

9/10 FOOD TECH STAY AT HOME WORK TERM 2 WEEKS 1-2



GOOGLE CLASSROOM CODE: [rdrtkgt](#)

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Instructions

Factors affecting food habits

- ☐ Read the information outlining the different factors affecting food habits on page 3 and answer *Think about this* question 1.
- ☐ Complete the two activities on pages 4 & 5.
- ☐ Read the articles about Bubble Tea on pages 6-9. Use the knowledge that you've gained from your reading to answer the questions in the *Case study: Bubble tea* on pages 10-12.

Exploring food consumption patterns in Australia

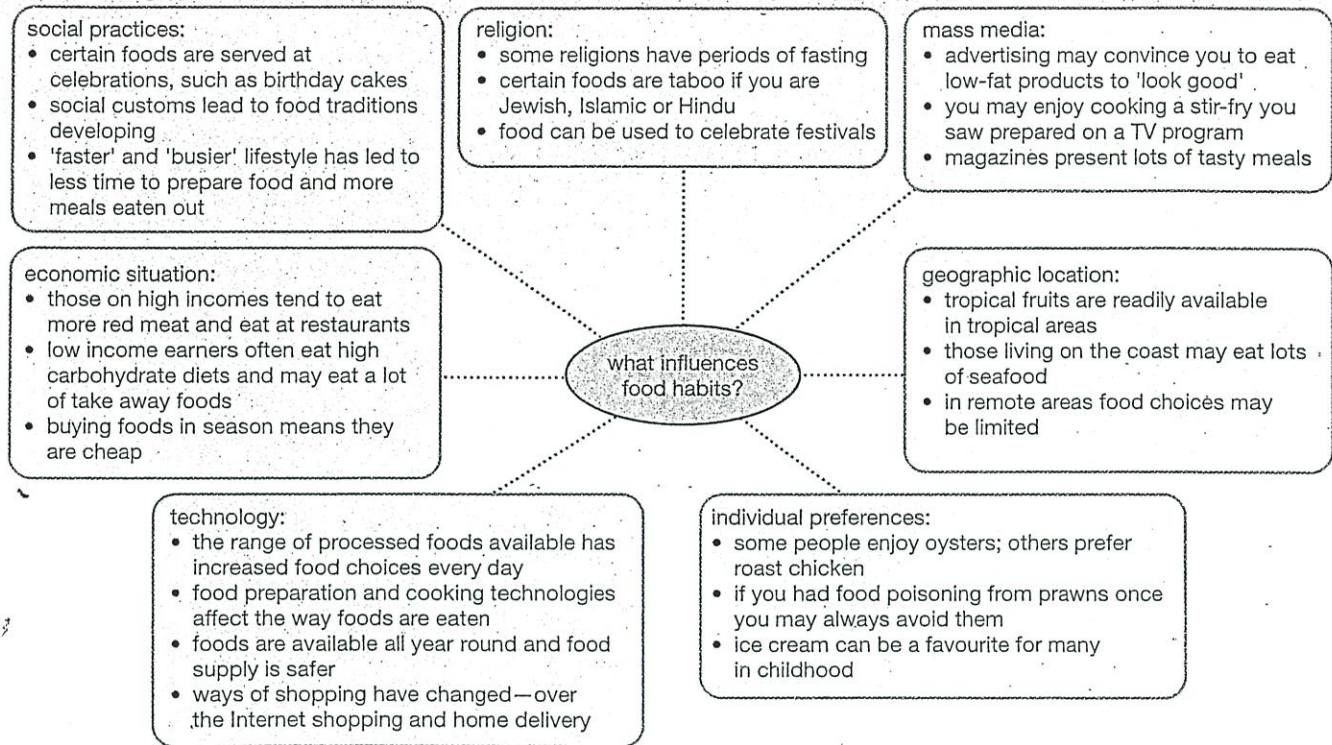
- ☐ Read the article – *Trends in quick service, fast food restaurants in Australia 2019* (pages 13 & 14) and answer the questions in *Case study: Convenience food craze* on pages 15 & 16.

In the back of the booklet I have also included some recipes that you can make at home.

Treat your family and keep your practical skills fresh!

Factors affecting food habits

As we have seen, specific nutritional needs influence our food choices, but we eat for other reasons beside nutrition. Food provides enjoyment and satisfaction, and sharing meals at social occasions also enhances the pleasure of food. A range of factors influence the foods we select and our eating habits. These factors are discussed in Chapters 2 and 3, and are highlighted in the illustration below.



