

Ready

Steady

Cook!

Homework

Name

Class

Teacher

Ready Steady Cook

Homework Record

Please ask a parent/carer to sign below when you complete the homework before handing it in for marking.

Lesson	Homework	Signature
1	Contract for Code of Conduct Personal Hygiene	
4	Fruit Salad Flowchart	
6	Equipment	
7	Cooking Facts	

Assessment Record

Homework	Teacher comment/grade
1	
4	
6	
7	

CODE OF CONDUCT FOR FOOD TECHNOLOGY LESSONS

We want you to participate in and enjoy your Food Technology lessons. In order to do this, there are certain things which you must do.

These are as follows:

1. Make sure that you bring a pen, pencil and ruler to lessons.
2. All homework must be written into your planner.
3. All homework must be handed in on the day which is set by your teacher.
4. If you have been absent, **it is up to you** to find out from your teacher what homework has been given and what practical work you will be doing for your next lesson.
5. Work in a safe manner during practical lessons. Anyone acting in a way which could cause injury to another pupil will not be allowed to continue with their practical work.
6. If you have any problems concerning the practical work, you must speak to your teacher the day **before** the lesson.

Assessment of your work

Your classwork, homework and practical work will be marked according to the school's departmental assessment and marking criteria. These marks will then be added up with your design project to give you a national curriculum level.

Contract for code of conduct

I have read the above code of conduct and understand it.

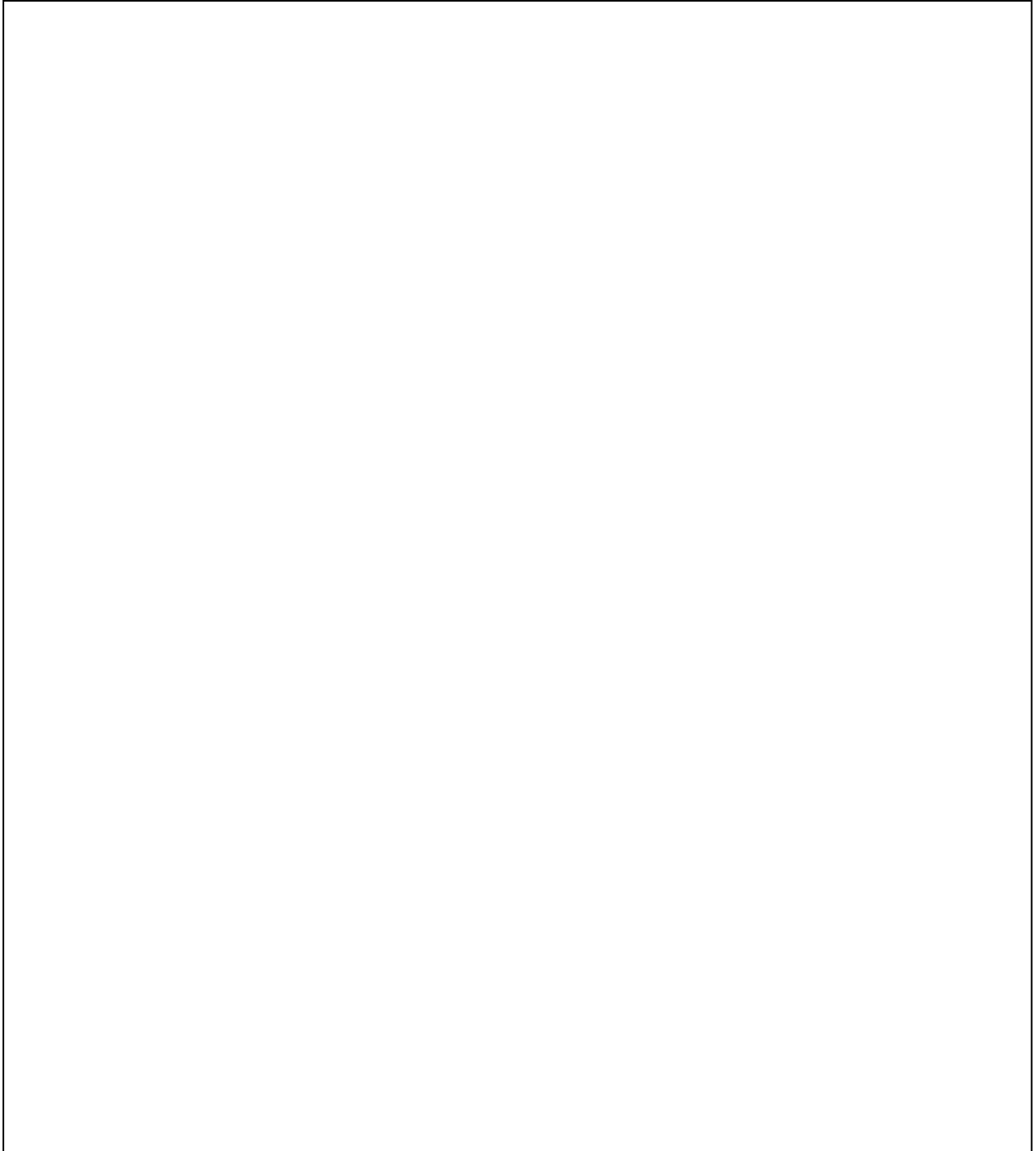
I agree to follow the code of conduct in Food Technology lessons.

