

## ACTIVITY 1

Locked down students at a Cornish secondary school have been showing off their creative talents with some highly inventive entries to a special fine dining competition. The pupils were challenged to take part in a 'fine dining beans on toast competition'. School staff were left stunned with the quality of entries, with some efforts looking like something you'd order from a posh eatery. The results were judged by top local chef Tom Hannon of The Rising Sun Restaurant in Truro.

Thursday 25<sup>th</sup> February

Toast Day



Have some toast for breakfast.

Now it's your turn! Make some toast and present it as you would in a top restaurant. You don't need to use beans, you can select your favourite toppings.



## ACTIVITY 2

**Toasty experiment - A tasty and toasty way to investigate your breakfast!**

You've slept in, but you really need some breakfast before you leave the house. Which bread toasts fastest, white or brown?

**What you need:**

- Slice of white bread
- Slice of brown bread
- Toaster
- Something to spread on your toast - try butter, jam or honey

**How to:**

1. Put the slice of white bread in one side of the toaster and the slice of brown bread in the other side of the toaster.
2. Every 15 seconds, check the bread. Which one toasts fastest?

## What's happening?

Brown bread normally toasts faster than white bread. There are two reasons for this:

1. Brown bread absorbs more heat than white bread. This heat toasts the bread more quickly.
2. Brown bread contains less water than white bread. Water takes a lot of energy to heat up, so white bread takes longer to toast.

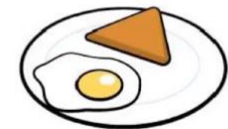
Did you find that brown bread toasts more quickly? If you found that white bread toasted more quickly, it could be that your toaster is toasting the bread unevenly. Or perhaps one of your slices of bread is fresher than the other. Could that affect your experiment?

## ACTIVITY 3 - PROBLEM SOLVING

When you open your posh restaurant, you could sell toast with other items. You will also need to calculate customer bills. A customer only wants to buy a piece of toast.

How much does one slice of toast cost?

One egg and one slice of toast costs £1.94



Three eggs and two slices of toast costs £5



## ACTIVITY 3

French toast is a dish made of sliced bread soaked in beaten eggs and typically milk, then pan fried. Alternative names and variants include "eggy bread", "Bombay toast", "German toast", "gypsy toast", and "poor knights". It is sweet, unlike 'eggy bread' which is savoury. The dishes are very similar and French toast can be made without anything sweet being added to the egg mix. But it is then generally served with syrup, fruit and/or whipped cream etc. However, French toast is a phony! Although we call it French toast; in France it's called pain perdu--"lost bread." According to legend, it was named after a man named Joseph French. He created the dish in 1724, and advertised it as French Toast because he forgot the apostrophe (French's Toast). However, recipes have been found from the early 5<sup>th</sup> century AD, the dish we know as French toast existed as early as the age of the Roman Empire! Whatever the name, it is a great way to use up stale bread.

Try making your own and let me know how it turns out!



## ACTIVITY 4



# SUPERSTAR

## Tumbling Toast

Activity Card

Startown's Mayor, Councillor Imin A Quandary, is calling on all children to settle a dispute she is having with her secretary, Dayley Diary.

"You see, I'm always in a hurry so only have time for a couple of pieces of toast for breakfast. But every day I manage to drop a piece off my plate and onto the floor. The toast always seems to land butter-side down! It is such a nuisance. Dayley tells me it's just Murphy's Law - if something can go wrong, it will go wrong - but I think there's a reason. What do you think? Does toast always land butter-side down? Can you help me?"

### Your challenge

Help Mayor Quandary to find out if toast really does always land butter-side down. Is there anything you can do that makes a difference to which way it falls?

### Getting started

Start by finding out what happens when you drop buttered and non-buttered toast.

Then try other ideas.

Don't forget to try to keep your test fair.

You may need to do each test lots of times.

Will you need to record anything?

### Test your ideas

People normally drop toast off a plate.

Does the height make a difference?

What if it is a very small piece?

What if you put anything else on the toast?

What will happen without butter?

Think about your investigation and then get toasting.

### Share your ideas

Compare your ideas with other groups. Did you all get the same answer? What advice would you give to Mayor Quandary? You could write her a letter.

### Extra things to do

Find out about other people who have tested toast. Did they get the same answer as you?

Find out about other sayings such as 'Red sky at night, shepherd's delight', 'Soaking conkers in vinegar makes them stronger', and 'Putting the milk in first is better when you make a cup of tea' etc.

Try testing some of them.