Influences on food habits

Think about this



1 What foods that you eat regularly have you seen advertised on television and in magazines?

Factors affecting food habits

①

Match the example to the factor:

Factor	Example
Social practices	Muslims fast for one month every year (Ramadan)
Religion	Being force-fed beans as a child, leading you to dislike beans as an adult
Mass media	Being able to choose fillet steak over chuck steak
Geographic location	Your friends are eating something from the canteen and you are influenced to purchase the same thing
Individual preferences	Using the Internet to purchase groceries from the supermarket and having them delivered
Technology	Living in the desert of central Australia and receiving a delivery of fresh fruit fortnightly
Economic situation	You've seen an ad on TV for a new product at McDonald's and purchase it next time you're there

②

Briefly explain how each of the factors affect your food habits.

Social practices:

Religion:

Mass media:

Geographic location:

Individual preferences:

Technology:

Economic situation:

Bubble Tea Tapioca Pearls May Contain Cancer-Causing Chemicals, German Study Claims

Meredith Bennett-Smith
The Huffington Post

Bad news for fans of the colourful novelty drink called tapioca tea, or boba tea: The sugary specialty beverage, generally milk-based and filled with chewy balls of tapioca, may also include cancer-causing chemicals known as polychlorinated biphenyls or PCBs, the *Daily News* reports.

German researchers from the University Hospital Aachen have reportedly found traces of the carcinogenic chemical in tapioca ball samples. The tapioca was taken from an unnamed chain in northwest Germany and originated in Taiwan, according to the *Daily News*.

"[What we found] includes in particular styrene, acetophenone, and brominated substances that shouldn't be in food at all," scientist Manfred Möller, of the Institute of Hygiene and Environmental Medicine at the University Hospital Aachen, told German newspaper *The Local*, notes the AFP.

According to the EPA, PCBs belong to a broad family of man-made organic chemicals manufactured between 1929 and 1979. The chemicals still exist in the environment despite their U.S. manufacturing ban. Ranging in toxicity, PCBs have been shown to cause cancer, as well as a variety of other adverse health effects on the immune system, reproductive system, nervous system and endocrine system, the government site continues.

Bubble tea has gained widespread popularity in recent years across Europe, and Germany in particular, after already converting young people across North America. German McDonald's have even begun selling the dessert beverage as part of its recently revamped McCafe menu, the *Independent* reports. The cancer concerns were compounded by another public health warning, released earlier in August by the country's German Federal Institute for Risk Assessment. German authorities warned that the beverage's hallmark gummy balls, may pose a choking risk.

"Especially with children aged up to four years, there is a risk of foreign objects accidentally entering the lungs," said Dr. Andreas Hensel in a press release on the Institute's website. "And that is precisely what can happen when the bubbles are sucked up through a straw."

UPDATE: According to Taiwan's Central News Agency, a leading manufacturer of bubble tea drink ingredients has since disputed the researchers' claims. Wang Chun-feng, chairman of the Possmei Corp., held a press conference Tuesday from his offices in New Taipei, to defend the safety of his products. Meanwhile, an official from Taiwan's Food and Drug Administration also refuted the German safety warnings, calling into question the authenticity of the test results.

https://www.huffingtonpost.com.au/2012/09/05/bubble-tea-tapioca-pearls-may-cause-cancer-study-claims_n_1856152.html



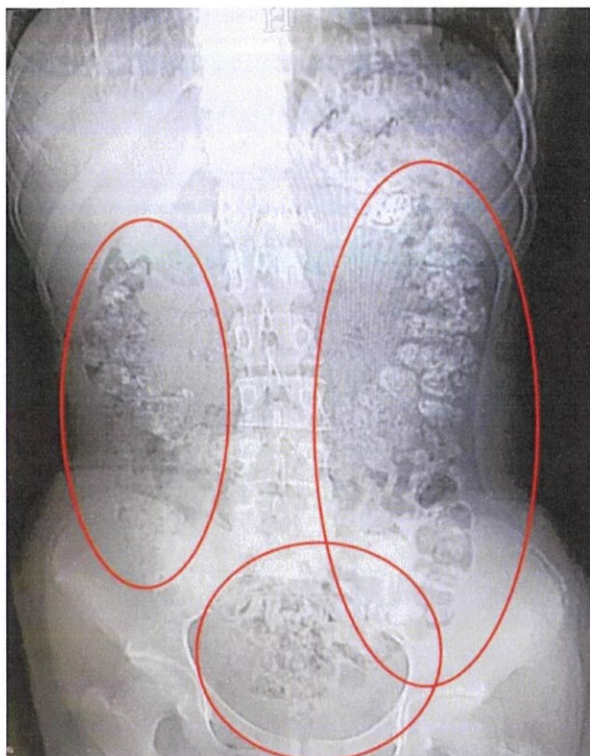
Are Bubble Tea Pearls Safe?

