

# Year 8 Home Learning

## Pastry Project

- Aspiration -



### Home Learning expectations

- Written by yourself, in your own words.
- Completed by the due date.
- Finished to the best of your ability.
- Closely followed the instructions.
- Green penned and improved when needed.
- Peer or self-assessed when asked to.
- Presented so it is clear and neat
- Proof read the work to ensure spelling, punctuation and grammar is to the best of your ability.

## Task One- Research

**Instructions:** Complete the following research on Sporty Teenagers.

**Introduction to teenager years:**

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| Nutrients                    | Foods                             | Function in the body |
|------------------------------|-----------------------------------|----------------------|
| Proteins                     | Chicken, fish, Quorn, tofu, beans | Growth and repair    |
| Fats                         |                                   |                      |
| Carbohydrates – slow release |                                   |                      |
| Calcium                      |                                   |                      |
| Iron                         |                                   |                      |

**Role of Fibre in the diet:**

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**HBV and LBV proteins:**

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**Simple and Complex Carbohydrates:**

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**Conclusion- (Provide examples of filling ideas, sizes, shapes, and finishing techniques that you want to use in your final idea.)**

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**Teacher assessed**

WWW:

EBI:

## Task Two—Functions and cost table

**Instructions:** List the ingredients with their required amounts, baking functions, and individual costs, then provide the total cost. The first few sections have been filled in as an example.

| Ingredient       | Function e.g. flavour, moisten, crunchy texture, colour, etc | Cost |
|------------------|--------------------------------------------------------------|------|
| 100g Plain flour |                                                              |      |
| 50g Butter       |                                                              |      |
| 1/2 tsp Salt     |                                                              |      |
| Cold water       |                                                              |      |
|                  |                                                              |      |
|                  |                                                              |      |
|                  |                                                              |      |
|                  |                                                              |      |
|                  |                                                              |      |
|                  |                                                              |      |
|                  | TOTAL                                                        |      |

**Teacher assessed**

WWW:

EBI:

## Task Three–Nutrients and Sustainable Foods

| Identify the nutrients found in your pastry | Function of nutrient in the body (what does it do) |
|---------------------------------------------|----------------------------------------------------|
|                                             |                                                    |
|                                             |                                                    |
|                                             |                                                    |

### Sustainable Foods

When producing food, we need to use less finite resources like oil, and emit less greenhouse gases (Environmental), treat those in food chain better (Social), and make money for further investment (Economic).

**Instructions:** Identify the **sustainable** ingredients you can use in your pastry. Refer to page 2 in the A3 booklet.

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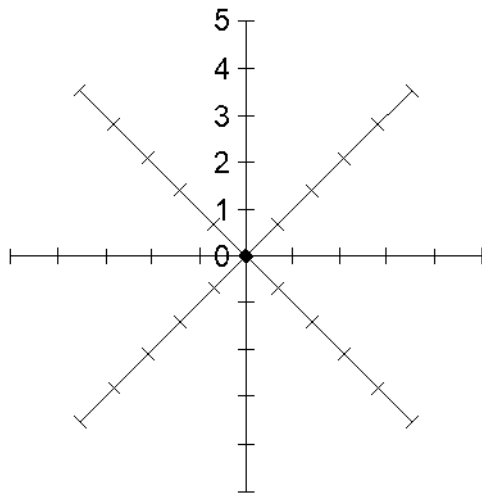
**Peer assessed**

WWW:

EBI:

## Task Four–Pastry Evaluation and testing your product

**Instructions:** Select 8 positive characteristics (key words) that describe your dish. Write them at the end of each bar. With a ruler and pencil, join up the lines to make a 'star'.



KEY:

0 = Not at all like the characteristics

3 = Fairly like the characteristics

5 = Very like the characteristics

**Review of Results** (Discuss the scores you were awarded for taste, texture, and appearance. Suggest how you could improve your pizza.)

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**Self-assessed**

WWW:

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