



HOME LEARNING

Subject: Food Technology

Time: 1hr

Learning Objective: Practical Task: To make Fruity Flapjacks.

Theory Task for those unable to cook: Dietary goals task.

1. Practical Task:

You will need - 150g oats, 50g sugar, 50g margarine, 2 tablespoons golden syrup, 25g dried apricots chopped or raisins

Get out the following equipment: Saucepan, chopping board, sharp knife, wooden spoon, weighing scales, spoon.

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

1. Put the oven to 180C, Gas no 5.
2. Put the margarine, sugar & syrup into a saucepan & gently heat until the margarine has melted.
3. Stir in the oats and fruit.
4. Pour mixture into a greased baking tin.
5. Pat down the mixture to make it flat.
6. Bake for 15-20 mins, until lightly browned.
7. Remove from oven cut into slices whilst still hot.



Take a picture of your presented food. Get comments from your family on how it tastes! If you are unable to cook complete the task below.

2. Theory Task: Healthy eating and Dietary goals.

Use the words in the box below to help you fill in the chart about dietary goals:

| | | | | | | | | |
|----------------|----------------------|---------------------|---------------------|----------------------------|--------------------|-----------------------|----------------|-------------|
| Fat | Calcium | Fibre | Iron | Vitamin D | Salt | Sugar | Anaemia | |
| Obesity | Heart disease | Osteoporosis | Constipation | High blood pressure | Tooth decay | Diverticulosis | More | Less |

| Foods | Nutrients | Should we eat more or less? | Health risk |
|---|-----------|-----------------------------|-------------|
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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