We Asked a Doctor for the Facts

Here's what you need to know about what's in your trendy tea drink.

By Samantha Lauriello

June 13, 2019



You've probably heard the viral story of the teenager who reportedly had more than 100 undigested bubble tea pearls in her abdomen. Sounds scary, right? Well, it might not be as frightening as it seems. Doctors aren't convinced this could actually happen.

According to *Asia One*, the story began when a 14-year-old girl from China told her parents she had been [constipated for five days](#), wasn't able to eat, and had serious stomach pain. A CT scan revealed about 100 "unusual spherical shadows" in the girl's abdomen. Those spheres were undigested bubble tea pearls, her doctors supposedly said.

The girl claimed that she drank only one bubble tea five days earlier, but her doctors said she would have needed to consume much more than that to have those symptoms.

Bubble tea pearls, or boba pearls, are usually made out of tapioca, a starch extracted from the roots of cassava plants. So here's where things start not adding up. Doctors here in the US who looked into the case said that tapioca and other

ingredients typically found in bubble tea pearls wouldn't show up on an X-ray or CT scan. There had to be something unusual in the pearls the girl consumed for them to show on the scan.

Vladimir Kushnir, MD, spokesperson for the American Gastroenterological Association, tells *Health* that an indigestible additive may have been in the pearls, but it isn't clear what kind of additive that would be.

For all you bubble tea fans, don't worry, odds are pretty low of developing constipation and pain from your tea drink. However, Dr. Kushnir says that an additive sometimes used in bubble tea pearls, called guar gum, *can* cause constipation. Guar gum is a fiber that helps hold the balls together; it also expands when it comes in contact with water. Guar gum can actually be used to treat digestive issues, but when consumed in high amounts and with insufficient water, it can lead to constipation.

But again, you would have to be drinking *a lot* of bubble tea for it to affect your bowels. "One to two cups a day should be fine, but you shouldn't consume anything in excess," Dr. Kushnir advises. "If you're drinking five or six cups a day, and you're noticing a change in your bowels, it could be sign that you need to cut back or drink more water."

<https://www.health.com/food/bubble-tea-pearls-constipation>

How Taiwan's bubble tea became a crucial part of its culture

APRIL 26, 2018 18:57 IST

WRITTEN BY R KEERTHANA

<https://www.thehindu.com/life-and-style/food/how-taiwans-bubble-tea-became-a-crucial-part-of-its-culture/article23684672.ece>

Taiwan's bubble tea, a delicious mix of decoction, milk powder, ice cubes, sugarcane syrup, and boiled tapioca balls, is an important part of the island nation's culture.

Love it or hate it, you can't escape it. In Taiwan, it's always tea time. Tea, green, black or oolong, is the first thing served at restaurants without your even asking for it. If you ask, then your cup is filled (and refilled) to the brim. Tea houses and stores selling home-grown varieties and tea art (teaware and gear) dot street corners. "Our culture is immersed in tea. It's an Asian thing, you see," said a local.

The island's tea culture can be traced back to China, and the roots of tea cultivation to the Wuyi Mountains of the Fujian province. Tea trees from these mountains were uprooted and planted in the northern regions of Taiwan. With its climate and geography conducive to growing tea, Taiwan soon emerged as the producer of some of the best teas in the world. Green tea, black tea, and oolong are the three main types cultivated here. However, Taiwan's claim to fame among tea aficionados is its bubble tea, also known as pearl milk tea. This cold milk- or fruit-based tea, shaken with small, chewy tapioca balls, is a hit among South East Asians, Canadians and Americans.

