

Y7 Food

YOUR NAME: Daniel Thompson

YOUR CLASS: 7P4/Te1 – Mrs Crisford

Date: 24th April 2020

Fruity Flapjacks



I CAN	Not Yet	Nearly	Yes
Wash my hands before cooking.			*
Clean the worktop before cooking.			*
Weigh and measure the ingredients.			*
Find and use the correct equipment.			*
Turn on the hob and the cooker.			*
Read and use the recipe.			*
Work safely and hygienically.			*
Use all the equipment safely.			*
Produce a dish of a high standard and quality.			*
Wash up and leave a clean work area without help.		*	

Date:

- Write your evaluation in this box.

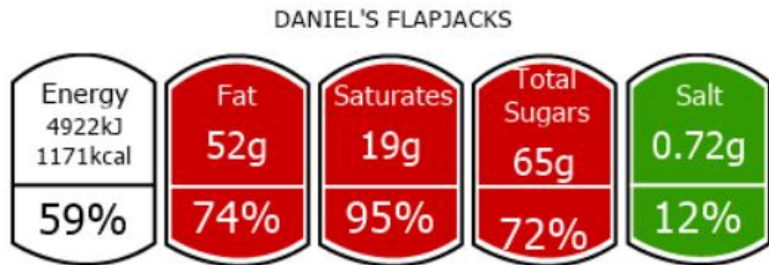
- What went well? *Add in a minimum of two sentences.*
- It tasted really nice.
- We did it quite quickly (we didn't have much trouble making it)
- Even better if ..? *Add in a minimum of two sentences.*
- We could have stirred it better because when I stirred it some of it came out the pan.
- It could have been a lot more moist (when it came out the oven it broke up a bit)
- Next time I would ... *Add in a minimum of two sentences.*
- I would add in a bit more butter
- I would stir it slower

Fruity Flapjacks

- *Write a sensory description of your product here using words relevant words from the sensory sheet.*
- *It tasted sweet with a hint of butter, it smelt flapjacky, it looked a bit messy but quite appetising, it felt flaky and chewy in my mouth.*
- *Write a description of your product here, which could go on the packaging or on a menu – to encourage people to try and buy.*
- DANIELS FLAPJACK
Tastes as sweet as a bowl of sugar, its home made and its fresh out the oven.

Or/And

DANIEL'S FLAPJACKS



of an adult's Reference Intake.

Typical values per 100g: Energy 1857kJ/442kcal

Nutrition Information Typical Values

	Per 100g	Per portion (265g)
Energy (kJ)	1857	4922
Energy (kcal)	442	1171
Fat (g)	20	52
Saturates (g)	7.2	19
Carbohydrate (g)	64	171
Total Sugars (g)	25	65
Fibre (g)	4.4	12
Protein (g)	6.3	17
Salt (g)	0.27	0.72

Extension

Watch Inside the Food Factory on BBC I player – for Pasties.

Record 10 facts here.

- Make lunch and take a photograph, insert here with your description.

My Sweet & Crunchy Flapjacks

YOUR NAME: Alex Breen

YOUR CLASS: (Look below) 7p4/Te1

Tech Class – 7F1/Te1 – Miss Pound

Or

7F1/Te3 or 7P4/Te3 – Mrs Hawkins

Or

7F4/Te3 or 7P1/Te2 or 7P4/Te1 – Mrs Crisford



Fruity Flapjacks

I CAN	Not Yet	Nearly	Yes
Wash my hands before cooking.			yes
Clean the worktop before cooking.			yes
Weigh and measure the ingredients.			yes
Find and use the correct equipment.			yes
Turn on the hob and the cooker.			yes
Read and use the recipe.			yes
Work safely and hygienically.			yes
Use all the equipment safely.			yes
.			
Produce a dish of a high standard and quality.			yes
Wash up and leave a clean work area without help.			yes

Date: 23rd April 2020

Flapjacks

- Write your evaluation in this box.

- What went well? *Add in a minimum of two sentences.*
- *Measuring the ingredients was easier than I thought. Melting and mixing the ingredients together also went well and putting it into the tin was also easy.*
- Even better if ...? *Add in a minimum of two sentences.*
- *Maybe to improve the different type of utensils that are used in the kitchen and what they are for. For next time I will practise the recipe and be more confident. Also I needed to be shown how to use the weighing scales*
- Next time I would ... *Add in a minimum of two sentences.*
- *Next time I will know what the cooking utensils are and get them out of the cupboard quicker. Also I will be more adventurous and put in fruit into my flapjacks and drizzle chocolate on the top.*

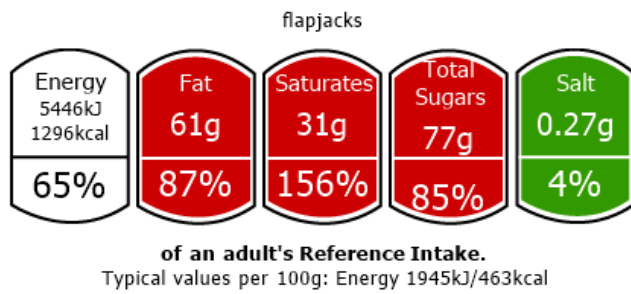
- *Write a sensory description of your product here using words relevant words from the sensory sheet.*

My flapjack were soft and chewy in the middle with crispy bits around the edges, sweet and crumbly with the golden syrup coming through with every bite.

- *Write a description of your product here, which could go on the packaging or on a menu – to encourage people to try and buy.*
- *A healthy option for a snack, to keep you going throughout the day. It is a chewy bar traditionally made from oats, sugar and golden syrup. There are many types to choose from fruity or chocolate bar.*

Or/And

- Make and print a nutrition label for your Fruity flapjacks from: <http://explorefood.foodafactoflife.org.uk>
- Add it in here.
- Design and make packaging for your Fruity Flapjacks.
- Take a photo and insert here!



Nutrition Information Typical Values		
	Per 100g	Per portion (280g)
Energy (kJ)	1945	5446
Energy (kcal)	463	1296
Fat (g)	22	61
Saturates (g)	11	31
Carbohydrate (g)	65	182
Total Sugars (g)	27	77
Fibre (g)	4.2	12
Protein (g)	5.9	16
Salt (g)	0.1	0.27

Extension

Watch Inside the Food Factory on BBC I player – for Pasties.

Record 10 facts here.

1. The word pasty came from a middle English word meaning made of paste.
2. Oggy is a slang term for the Cornish pasty.
3. Popular fillings are egg and bacon, rabbit, apples, figs, jam, egg, currants but not fish.
4. Housewives put their husbands initials on the pasty to avoid confusion at lunchtime.
5. Jane Seymour is believed to have enjoyed a Cornish pasty.
6. when Cornish rugby team plays, a giant Cornish pasty is symbolically hoisted over the bar before the start of a game.
7. A good pasty was thought to be strong enough to drop unharmed through a mineshaft.
8. It is thought to be bad luck to bring a pasty on a ship.
9. Huge ovens kept the miners pasties hot until it was time to eat.
10. It is said the devil would never dare to cross the river Tamar into Cornwall for fear of ending up as a filling in a Cornish pasty.

- Make lunch and take a photograph, insert here with your description.



