

Year 7 Home Learning Pizza Project

- Dedication -

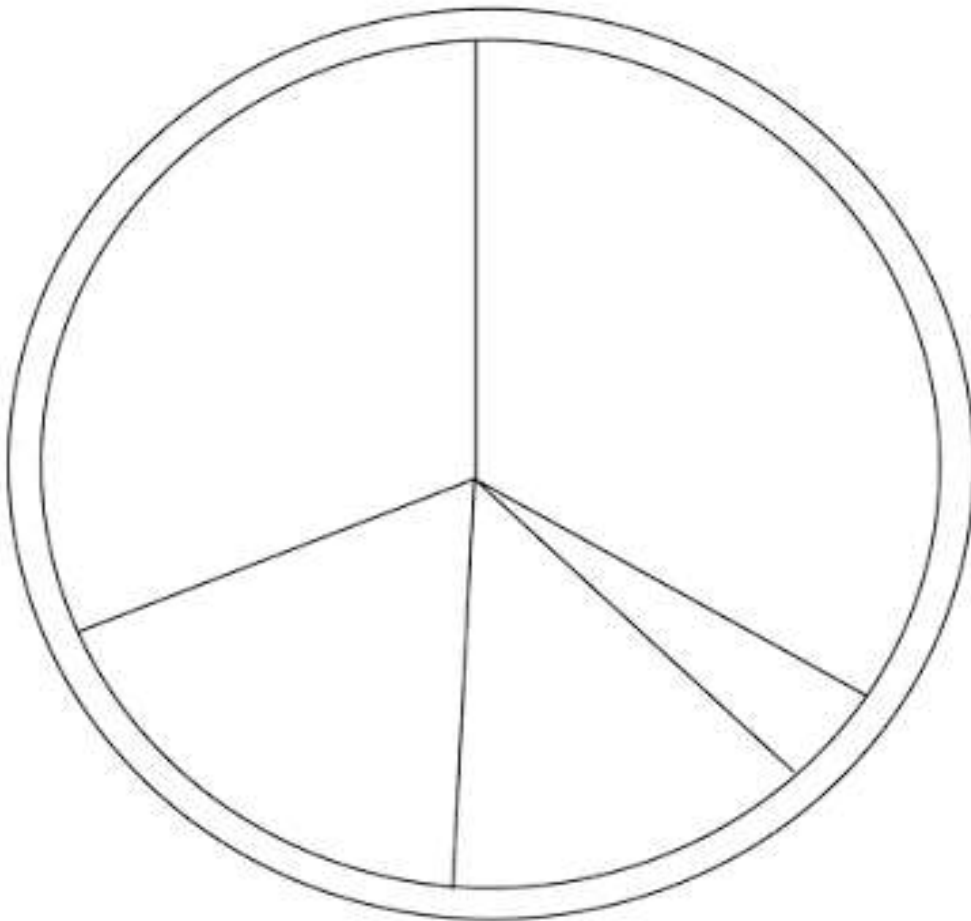


Home Learning expectations

- 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- EATWELL guide

Instructions: Draw and colour the foods in each section of the Eatwell Guide. Label the different sections.



Peer 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 eg flavour, moisten, crunchy texture, colour etc (Homework Week 6)	Cost
Base: 200g strong white bread flour	Main bulk and structure. The gluten, or protein, in the flour combines to form a stretchy web that traps carbon dioxide bubbles and sets the bread.	0.10
1/2 tsp salt	Salt strengthens gluten, and adds flavour.	0.05
1/2 tsp caster sugar		
7 g fast action dried yeast		
150ml warm water		0.00
1 tblsp oil		
Sauce =		
Toppings = Ready grated cheddar cheese		
	TOTAL	

Teacher assessed

WWW :

EBI :

Task Three–Nutrients and seasonal vegetables table

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

Instructions: Highlight or circle the seasonal vegetables you can use on your pizza, depending on when they are in season in the UK.

Spring (March, April & May)	Summer (June, July & August)
Vegetables: Asparagus, Cauliflower, Cucumber, Jersey Royal New Potatoes, Purple Sprouting, Broccoli, Radishes, Savoy Cabbage, Sorrel, Spinach, Spring Greens, Spring Onion, Watercress Fruit: Rhubarb	Vegetables: Aubergine, Beetroot, Broad Beans, Broccoli, Carrots, Courgettes, Cucumber, Fennel, Fresh Peas, Garlic, Green Beans, Lettuce and Salad Leaves, New potatoes, Radishes, Rocket, Runner Beans, Salad Onions, Sorrel, Tomatoes, Watercress Fruit: Blueberries, Currants - black, white and red, Elderflowers, Greengages, Loganberries, Plums, Raspberries, Strawberries.
Autumn (September, October & November)	Winter (December, January & February)
Vegetables: Beetroot, Carrot, Celeriac, Fennel, Field – Mushrooms, Kale, Leeks, Lettuce, Marrow, Potatoes, Pumpkin, Rocket, Sorrel, Squashes, Sweetcorn, Tomatoes, Watercress Fruit: Apples, Blackberries, Damsons, Elderberries, Pears, Plums, Quince, Sloes, Raspberries	Vegetables: Beetroot, Brussels Sprouts, Cabbage, Cauliflower, Celeriac, Chicory, Fennel, Jerusalem –Artichoke, Kale, Leeks, Parsnips, Potatoes, Red Cabbage, Swede, Turnips Fruit: Apples, Pears

Teacher assessed

WWW :

EBI :

Task Four–Pizza Evaluation and testing your product

Instructions: Get your pizza taste-tested by four people. Ask them to score the pizza out of 5 (with 1 being the lowest). Total up the final scores.

Mark out of 5	Taster 1	Taster 2	Taster 3	Taster 4	Total out of 20
Appearance					
Taste (flavour)					
Texture (feel)					

Review of results Strengths - _____ _____ _____ Weaknesses - _____ _____ _____ Improvements- _____ _____ _____
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Self assessed WWW : _____ EBI : _____
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