Bubble tea, or boba, is neither green nor black, but a shade of brown (beige to be precise). This was a bonus for a person like me who loves tea in tawny brown — nothing more, nothing less. We set out to trace its origin and relish its authentic flavour.

Taiwan's High Speed Rail No. 0813 from Taipei cut our travel time to Taichung, the place where bubble tea was invented, by more than half. Taichung, the third-largest city on the island, wore the usual vibrancy of a business hub.

Stepping into the famous Chun Shui Tang Teahouse, we were welcomed by a line-up of traditional tea sets, interspersed with cute little figurines. It was a little before lunch time and the empty tables waited to be occupied by guests. The Chinese interior with a dash of red here and there, the rays of the sun gleaming on polished wooden pillars and the fresh aroma of tea wafting by... it was a warm welcome.

The DIY Bubble Tea workshop was to begin soon. The secret behind their signature dish was to be passed on, with no hesitation. An interesting set of tools and ingredients were kept ready, some of which were the least expected at a tea-making ceremony. Plastic cocktail shaker, ice bucket, tongs, sugarcane syrup, a fat straw, and jelly tapioca balls, for instance.

A young culinary expert outlined the history behind tea before teaching the art of brewing it. Though tea drinking is part of everyday activity in Taiwanese households, back in the 1980s, youngsters started losing interest in it. Tea was had only by adults and the elderly.

It was also a time when the founder of Chun Shui Tang Teahouse, Liu Han Chieh, wanted to introduce cold tea to the menu, drawing inspiration from Japan's cold coffee. And bubble tea came about as an accidental discovery when, in 1987, his product development manager, Lin Hsiu Hui, dropped tapioca balls into her iced tea, for fun. The amazing drink went down well with youngsters too. Today, it is served in most teahouses in Taiwan. The beverage also lent itself to experimentation and there are plenty of flavours for tea lovers to choose from. "The best bubble tea brewer is one who shakes the mixture of tea decoction, milk powder, ice cubes, sugarcane syrup and boiled tapioca balls, really well," our tutor said.

We were impressed with the way the drink turned out. The tall glass of bubble tea with foam on top, and bubbles gleaming at the bottom was ready to be savoured through a big fat straw. Sipping tea and slurping black bubbles, we let the chillness and flavour spread through our mouth till it reached our very soul. The chewy bubbles that played hide and seek with our tongue and teeth were crushed and swallowed, much to our child-like satisfaction.

By the time we left, it was lunch time. The teahouse was packed with youngsters bonding over a cuppa, sipping, slurping and chewing.

Glow In The Dark Bubble Tea Exists, Here's Where You Can Sip It This Month

By Jessica Best - 17 May 2019

<https://www.theurbanlist.com/sydney/a-list/backlight-dessert-bar>

The fact that you can actually dig into desserts that glow in the dark is the ultimate game changer in the foodie world.

Basically, for 23 nights during Vivid Sydney, Darling Square will be home to a black cube installation by Motti & Smith and Belle Laide Events, led by the dessert kings at Gelato Messina. The multisensory and illuminated bar will feature collabs with DOPA, Edition Coffee Roasters and Bubble Nini who will all create a rotating menu of glow-in-the-dark desserts (with four available each night during throughout the festival of light).

On the menu you can expect a luminescent "Dr Evil's Magic Mushroom Cake" and a three-layer dulce de leche gelato cake with milk sponge, cream and glow-in-the-dark warm strawberry and roasted cinnamon anglaise.

You'll also be able to knock back glowing bubble tea which uses Messina's own jersey milk infused with Taiwanese Sun Moon Lake black tea, handmade glow-in-the-dark strawberry pearls made daily by Bubble Nini in-house and herbal jellies.



case study: bubble tea



There was a social media frenzy at Vivid over the Lightbulb Bubble Tea served at the Blacklight desert lab in Darling Square. People were frantic trying to get into Blacklight to be served the novelty glow in the dark bubble tea which was served in a quirky lightbulb glass.

The Lightbulb Bubble Tea was one of the hot commodities at the Vivid light festival as people wanted them purely to post pictures of them on their social media accounts.

- investigate factors that influence food habits, for example:
 - tradition and culture
 - religion
 - economic situation
 - influence of media and social media



Read the articles on Bubble tea, compare information with classmates and answer the case study questions.