Signed: Date:

PERSONAL HYGIENE

In the box below, **draw and label (annotate) a picture of yourself fully prepared for a practical lesson.** (Think about what you will have to wear, what you will have to tie back and what you will have to remove).

- * Remember good personal hygiene is essential for a successful practical lesson.



FRESH FRUIT SALAD

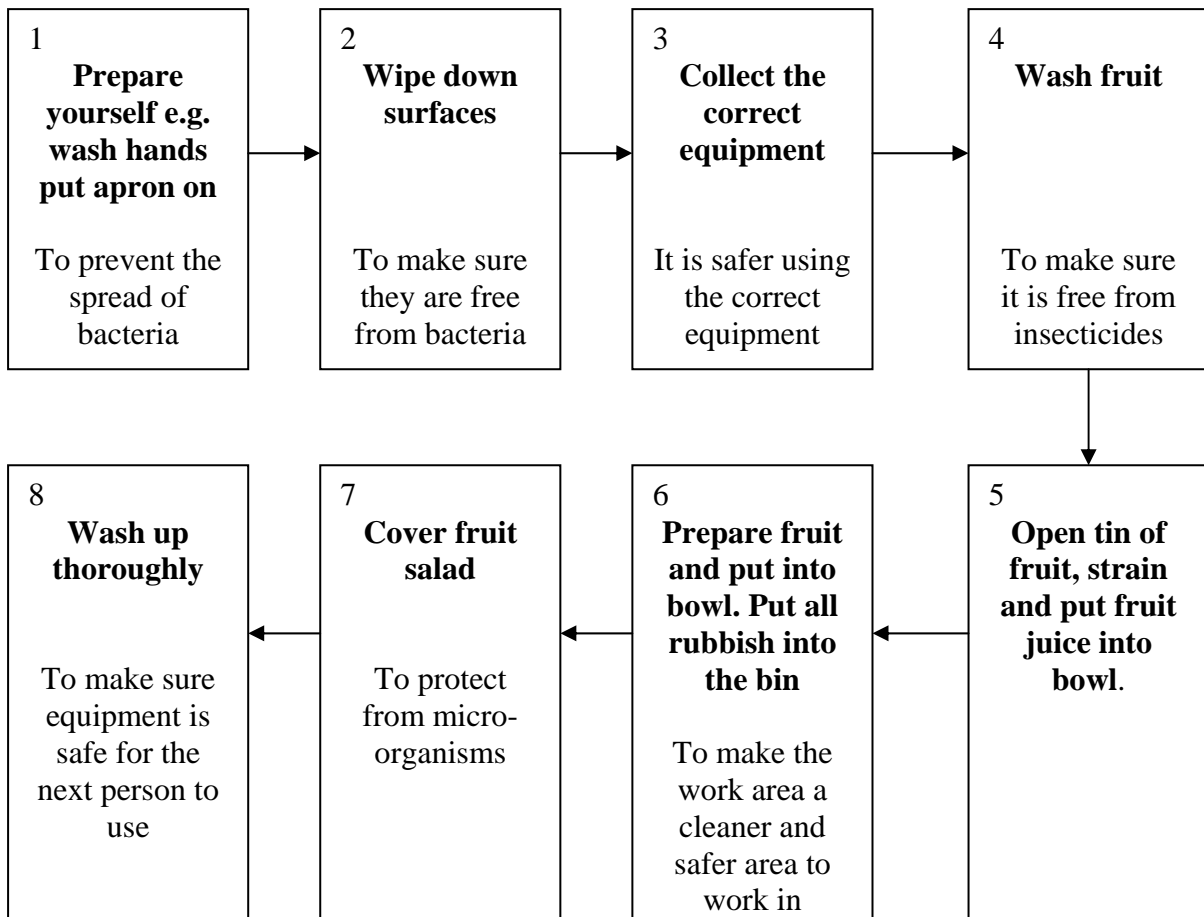
When making any food product you must have an order of work to follow. A simple way of doing this is to produce a flow chart.

In an order of work you should mention any special points relating to safety and hygiene, e.g. wear an apron.

Below is a simple example of a flowchart:

(At the top of each box in bold is the order of work. At the bottom of each box are the special points).

FLOW CHART FOR FRESH FRUIT SALAD



FRESH FRUIT SALAD

Using the information on the previous page, produce a detailed, interesting and well-presented flowchart for the making of a fruit salad. Do not forget to mention important safety and hygiene.

Draw a flowchart using sentences and pictures to show how you would make a fresh fruit salad using 5 fresh fruits of your choice.

