



# YEAR 5 Creative Chefs

## Lesson 1



**Dear Year 5,**

For this week you will be focusing on Design Technology (DT) and we will be looking at food. For the first two days your objective will be to make the most amazing biscuit for your household.

**Making a biscuit can be simple or challenging. You can make it harder by having different shapes sizes and trying out different ingredients in your batch - the experimentation is up to the adult who is helping you.**

Mr Crawford and Mr Lev

WALT: know that products are made for different purposes.

There are many reasons why we eat biscuits. We all have our favourite biscuit  
Make a note of all these ideas here.

**Biscuits**

# Market Research:

## Taste testing

Now you must have tried out a range of different biscuits: wafer, malted milk, nice, hobnob, shortbread (my favourite), ginger nut etc. It is your job to write down the different types that you can remember and then complete the columns try writing about a sentence for each of the yellow columns.

Biscuit	Appearance	Taste	Marks out of 10

Fun fact: the British Government took McVities to court over Jaffa Cakes, saying they were more like a chocolate covered biscuit (and therefore should be taxed) rather than a cake. The court basically had to decide what really defines the difference between a cake and a biscuit. McVities won the case by showing that when a biscuit goes stale it gets soft; when a cake gets stale, it goes hard – which is what happens to a stale Jaffa.

WALT: design my own biscuit ideas.

**Making the biscuit your own!**

You will now create up to 4 designs of for your own biscuits. Think carefully about the size, shape, thickness, decorations and ingredients you could use for your final biscuit.

1.	2.
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# The Basic Biscuit Recipe

The recipe below makes a basic 'shortbread' biscuit. This will make enough for about 6 large biscuits or a dozen smaller ones.

Ingredients:

- 50g of margarine
- 25g caster sugar
- 75g plain flour
- Small pinch of salt
- Your own additional ingredients (optional)

You will need:

Mixing bowls  
Rolling pins  
Weighing scales  
Spoons / forks  
Cutters (optional)

What to do:

Cream the margarine and sugar together.

Using a fork gradually mix the flour into the mixture.

Knead lightly until smooth.

Add any additional ingredients.

Roll out on a floured surface with a rolling pin until about 1cm thick and cut into shapes.

OR roll into small balls and flatten.

Prick the surface with a fork.

Bake in the centre of a moderate oven (160C, 325F, Gas Mark 6) for 15 - 20 minutes until golden brown.

Leave to cool for 5 minutes before handling.

WALT: design my own biscuit ideas.

Now that you have had a chance to research and read the basic recipe, write a description of what biscuit your will make and draw a picture of your final design. Explain why you decided to go with these choices.

<p><u>Description of my biscuit</u></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><u>Picture of my biscuit</u></p>
<p>Why did you choose this final design?</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	

# Health and Hygiene

WALT: To understand how to handle foods safely and hygienically

When we work with food, we need to follow some rules to make sure we are being safe. Make a note here of the things you need to remember to do when working with food. **MAKE SURE TO CHECK THIS WITH AN ADULT OR PARENT AT HOME.**