If you need help with origins use:

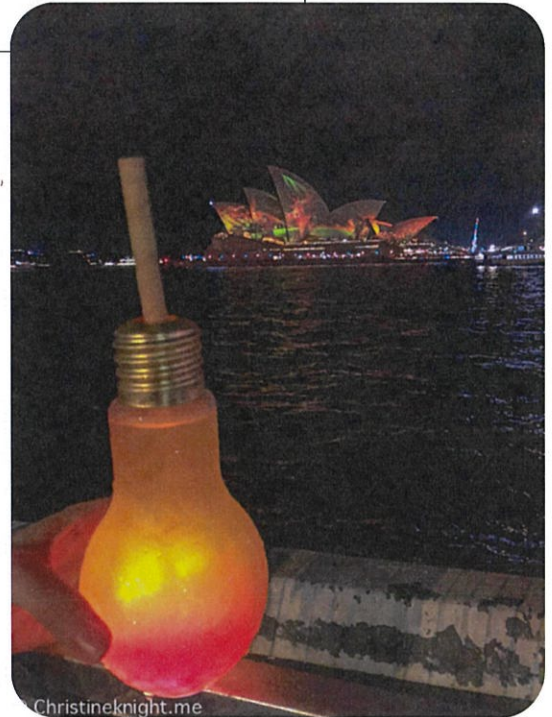
<http://www.bubbleteasupply.com/bubble-tea-history>

a. Have you ever had bubble tea?

- ☐ Yes
☐ No

b. **Describe** what Bubble Tea is:

Describe
Provide
Characteristics
and features



Christineknight.me

Knight, C. (2019). Top Tips For Visiting and Photographing Vivid Sydney 2019. Retrieved 29 July 2019, from <https://christineknight.me/2019/05/vivid-sydney-2019/>

c. Where and when did bubble tea originate?

d. What tradition influenced the origin of bubble tea?

e. **Recall** how culture has influenced the consumption of bubble tea.

Recall
Present remembered ideas, facts or experiences



f. Based on the articles you have read on bubble tea, **evaluate** whether you think bubble tea is a health risk. **Justify** your response by using examples from the articles or your own research.

Evaluate
Make a judgement based on criteria; determine the value of

Justify
Support and argument or conclusion

g. **Discuss** how media and social media influence people's food habits.

Discuss
Identify issues and provide points for and/or against

h. **Identify** another food craze that you have experienced.

Identify
Recognise and name

- i. **Investigate** factors that can influence an individual's food habits. E.g. religion, economic situation, culture, tradition. Provide a summary of these habits including examples from your own experience. **Identify** how social media can contribute to your own eating habits.

Investigate
Plan,
inquire into
and draw
conclusions
about

Identify
Recognise
and name



Trends in quick service, fast food restaurants in Australia 2019

Published: February 13, 2019

by Barb Jones, Marketing Insights writer, CCI

Market overview

In this article we look at the trends facing quick service, fast food restaurants in Australia and internationally. The market in Australia is seen as mature – given our relatively small population, this means competition is extremely fierce:

- Market size estimate is \$20bn (source = [IBISWorld](#)) forecast to be growing slightly less than GDP @ 2% per annum
- There are approximately 50,000 fast food restaurants and cafes in Australia (source = [Intermedia research](#)).

Cost of entry is relatively low and there is a high turnover of restaurants entering and leaving the market. The trend away from home cooking toward meals out and fast foods has continued in recent years. In terms of all food expenditure, Australians are spending a whopping 34% on meals out and fast foods. This has risen from 25% in 1988-89 to 31 per cent in 2009-10 and 34 per cent in 2015-16, the latest year available.

