



Food Technology - Learning from Home - Year Group 9 - Term 4, Week 2 & 3

Student Name: _____

Please Circle Your Team:

1	2	3	4	5	6	7	8	9
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Work Overview and Instructions

Week 2: Theory week and optional practical!

1. Watch the youtube clips on Historical Occasions and identify the date that it takes place and discuss how each historical event below is celebrated (Page 1).
2. Read the paragraph on; Factors to consider when Menu Planning and apply your knowledge by answering the questions (Page 2 & 3).

Week 3: Practical week!

3. Catch up on any theory you didn't complete last week.
4. Cook the Cornbread Recipe or an alternate recipe that is popular at an identified special occasion if you can't get the ingredients (Page 4).
5. Complete the evaluation page (Page 5).

Learning Intentions

WILT: Students will continue to explore the significance of food throughout history and explore the reasons for celebrating with food. Students will also discuss and evaluate the importance of a menu when planning a special event.

Essential Question: What are the main factors to consider when menu-planning for special occasions?

Literacy: Reading, understanding texts, short answer responses

Numeracy: Accurately measuring ingredients in grams, teaspoon and tablespoon measurements.

**Assessment Overview
(If required)**

Feedback Instructions

Please return your completed worksheets to the school. Feedback will be available when you collect your next learning pack. Alternatively, you can scan/photograph your completed worksheets and upload them into Google Classroom for a faster response.

Student Feedback

Food For Special Occasions

Activity:

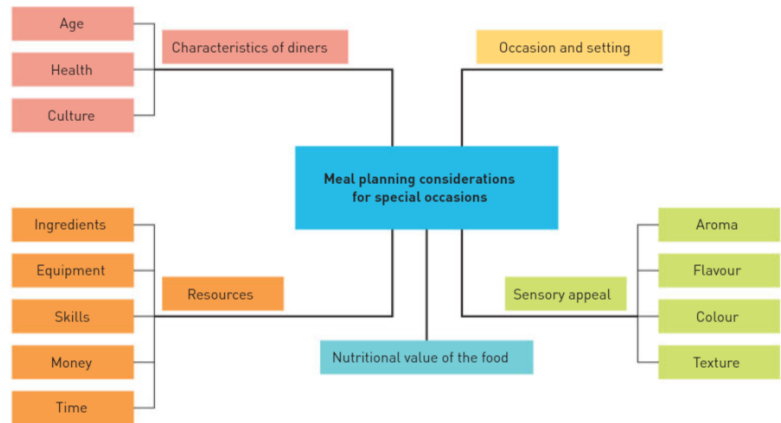
Watch the youtube clips below and identify the date and discuss how each historical event below is celebrated.

ANZAC Day	https://www.youtube.com/watch?v=k6_ik5XLSxl	
Valentine's Day	https://www.youtube.com/watch?v=Rs6xes anxNM	
La Tomatina (Valencia, Spain)	https://www.youtube.com/watch?v=rG-SM6E8Y5g	

Factors to consider when Menu - Planning

When planning a menu for a special occasion it is important to make considerations surrounding **nutritional value, occasion and setting, sensory appeal, characteristics of diners** and **resources available** to ensure that your guests are catered for to the highest standard.

Let's practice: Imagine you are planning a celebration for a family member or friend.



1. Who is the celebration for? _____

2. What is the occasion? _____

3. **List** and **explain** the food groups that should be included in order to plan a menu that is nutritionally balanced: (refer to the five food groups)

4. **Discuss** why it is important to provide your guests with a variety of options on the menu.

5. **Describe** why the setting is important. Is the setting choice impacted by the type of occasion?

6. **Describe** 3 examples of dishes you would serve appropriate to your occasion and setting.

7. The following characteristics of diners; Age, Health and Culture must be contemplated when menu planning. Why is health an important factor to consider?

8. **Discuss** the importance of available resources, budget and time management when menu planning.



Example: Wedding Menu

Hors D'OEUVRES

Prosciutto and melon skewers and herb cheese tart

SALAD

Soft greens, merlot poached pears and goats cheese with balsamic vinaigrette

MAIN SELECTION

Black and white sesame crusted chicken with ginger sauce

or

Thai spiced salmon with spicy almond sauce

or

Pistachio crusted tofu with prickly pear sauce

DESSERT

Wedding Cake & Assorted Pastries

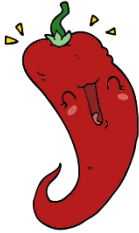
Cornbread



with whipped chilli and honey butter

Ingredients (serves 2)

- $\frac{3}{4}$ cup polenta (yellow cornmeal)
- 1 $\frac{1}{4}$ cup (155g) plain flour
- $\frac{1}{3}$ cup (75g) caster sugar
- 1 tsp sea salt
- 3 $\frac{1}{2}$ tsp baking powder
- $\frac{3}{4}$ cup (85ml) milk
- 2 large eggs
- $\frac{1}{3}$ cup butter, melted



Chilli honey butter

- $\frac{1}{4}$ cup butter, softened
- 2 $\frac{1}{2}$ tbs honey
- $\frac{1}{8}$ tsp cayenne pepper



Method

1. Preheat oven to 200C.
2. Grease and line muffin pans with muffin papers.
3. In a small bowl, using an electric mixer, beat the butter, honey and cayenne pepper until creamy. Place in the fridge until ready to serve.
4. In a large bowl add polenta, flour, sugar, salt and baking powder. Mix until well combined.
5. In another bowl whisk together the milk and the eggs.
6. Add the milk mixture and butter to the dry mixture and mix until just combined.
7. Evenly spoon the batter into prepared muffin cups
8. Bake for 15-20 minutes until muffins are golden or until a toothpick inserted into a muffin comes out clean.
9. Serve cornbread muffins warm with honey butter.

Evaluation

1. **Learning Intention:** Why do you think we are cooking this recipe?

2. **Success Criteria:** How will You know if you have achieved success?

3. Consider the nutritional value of this dish. Would you recommend eating this dish regularly or only on special occasions? **Justify** your answer.

4. List the equipment necessary for this practical lesson.

5. **Describe** the corn bread with whipped chilli and honey butter.

6. List the factors to consider when menu-planning.

