



TECHNOLOGY
TRIUMPHS

ncfe.

*Level 1 Award in
Creative Craft*

COOKERY

601/3360/0/COO



Flapjacks
Brownies
Cupcakes
Personal Hygiene
Oven Safety
Knife Safety

Workbook 1

Name

1.5 State safe working practises when working with selected tools and materials (ingredients)

Personal Hygiene

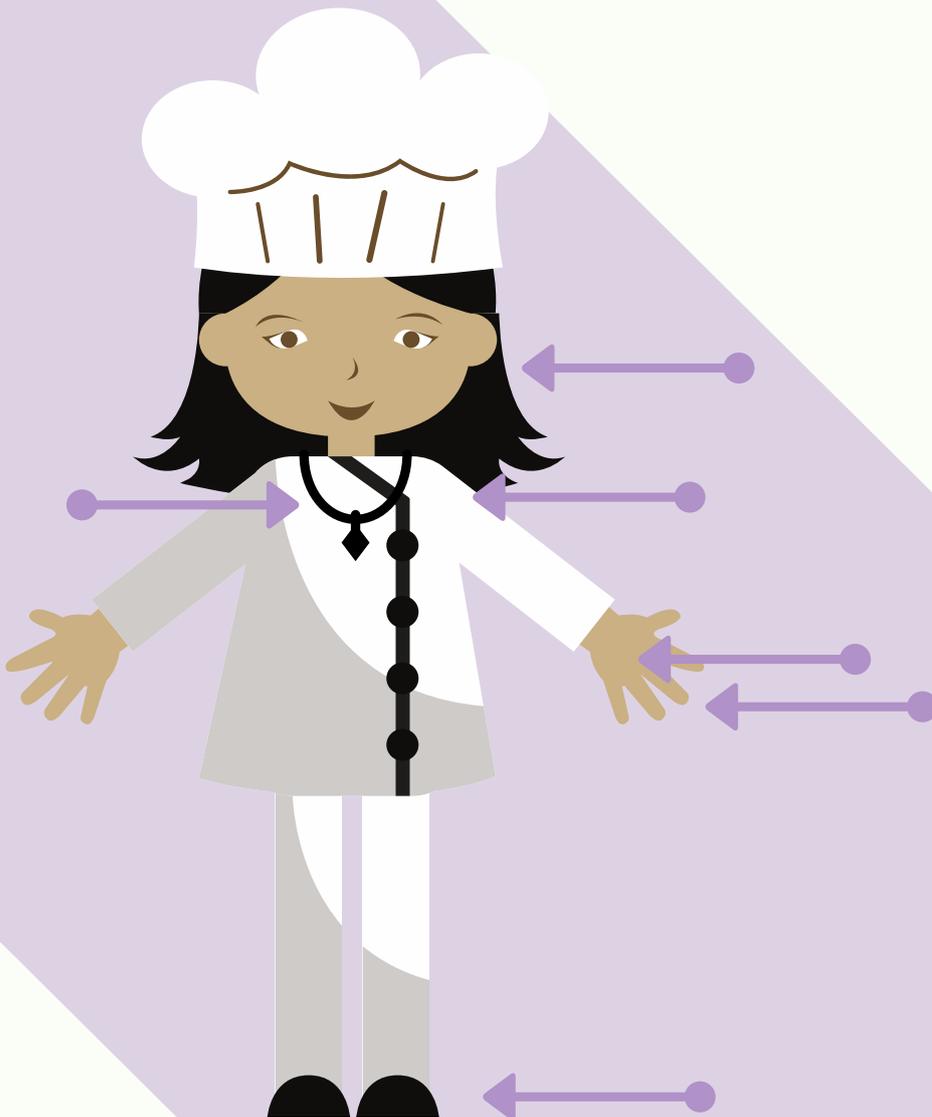
Watch the 'Cookery- Personal Hygiene' video using the following link;

STOP! BEFORE WATCHING ANY VIDEO MAKE SURE YOU HAVE SAVED YOUR WORK, OTHERWISE YOU MAY LOOSE YOUR WORK!

Click here to Watch the 'Cookery-Personal Hygiene' Video

Look at the areas circled on the chef below.

State 6 ways that you can hygienically prepare yourself before cooking in a kitchen.



Hygienic Practise:

- 1
- 2
- 3
- 4
- 5
- 6



1.5 State safe working practises when working with selected tools and materials (ingredients)

For each of the 6 ways you have identified in the previous task, explain the importance of taking this precaution. For example, what could happen if you did not take this precaution?

Handwriting practice area consisting of six horizontal purple lines for writing.

Complete further research and explain what food hygiene ratings tell us about food establishments:

Handwriting practice area consisting of a large purple rectangular box for writing.





1.5 State safe working practises when working with selected tools and materials (ingredients)



Chef Hygiene

Imagine you are the manager of a food establishment such as a restaurant. Using your knowledge of personal hygiene, design a poster that you would display in your professional kitchen, that clearly shows the steps that your chefs should take to maintain the highest standards of personal hygiene in the kitchen

Using a format of your choice, i.e. Powerpoint or Word, for example, create a **'Photo Gallery'** as a separate document to be saved to Drop Box along with your booklet at the end of the term.

Include all the photos of your practical sessions and any hand drawn tasks in this **Photo Gallery** document for **the whole term**. Label the page with a heading, for example, this task would be: 'Chef Hygiene'.

As you complete more practical sessions or hand drawn tasks, just add more pages. For some practicals you may be asked to annotate, i.e. label you photos, so use a format that you are happy to save pictures and add text to.

At the end of the term, just save your Photo Gallery, along with the completed workbook to your Drop Box folder, in this case, named 'Term 1'.

Please scan in or upload a photograph of your poster to your Photo Gallery.





1.1 Explore a range of tools and equipment to support craft ideas

1.4 Explore basic craft techniques within the chosen area

Flapjacks

Use the provided recipe to create a batch of flapjacks.

Upload 2 photos to your Photo Gallery.

One photo should show you making your flapjacks, and your second photo should show the final product.



- 1.1 Explore a range of tools and equipment to support craft ideas
- 1.4 Explore basic craft techniques within the chosen area



Flapjacks

Ingredients

150g oats
50g sugar
50g butter or margarine
2 x 15ml spoons golden syrup

Equipment

Weighing scale, measuring spoons, saucepan, wooden spoon, spatula, non-stick baking tin, palette knife.

Method

1. Preheat the oven to 180 degrees or gas mark 4.
2. Place the butter or margarine, sugar and syrup into a saucepan and gently heat until the butter or margarine has melted.
3. Stir in the oats.
4. Pour the mixture into a non-stick baking tin. If you do not have one, line a tin with baking parchment.
5. Pat down the mixture in the baking tin.
6. Bake for 15-20 minutes, until lightly browned.
7. Remove from the oven and while warm and soft mark into squares or bars, using a palette knife or butter. Be careful not to scratch the tin.
8. Once cooled, carefully take out your flapjacks.