

Name.....

Reg Group.....

Year 9 ADAPTING A BASIC CAKE RECIPE

Cakes are always popular, but many do not follow healthy eating recommendations. Show your understanding of the Government healthy eating guidelines by adapting a traditional cake recipe.

INGREDIENTS

100g SR flour
100g margarine
100g caster sugar
2 eggs

EQUIPMENT

Cake tin
Mixing bowl
Wooden spoon
Sieve
Plastic spatula
Teaspoon
Wire cooling rack

METHOD

1. Pre-heat the oven to Gas mark 5, Electric 190°C.
2. Line a cake tin.

Make cakes by the "All-in-one" method.

3. Crack the egg into the bowl first, and check for any egg shell.
4. Sieve the flour into the bowl.
5. Add the sugar and Margarine.
6. Beat together with a wooden spoon until smooth and shiny (2-3 minutes).
7. Check it is a **dropping consistency**.
8. Pour the cakemixture into the tin.
9. Place in the middle of the oven and bake for 25 -30 minutes until golden and fully set.
10. Cool on a wire cooling rack.

The Government Healthy Eating Advice.

The Government encourages us to improve our eating habits by reducing the amount of unhealthy food we eat and increasing foods that are good for our bodies.

Using the posters in the room fill in the missing words:

Eat more _ _ _ _ _

Eat less _ _ _

Eat less _ _ _ _ _

Eat less _ _ _ _

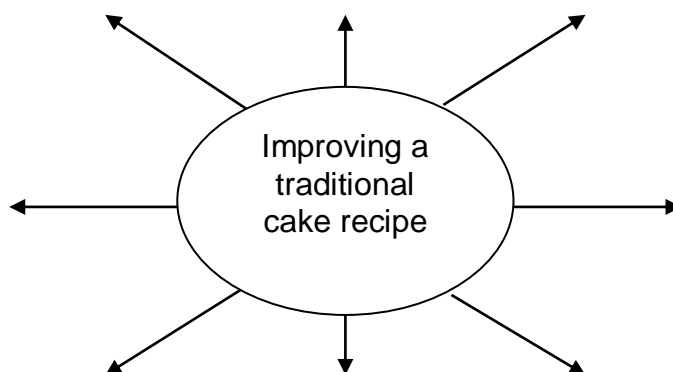
INGREDIENTS TO ADAPT CAKES

<p>SPICES Cinnamon Cloves Ginger Nutmeg Vanilla</p>	<p>CITRUS RIND AND JUICES Lemon Lime Orange</p>	<p>POWDERS Cocoa Coffee</p>
<p>DRIED FRUITS Apple Apricot Banana chips Cherries Currants Dates Figs Peach Pear Prunes Raisons Sultanas</p>	<p>FRESH FRUIT Banana Apple Apricot Pear Peach Blackcurrants Plums</p>	<p>ESSENCES Lemon Orange flower water Peppermint Pineapple Rosewater Vanilla</p>
<p>NUTS Almonds Brazil Coconut Pecan Pinenut Walnut</p>	<p>FIBRE Wholemeal flour Oatmeal Bran Any dried fruit Any fresh fruit Any sweet vegetable e.g. carrot e.g. parsnip</p>	<p>NATURAL SWEETNESS Any dried fruit Any fresh fruit Any sweet vegetable e.g. carrot e.g. parsnip</p>

Using the ideas you have gained from the table above; complete the following brainstorm focusing on how you could adapt the recipe to improve its texture, taste appearance and also follow the Government guidelines.

Do not include icing, chocolate chips or sweets in your final design proposal or you will loose marks.

To extend this brainstorm show what effect the addition will have on the recipe.
e.g. increase the fibre or Vit C etc



Plan a flow chart for your adapted recipe.