

Get ready to cook: Tie back long hair, apron on, wash hands. Collect ingredients and equipment.

Flapjack

Basic recipe	Ways to modify	Changes I will try to make
150g oats 75g sugar 75g butter or margarine 2 dsp golden syrup	More cereals eg cornflakes or rice crispies Add more dried fruit Add grated veg eg carrot or courgette Add some nuts or seeds	

Method

1. Preheat the oven to 180°C or gas mark 4.



Check with an adult before using the cooker

Use a hot spoon to measure syrup more accurately.

Only turn on the heat once butter, sugar and syrup are in the pan.

2. Place the butter or margarine, sugar and syrup into a saucepan and gently heat until the butter or margarine has melted.



3. Remove from heat. Stir in the oats.



4. Pour the mixture into a baking tray. Pat the mixture down with the back of a hot metal spoon.



5. Bake for 10-15 minutes, until lightly browned. Leave to cool and cut into slices with a sharp knife.



Use oven gloves

Risk Assessment... potential risks include:

Bacteria on food out of date food, cuts from using knife, Food burns on the hob, water on floor making it slippery, burns from the oven.

List what you can do to make your practical safe:

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Flapjack evaluation... How was your flapjack?

Rating: Appearance (Circle)	😊 😐 😞	Rating: Taste (Circle)	😊 😐 😞	Rating: Texture (Circle)	😊 😐 😞
Explain likes, dislikes and improvements that could be made:					