

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

- Bun tin and wooden pot stand
- 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. Place paper cases in the bun 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. Place a heaped teaspoon of mixture in each paper case. Scrape the bowl clean with a plastic spatula.
9. Place near the top of the oven and bake for 15 to 20 minutes.
10. Set the timer for 10 minutes, and swap shelves.
11. 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 _ _ _ _ _

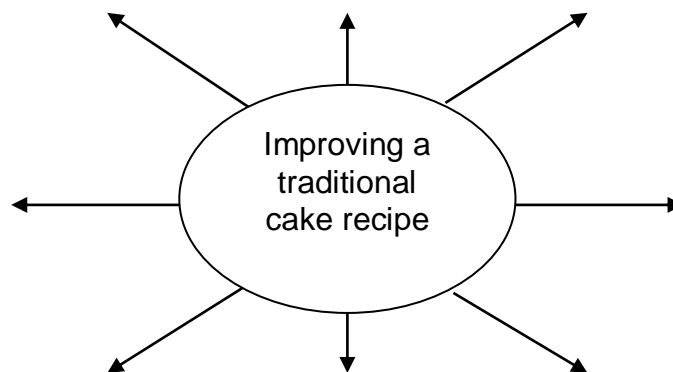
INGREDIENTS TO ADAPT CAKES

| | | |
|---|---|--|
| <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



DESIGN SPECIFICATION

You need a design specification that states exactly what qualities you want your healthy cake will have to make it successful.

| Specification for the adapted recipe | How my design will meet the specification point |
|--|---|
| The cakes will be neat and professional | |
| The cakes will be higher in fibre | <i>It will contain wholemeal flour and</i> |
| The cakes will have a flavour | |
| The cakes will contain less saturated fat | <i>It will contain low fat margarine, which is made from polyunsaturated fat, and is better for your heart.</i> |
| The cakes will appeal to <small>children, teenagers, adults, families</small> | |

Draw your final cake idea below:

Yr 9 Cake Making Wordsearch

n o e y o n w r u o v a l f m
 e o h s t n a r r u c f r b d
 s h z l k s n g r m d u a f z
 i s y x n e a t k r i k n z a
 r k e g g n e t y t e f a s u
 - w s q i o l z y d c l l h b
 l m n s s e c c u s i l p a k
 l r e z e v n e l a p z k p c
 e d z a d z o e p q s m g e a
 w m o i s t r e d f r o w u t
 k l o r v u e a w l a s d o s
 l q b y t n r u b i o a z z w
 g m a x x k i e w f g g k y m
 h f e c j j a z t a t m e q u
 x t y r c t f e f r g b p j f

airy
 apple
 baked
 beat
 burnt
 clean

currants
 dark
 design
 dry
 flavour
 fruity

golden
 hygiene
 measure
 moist
 neat
 organised

pale
 plan
 safety
 shape
 soft

spice
 stack
 success
 tasty
 texture
 well-risen