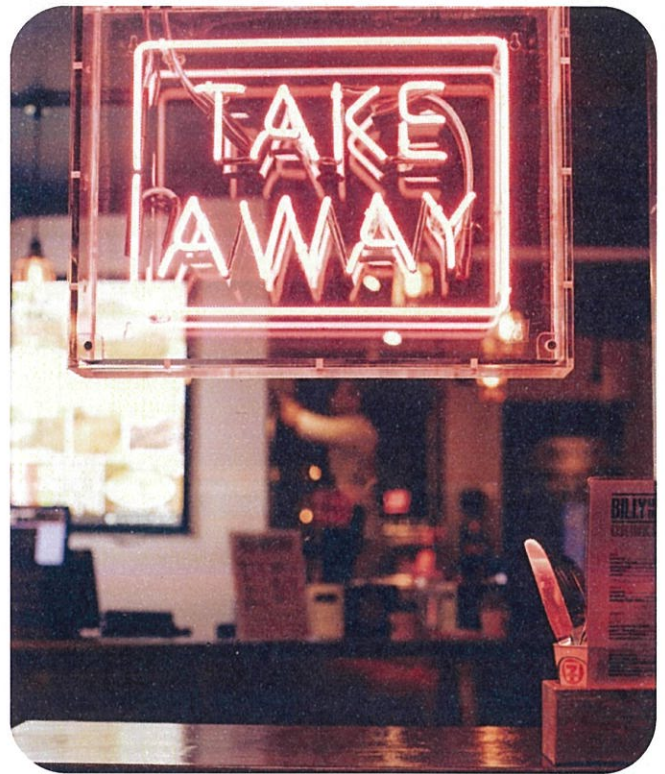
Staying competitive, know the market trends

We have curated trends from a number of Australian and international sources, added our own thoughts and summarised all into broad themes and implications for the quick service market.

Food trends – healthier, personalised, transparent

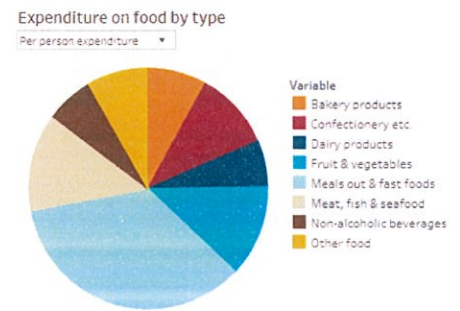
Healthier food coupled with personalised health needs, means that menus need to be flexible, and offer personalised nutrition

- Allowing **customer choice** to adapt the menu to allow for health needs (for example, gluten-free and dairy-free but not vegan).
- **Food as medicine** – gut-friendly options; the continued rise of plant-based foods; and the growth of **hemp based foods** (seed, protein and oil).
- Fresher food, more **locally sourced** to eliminate/minimise food miles and wastage.
- **Transparency** of source
- **International diversity** – experimentation with different cuisines continues – Korean, Filipino, African, Latin American currently on the radar.
- **Cultured or lab-grown meat** – appears to be closer than we think, maybe 10 years away. While it ticks all the sustainability boxes, we have yet to see whether consumers will embrace the concept. And to test health implications.



Consumer trends – time-poor, digital technology users

- **Eating in @ home** – as Table 1 indicates, Australians are cooking less and less, and eating out or eating in more often. This trend continues, and as the takeaway market is more mature, we are likely to see growth in:
 - Fine dining goes casual and starts serving take-out meals
 - Fast food goes 'gourmet' and healthier
 - Delivery and pick-up will come with more customer experience (taking a dine-in experience home).
- **Time-poor customers embrace online ordering**, so that having your own branded order is seen as almost mandatory if you want to compete effectively. It saves customers time, allows for self-directed personalised health menu choices, and minimises errors.
- Technology makes it easier to build **data analytics** around customer choices, needs, preferences. This helps with planning and resourcing.
- The **digital world rules** – reviews rule as customers do their research online, looking not only at your reviews but also at how you handle reviews. It holds businesses more accountable for all aspects of the customer experience.
- More eating out @ home and online ordering means more pickup and delivery – restaurants will need to **re-engineer their physical space** to allow for bigger, more efficient and comfortable pick-up sections; efficient, fun and caring delivery; sustainable packaging.



Experience and authenticity

- Faster and better does not always translate to a great customer experience, so **balancing convenience and customer experience** will be the new challenge. One way to do this is to treat these as two separate customer segments and organise accordingly.
- More customer control through digital technology also means that customers desire **transparency and authenticity**. So dark kitchens may be on the rise, but it needs to deliver an authentic meal and be transparent about its labelling and source of origin.
- Authenticity also relates to the cuisine type and the promised experience.

Sustainability and Community

- We want to be part of a **community, so support for local is key** – not only the restaurant choices (delivery or pick-up without the travel distance) but also locally grown produce without the air miles.
- **Sustainability** applies also to **growing/farming practices** – seasonality of produce; how/where it is farmed/grown; how it is treated, stored, delivered.

We see this in the rise of plant-based, organic food, labelling, origin of source. While lab-grown meat may be on the horizon, there is a trend towards ethical, free range and humane practices and choices. The rise of vegetarianism also makes 'meat substitutes' more palatable and sustainable.

