

Cooking Schedule - Year 10 Home Economics

MRS McINNERNEY/ MRS BOWES

SEMESTER 2 – 2008

Name.....

WEEK	<u>ACTUAL DATE:</u>	THURSDAY PRACTICAL COOKING PER. 2,2A
1	Thursday 17 July	No Cooking Teacher demonstration
2	Thursday 24 July	PRAC: BREAKFAST Fruit smoothie and omelette – To be eaten at school! Bring all ingredients, tea-towel, and workplan
3	Thursday 31 July	PRAC: LUNCH PASTIES/QUICHE
4	Thursday 7 August	PRAC: DINNER MACARONI CHEESE Bring all ingredients, tea-towel, workplan, container
5	Thursday 14 August	SFD
6	Thursday 21 August	PRAC: SNACKS MUFFINS Bring all ingredients, tea-towel, workplan plus a suitable dish to cook and take it home in e.g. muffin tin or cake tin
7	Thursday 28 August	PRAC: PRACTICAL EXAM - Red Meat Bring all ingredients, tea-towel, plus a suitable dish to cook and take it home in.
8	Thursday 4 September	PRAC: Testing of party recipes- Requirements to be worked out by groups. Recipes to be advised (focus - nutritious foods that appeal to young children)
9	Thursday 11 September	PRAC: CHILDREN'S PARTY - Group work assessment Bring all ingredients, tea-towel, workplan, container
10	Thursday 18 September	PRAC: Small cakes and cake decoration Bring all ingredients for decorating cakes (made and frozen in class last Tuesday), tea-towel, and suitable container to take home cakes , no workplan required.
		HOLIDAYS

NOTES:

As demonstrations are conducted on Wednesday and students cook on Thursday it is important that students organize their cooking ingredients earlier. For this purpose all recipes are issued one week in advance.

Students should participate in 90% of practical work in order to be sure to fulfil the requirements for assessment.

For all cooking classes, students must have a workplan (in booklet).

A note must be bought from home explaining non-participation in practical work.

Any drinks for class must be milk, juice or water – NO softdrinks.

Students, with parental guidance, should be involved in planning, packaging and cleaning up for their practical work for school. It is our policy not to lend tins and containers to take food home in. Please consider this when packing for requirements for school each Thursday.