



HOME LEARNING

Subject: Food Technology

Time: 1hr 40 mins

Learning Objective: Practical Task: To practice safe preparation in stuffing and baking a chicken breast.

Theory Task: COSHH – Control of Substances Hazardous to Health.

1. Practical Task:

You will need – half a buffalo mozzarella ball, 1 slice parma ham or prosciutto, a few fresh basil leaves or other herbs, 1 chicken breast.

You will also need the following equipment: chopping board, sharp knife, cocktail sticks or cotton, foil, baking tray

Prepare yourself for cooking: apron on, long hair tied, hands washed, clean workspace.

- Oven 190C, Gas 8.
- Wrap ham round mozzarella and basil
- Slice the side of the chicken but not all the way through to create a pocket.
- Push the mozzarella wrapped in ham into the pocket in the chicken
- Secure with cocktail sticks or tie with cotton to secure
- Lay onto a piece of foil and scrunch up the sides to make a parcel
- Bake for about 30 minutes depending on the size of the chicken breast
- Check the chicken is cooked through by making a cut into the top and checking the colour is white
- Towards the end of cooking open up the foil and return to oven to brown
- Remove sticks and slice
- Serve with vegetables or salad and a carbohydrate such as potato or rice.
- Garnish with basil leaves.



Take a picture of your finished dishes presentation.

Now complete the task below.

2. Theory Task: Control of Substances Hazardous to Health

COSHH stands for **Control of Substances Hazardous to Health** and it sets out regulations to protect people who need to use harmful cleaning chemicals. If you need to use a cleaning spray for example, you may see the symbols shown in the chart below on the product label. Look at the symbols and add to the chart the meaning of each label:

COSHH Labels	Meaning
	
	
	
	
	

Save your work:

If you are using a computer, open a blank document to do your work (you can use Word or Publisher). Don't forget to **SAVE** it with your name, the lesson you are doing and the date.

For example: T. Smith Maths 8 April

If you would like us to see or mark your work please email it or send a photo of your completed work to:

nholmes@glebe.bromley.sch.uk

Thank you