Environmentally friendly packaging will continue to grow as we minimise the use of plastic and increase the use of biodegradable options.

Waste not – will increase differentiation through claims of using the whole product, be this 'nose to tail' for meat products or 'root to shoot' for plant-based produce.

by Barb Jones, Marketing Insights writer, CCI

Jones, B. (2019). Trends in quick service, fast food restaurants in Australia 2019 – YQme. Retrieved 29 July 2019, from <https://www.yqme.com.au/trends-in-quick-service-fast-food-restaurants-in-australia-2019/>

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case study: Convenience Food CRAZE



- explore food-consumption patterns in Australia and the impact this has on nutrient intake and health  

Read the article: ***Trends in quick service, fast food restaurants in Australia 2019*** by Barb Jones.

a. On average how often do you have take-away or fast convenience foods a week?

- ☐ Once a week
- ☐ Twice a week
- ☐ Three times a week
- ☐ Four times a week
- ☐ Five times a week
- ☐ Six times a week
- ☐ Seven times a week

b. Why do you believe take away or fast food is so popular?

c. **Compare** fast food's nutritional value to the nutritional value of a home cooked meal of 100g chicken protein and four serves of vegetables. Which one is better based on nutritional value and why?

Compare
Show how things are similar or different

d. **Identify** your favourite fast food, take away or convenience meal.

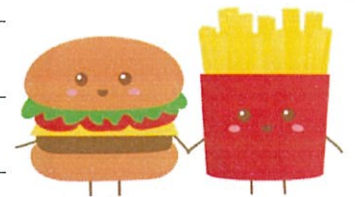
Identify
Recognise and name

e. **Describe** some social factors that could influence your food consumption.

Describe
Provide
Characteristics
and features

f. **Discuss** how social factors and your food consumption could impact your nutrient intake and health:

Discuss Identify
issues and provide
points for and/or
against



g. Give an example of a time when you were influenced to consume a convenience food.
Identify what factors encouraged you to eat it?

Identify
Recognise
and
name

h. **Describe** how environmental factors could influence your choice of food consumption.

i. **Discuss** how the increase in consumption of fast food, take away and convenience foods have impacted the nutrient intake and general health of individuals.

Discuss
Identify
issues and
provide
points for
and/or
against

RAINBOW

Rice Paper Rolls



- > demonstrates hygienic handling of food to ensure a safe and appealing product **FT5-1**
- > selects and employs appropriate techniques and equipment for a variety of food-specific purposes **FT5-10**
- > plans, prepares, presents and evaluates food solutions for specific purposes **FT5-11**

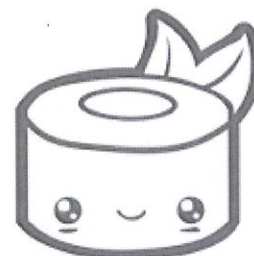
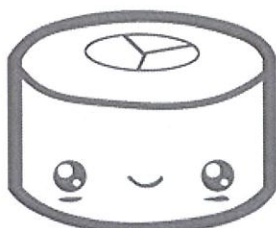
Ingredients (makes 8 rolls)

- 8 sheets rice paper
- ½ yellow capsicum, deseeded and sliced
- 1 carrot, julienned
- ¼ red cabbage, shredded
- ½ cucumber, julienned
- 100g vermicelli noodles
- Sweet chilli or soy sauce for dipping



Method

1. In a bowl, soak the vermicelli noodles in boiling water for about 5 – 10 minutes. Drain and set aside to cool.
2. Finely slice all vegetables and set aside.
3. To prepare the rice paper rolls, put cool water into a shallow dish and immerse one rice paper sheet until it softens.
4. Place the rice paper sheet on a damp surface to avoid sticking. This can be a damp cutting board or a damp towel. Make sure the rice paper sheet is lying flat.
5. Leaving about a 2 cm boarder. Start adding fillings to the bottom 1/3 of the sheet (what you put on the bottom is what you will see when you roll it), so put all the colourful vegetables in first.
6. Add the vermicelli noodles on top of the vegetables, be sure not to put too much filling on the paper as it is more likely to tear when rolling.
7. Roll the paper similar to a wrap or burrito. Start by folding up the bottom and rolling up, folding in the sides.
8. Repeat with all other sheets of rice paper. Try and change the order of the vegetables to make each roll different.
9. Serve cold with either soy or sweet chilli sauce.