You could do your flowchart in boxes, circles, clouds or any other shapes. In addition, you could present your flowchart going up and down the page (vertically) instead of spreading across the page (horizontally).

FLOW CHART FOR FRESH FRUIT SALAD

EQUIPMENT

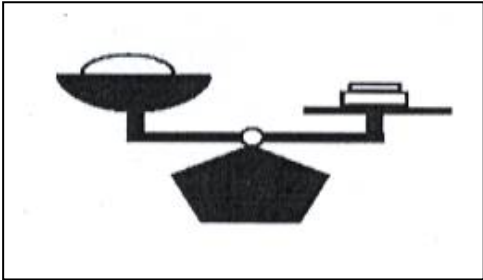
Below are pictures of equipment that you will find in the food technology room.

TASK

1. Name each piece of equipment using the words from the box below to help you.

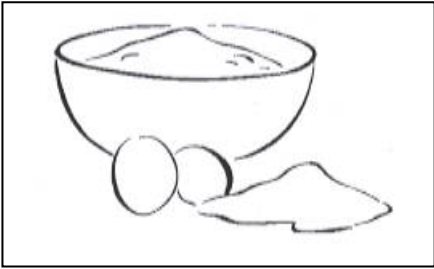
Chopping board	Wooden spoon	Colander	Peeler	
Whisk	Scissors	Fish Slice	Palette knife	Scales
	Sieve	Mixing Bowl	Grater	

2. Under each piece of equipment explain what it is used for.



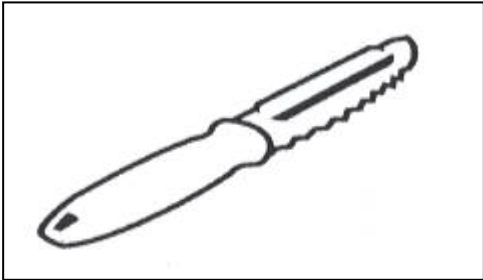
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Use:



Name:

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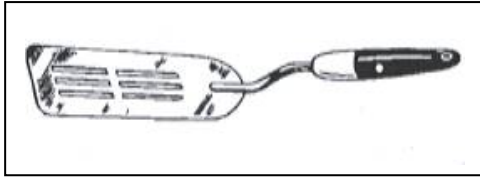
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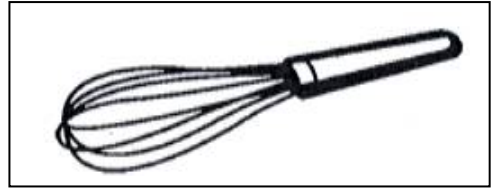
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EQUIPMENT



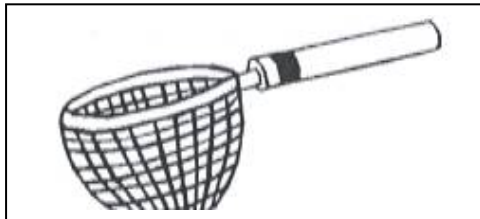
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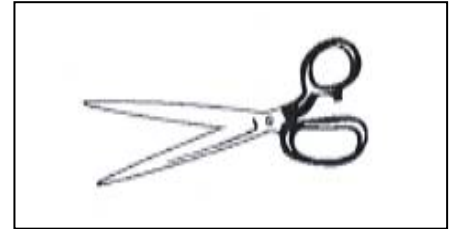
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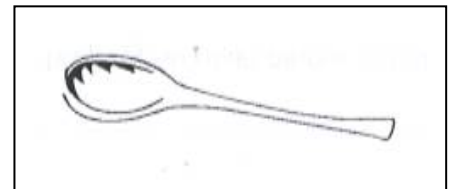
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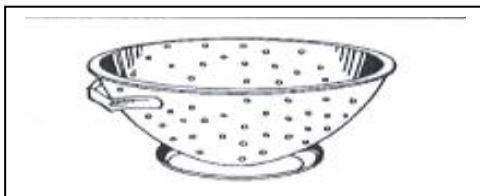
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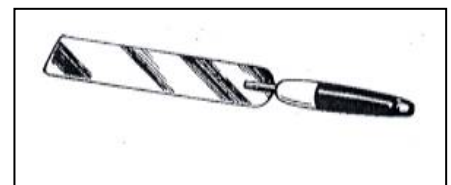
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Name:

Use:

COOKING FACTS

QUESTIONS

1. Which part of the cooker would be used to cook the following?

a) boiled water

b) toast

c) roast meat

d) buns

e) fried egg

f) grilled sausages

g) casserole

h) peas

2. Name 4 foods that can be grilled.

a)

b)

c)

d)

3. When cooking on the hob, why should we always stir with a wooden spoon?

4. What is preheating, and why must you always preheat an oven before using it?

5. What does the term 'simmering' mean?

Extension task

6. Some cookers have a fold-down lid. What safety device must be fitted to such a cooker and why?