

Year 8 Home Learning Pastry Project

- Dedication -



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:

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

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

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	Shortens the product – fat coats the flour particles and prevents too much water being absorbed so that the long strands of gluten cannot form.	0.10
50g Butter	Flour helps form the structure of the pasty and is the main ingredient or bulk of the recipe.	0.50
1/2 tsp Salt		0.05
Cold water		0.00
	TOTAL	

Teacher assessed

WWW:

EBI:

Task Three–Nutrients and seasonal vegetables table

Identify the nutrients found in your pastry	Function of nutrient in the body (what does it do)
Carbohydrates	Provide us with energy

Instructions: Highlight or underline the **sustainable** ingredients you can use in your pastry.

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).

1. Use locally farmed foods—less food miles, less CO2 emissions, lower carbon footprint.
2. Use seasonally available UK ingredients to minimise energy used in food production, transport and storage.
3. Buy organic foods which are grown without the use of chemicals.
4. Buy fish from sustainable sources e.g. line caught, pole caught tuna etc.
5. Choose Fairtrade products imported from poorer countries, to ensure a fair deal for disadvantaged producers.
6. Limit foods from animals (e.g. meat, dairy products), as livestock farming is one of the most significant contributors to climate change. Promote meals rich in vegetables, pulses, wholegrains and nuts.
7. Ensure that meat, dairy products and eggs are produced to high environmental and animal welfare standards e.g. red tractor (farm assured), freedom food.
8. Use ethically grown foods e.g. Fairtrade foods.

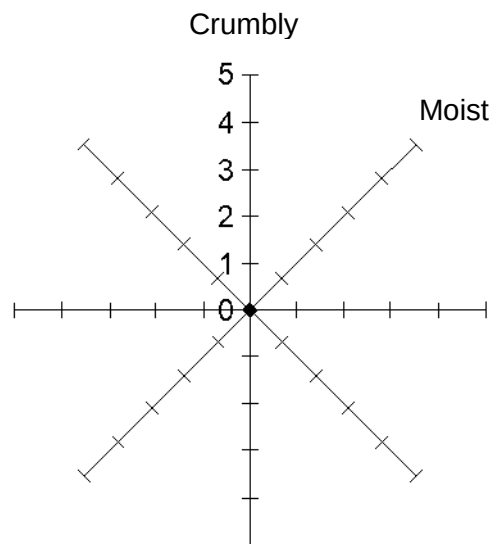
Peer assessed

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

Strengths- _____

Weaknesses- _____

Improvements- _____

Self-assessed

WWW:

EBI: