

Session 3: Sugar and cooking

Learning outcomes:

At the end of the session the group should:

- Be aware of basic food safety guidelines
- Have increased their practical cooking skills
- Have experienced the process of raw foods to cooked foods
- Be able to follow a task sequence
- Have experienced tasting the foods they cooked

Activities and resources

Activity	Preparation	Resources
Preparation for cooking	<ul style="list-style-type: none"> • Buy aprons and hats (if using), disposable ones are available. • Print off or photocopy cooks rules in colour if possible. It is best to laminate these so they can be used again. Matt laminate is recommended. 	<ul style="list-style-type: none"> • Aprons • Hats (optional) • Cook's rules (page 62-63)
Cooking	<ul style="list-style-type: none"> • Check risk assessment to help you choose group leaders • Print off or photocopy recipe (you may choose to laminate these) 	<ul style="list-style-type: none"> • Recipe sheets (page 42-44) • Ingredients (page 40-41) • Cooking and serving utensils

Activity	Preparation	Resources
Tasting	<ul style="list-style-type: none">• Identify preparation area and hand washing facilities• Check risk assessment for food allergies / preferences	<ul style="list-style-type: none">• Plates or cups depending on what you are cooking and tasting

Session 3: Sugar and cooking

Preparation for cooking

The purpose of this part of the session is:

- Be aware of basic food safety guidelines

Today you will bake fruit scones.

Hand out and read through, explaining as you go the cook's rules (page 62-63). Ask everyone to wash their hands and put on their aprons and hats (if using).

Cooking

The purpose of this part of the session is:

- To increase their practical cooking skills
- To experience the process of raw foods to cooked foods
- Be able to follow a task sequence
- To experience tasting the foods they cooked

Lay out the ingredients on the table along with the equipment that is required.

You should have previously identified group leaders. Encourage them to perform the cooking tasks and those who may be less able can perform simple and safe activities such as:

- Putting the ingredients into bowls
- Mixing the ingredients
- Kneading the dough

Split the group into smaller teams with at least one group leader in each.

Hand out the recipe cards. Depending on your group you may decide to go through the recipe step by step as one big group or leave the small teams to work their way through the recipe. Make sure you keep checking in with each group to ensure they are on track and know what they are doing.

Important Notice: Please follow the cook's rules (page 62-63) to avoid problems with food safety. Everything used has to be clean and safe.

Tasting

The purpose of this part of the session is:

- To experience the process of raw foods to cooked foods
- To experience tasting the foods they cooked

Make sure that everyone has washed their hands, sit down and enjoy your scones!

Ask the group:

- Do you like them?
- What unhealthy foods could you replace in your diet with your scones?
- Would you make them at home?
- Who could help you?

You might want to give the cook's rules, shopping list and recipe cards as handouts so that members of the group can take them home and make them again.



Fruit scones

What I need:



7 heaped tablespoons of self raising flour



$\frac{1}{4}$ teaspoon baking powder



40g or 3 rounded teaspoons of margarine



150ml or 5 tablespoons of milk



A small handful of dried fruit. You can choose from:

- Raisins
- Cherries
- Dates
- Or any other dried fruit



$\frac{1}{4}$ teaspoon of mixed spice

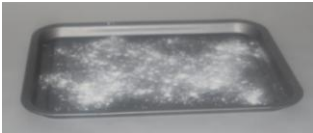
Oven temperature: 240°C

Time to cook: 10-12 minutes

What do I do?



Set oven at 240°C



Lightly flour baking tray



Sieve the flour and the baking powder into a large mixing bowl



Rub the margarine into the flour using your fingertips



Stir in dried fruit and mixed spice if using them



Add enough milk to make soft dough



Knead lightly on floured surface



Roll out to the thickness of your thumb



Using a small cutter, cut the mixture into approximately 6 scones



Bake for 10-12 minutes till well risen and golden brown