

Cameron, Year 10 – Preparing Flavoured Chicken and Jaffa Cakes





Year Seven Bread and Butter
Pudding, Muffins and more!
Ayden
Sophie
Tom
Isaac

Year Nine
Erin



Year Nine
Marcus



Year Nine
George



VITAMIN K

Sources: Green leafy vegetables, liver, cheese
Functions: Helps the blood to clot when the body is injured
Deficiency: Babies can sometimes loose some blood at birth

VITAMIN B12

Sources: liver, meat, cheese, cereals, yeast
Functions: works with vitamin B9 to make healthy red blood cells, keeps nerve cells healthy
Deficiency: anaemia, may lead to spina bifida in babies

PROTEIN

Sources: HBV – animal sources and soya – Meat, poultry, game, offal soya
 LBV – vegetable sources – Peas, beans, lentils, chickpea
 Complementation – eating more than 1 HBV proteins together – Baked beans on toast

VITAMIN C

Sources: Citrus fruits, cabbage, liver, milk
Functions: Helps the body absorb iron, keeps the tissue that connects the body cells together healthy, is an antioxidant
Deficiency: Scurvy, anaemia, bleeding under the skin, loose teeth, wounds do not heal

VITAMIN E

Sources: Soya, Corn oil, nuts, seeds, ...
Functions: An antioxidant (helps disease and cancer)
Deficiency: A deficiency

VITAMIN D

Sources: Sun, ...
Functions: H... helps calci...
Deficiency: ...

James – Year 7

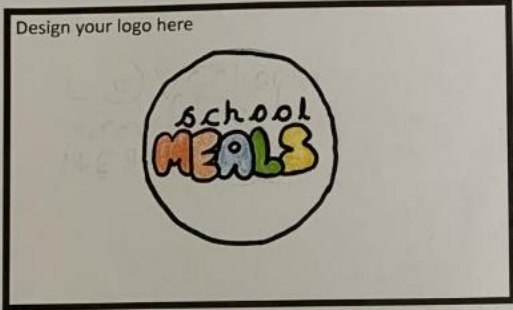
- happens when good hygiene is not followed.
- Design a poster to tell the KITCHEN STAFF about good hygiene.
- Present a chart of FOOD POISONING BACTERIA. Include foods the bacteria are found in and the symptoms.



& Bacteria



Practise: Match the healthy eating guideline with its reason.	
Healthy Eating Guideline	Reason
Eat less fat	This can cause high blood pressure. Processed foods should be avoided.
Eat less sugar	Too much fat can cause obesity that can lead to heart attacks and strokes
Eat less salt	Carbohydrates provided energy to keep use moving
Eat at least 5 portions of a variety of fruit and vegetables every day.	Too much sugar can cause tooth decay and obesity. It contains no nutrients.
Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible	These provide calcium and vitamin D for strong bones and teeth.
Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options.	Protein is required for growth and repair
Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily).	Saturated fats can cause high cholesterol which can lead to heart disease.
Choose unsaturated oils and spreads and eat in small amounts.	We need water to stay hydrated
Drink 6-8 cups/glasses of fluid a day.	Fruit and vegetables are a good source of vitamins and minerals. They're an excellent source of dietary fibre, which can help to maintain a healthy gut and prevent constipation and other digestion problems. A diet high in fibre can also reduce your risk of bowel cancer.

