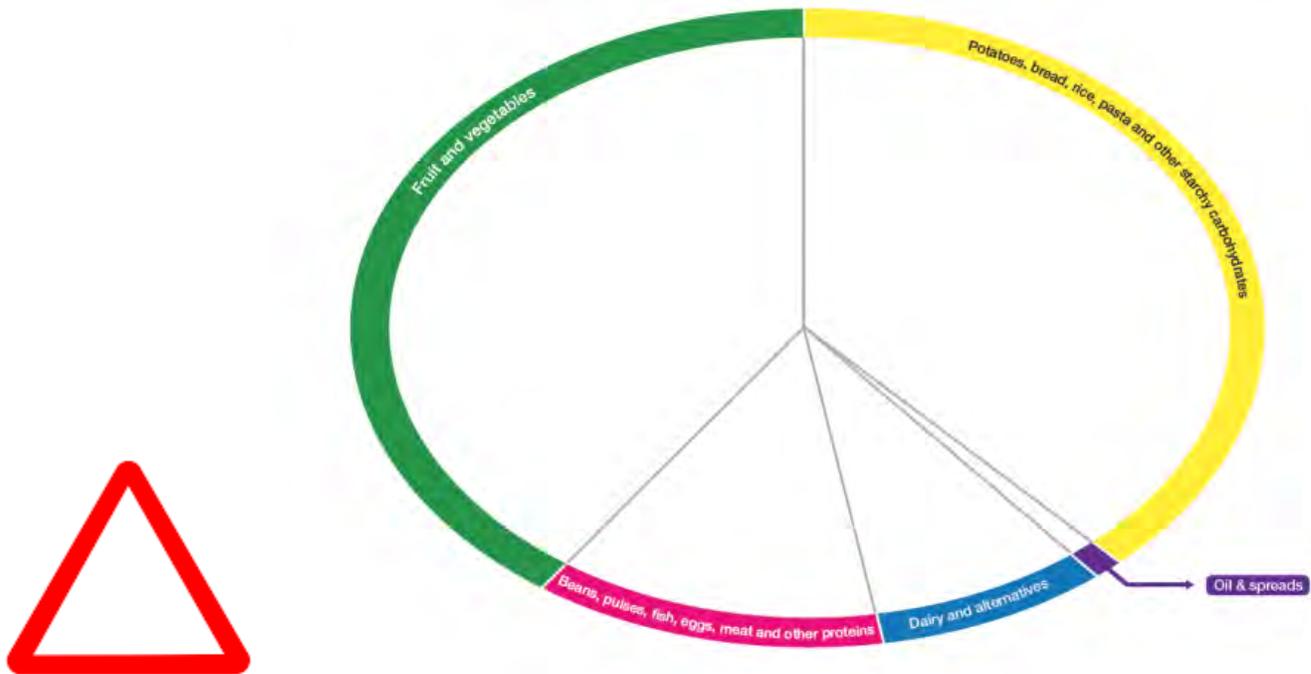
Describe your finished product

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.

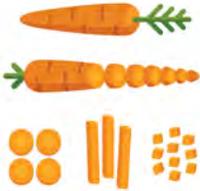
WORD BANK

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

KNIFE TECHNIQUES

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

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> 