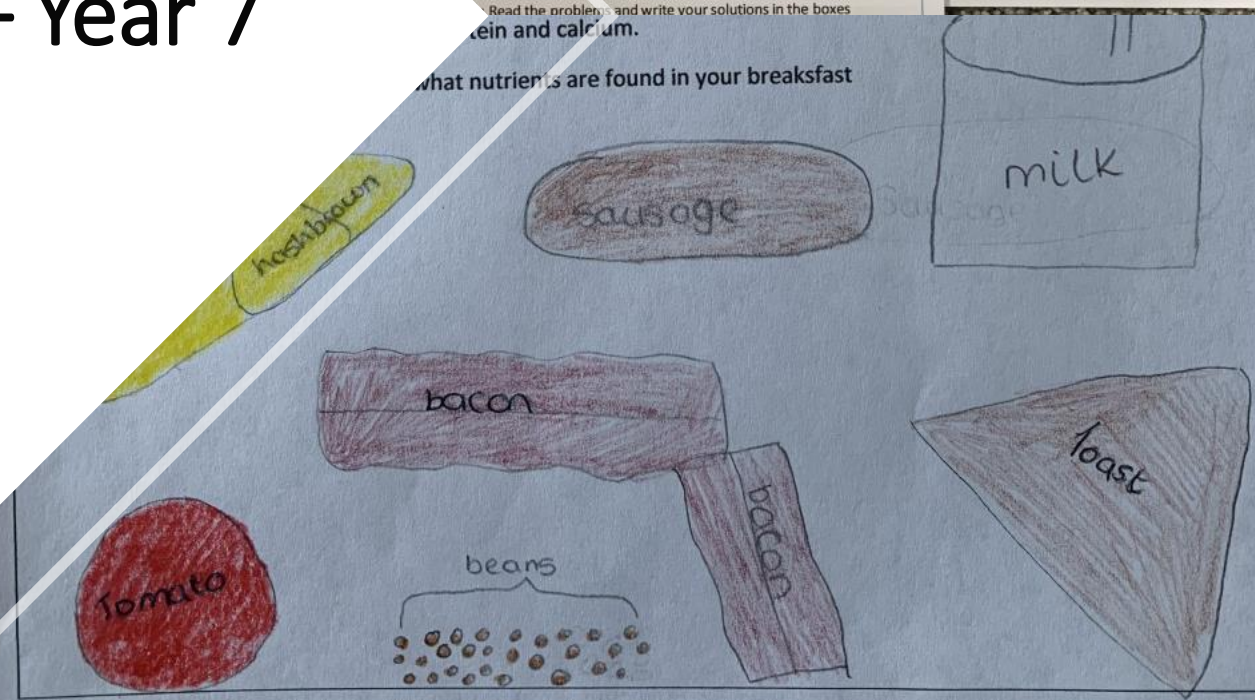


Vitamins
Minerals
Oils & Spreads
Sugar
Meat & fish
Dairy
Fruit & Veg
CHALLENGE
Add more information.

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

CHALLENGE – Explain how the Eatwell guide can be useful

It can be useful because if you have unhealthy food you will get overweight. If you eat healthy food then you get more energetic



Task 3 – Plan a menu for 1 day. Remember the

Task 4 – Sandwiches are popular for lunch. Plan a



I made a meal out of what I could find in my house which was holoumi sticks. I got the haloumi and dipped it in egg and flour then fried it.



I invented my own pizza flavour which included mozzarella, BBQ chicken, peppers and pineapple. My family thought that overall the pizzas were nice but the dough was a bit doughy.

Macie - Year 7

Winner of Food Balfour Scholars

I presented a meal as if I were serving in a restaurant.



I made a batch of cookies.

Flap Jack - Stage One Making

1. Put margarine, syrup and sugar into a large saucepan.
2. Over a **low** heat stir with a heat resistant spoon until the margarine has melted and the sugar dissolved.



3. Remove from the heat, add oats and flour- mix thoroughly.
4. Add any chocolate chips or dried fruit
5. Press down in a square baking tray.



Learning Objective

How does the hob transfer heat?

Technical Skill Focus

To demonstrate an understanding of the concepts of the melting method and apply these to make a quality flapjack.

Stage Two Baking

1. Bake for 25-30 minutes until golden brown.
2. Leave to cool in the tin for 5 minutes, then cut into portions

Golden brown



Roux Sauce

Ingredients

25g (1oz) margarine
25g(1oz) plain flour
1 x 15ml (tbsp) oil
300ml (1/2 pint) milk
100g (4oz) cheddar cheese - grated

Roux
Blend
Starch
Consistency
Layered



1. Bring a saucepan of water to the boil, and then add the macaroni. Cook for about 10-12 minutes, until *al dente*.
2. Grate the cheese and slice the tomato.
3. Place the butter or margarine, flour and milk into a small saucepan.
4. Bring the sauce to a simmer, stirring all the time. Stir in 75g of the grated cheese.
5. Drain the boiling hot water away from the macaroni into a colander in the sink.
6. Stir the drained macaroni into the cheese sauce and add a few twists of black pepper.
7. Arrange the tomato slices over the macaroni.
8. Sprinkle over the remaining cheese.

100g pasta flour

1 egg

Method:

- .Place the flour in a bowl.
- .Make a well in the centre and add the egg to the flour.
- .Use the tips of your fingers and mix the flour and egg together incorporating a little at a time.
- .Knead the dough until the dough is smooth and silky.
- .Wrap in cling film and put in the fridge to 'rest' for a least 30 minutes.
- .Roll out and shape.

Making the Roux



Gradually add the milk.



Is the sauce a consistent texture?

Ingredients

50g butter
150ml water
70g plain flour

Filling: Alternatives are shown below

200 ml pot of double cream
100g Milk or Plain Chocolate



Equipment

Large Saucepan
Sieve
Greaseproof paper
Baking Tray
Wooden Spoon
Teaspoon
Fork
Measuring Jug



Choux Pastry

1. Collect equipment, organise work area and pre-heat oven 220C/Gas 7
2. Sift the flour into a glass bowl and beat the eggs in a jug and leave to one side.
3. Place the butter and water in a saucepan and bring to a rapid boil over a high heat. •
4. Remove from the hob and add the sifted flour all at once, and beat thoroughly until the mixture leaves the side of the saucepan.
5. Leave to cool slightly, then vigorously beat in the egg, a little at a time.
6. Spoon teaspoons of mixture onto baking tray, leaving space between each one.
7. Bake in a pre-heated oven at 220°C / gas 7 for 10 minutes. • Reduce the temperature to 200°C / gas 6 and bake for a further 20 minutes, until crisp and golden brown.

Filling

1. Take out of the oven and make a hole in the bottom of each profiterole for the steam to escape. Transfer to cooling rack to cool completely.
2. . Place the cream in a large bowl and whisk until thick.
3. Spoon cream into a piping bag. • Once the profiteroles are cool pipe some cream into each.

Topping. Make the chocolate sauce by heating the cream until hot, but not boiling, and melt chocolate in the cream.

.Cool slightly and pour over profiteroles • Wash up, clean and check equipment