Evaluation



- › describes the relationship between food consumption, the nutritional value of foods and the health of individuals and communities FT5-6
- demonstrate safe and hygienic work practices, for example: (ACTDEK045, ACTDEP050) ★
 - personal hygiene
 - food safety, e.g. the food danger zone, cross-contamination
 - safe work practices
 - use of personal protective equipment (PPE)



a. **Evaluate** if you believe you have created an appealing product in this practical lesson.

Evaluate Make a judgement based on criteria; determine the value of

b. **Identify** two potential risks involved with this practical lesson.

- ---
- ---

Identify
Recognise and name

c. **Identify** two risk management strategies that could be applied to minimise the potential risks identified above.

- ---
- ---

d. **Predict** what would happen if the rice paper sheets were not prepared on a damp surface.

Predict
Suggest what may happen based on available information

e. What are some brightly coloured foods you could include next time you create rainbow rice paper rolls?

Healthy **VEGGIE** BURGER

Ingredients (serves 2)

Veggie Patties

- ½ cup brown rice, rinsed and drained
- 1 cup (250ml) water
- 100g black beans, drained and rinsed
- ½ onion, finely diced
- ½ egg
- 2 tsp. taco seasoning
- ½ cup breadcrumbs
- 1 tsp. olive oil
- Salt and pepper to taste



- demonstrate safe and hygienic work practices, for example: (ACTDEK045, ACTDEP050) ★
 - personal hygiene
 - food safety, e.g. the food danger zone, cross-contamination
 - safe work practices
 - use of personal protective equipment (PPE)
- plan and prepare nutritious meals to meet the needs of specific groups throughout the life cycle (ACTDEK045, ACTDEK047, ACTDEK049) ✚ ⚙️ 📱

Burger and Filling

- 2 wholemeal/multigrain burger buns
- Lettuce, washed and shredded
- Tomato, sliced
- 2 slices of cheese

(consider having without sauce or perhaps with a teaspoon of sour cream)

Method

1. In a large saucepan, bring water to the boil. Add rice and reduce to a low heat, cover and simmer for 20-25 minutes, or until water is completely absorbed. Take off heat and set aside.
2. Drain and rinse black beans. Slightly mash with a fork.
3. In a large mixing bowl, add black beans, onion, egg, taco seasoning, breadcrumbs and cooked rice. Mix thoroughly until well combined. If the mixture is too wet add more breadcrumbs.
4. Divide the mixture into two even parts and shape into a burger patty.
5. Heat olive oil in a large skillet over a medium heat. Once skillet is hot add the burger patties and cook for about 4 minutes, turn the patties over and cook for a further 4 minutes or until golden and cooked through.
6. Cut the burger buns and place a slice of cheese on the top half. Grill the burger buns until the cheese is melted.
7. Carefully remove the buns from the grill, add lettuce, tomatoes, veggie patty and sour cream if desired
8. Season with salt and pepper to taste. Serve immediately.



Evaluation



- demonstrate appropriate selection of equipment and techniques used in food preparation
- demonstrate safe and hygienic work practices, for example: (ACTDEK045, ACTDEP050) ★
 - personal hygiene
 - food safety, e.g. the food danger zone, cross-contamination
 - safe work practices
 - use of personal protective equipment (PPE)
 - plan and prepare nutritious meals to meet the needs of specific groups throughout the life cycle (ACTDEK045, ACTDEK047, ACTDEK049) ✨🍌🍷📖



a. **Identify** how you have selected appropriate equipment and techniques during this lesson:

Identify
Recognise
and
name

b. Have you ever eaten a Veggie Burger before?

- Yes
- No

Compare
show how
things are
similar or
different

c. **Compare** the veggie burger to other burgers you have had. **Discuss** your thoughts.

Discuss Identify issues and
provide points for and/or
against

d. **Evaluate** how well this meal suits adolescent dietary requirements:

e. **Evaluate the following:**

Your effort during the practical lesson:
for e.g. trying your best, going above and beyond requirements

Your planning before the practical lesson:
for e.g. packing your PPE, ensuring you have all equipment

Your presentation of the dish:
for e.g. cleaning plate edges, considering aesthetic

Very Poor Satisfactory Good Great Outstanding



Evaluate Make a judgement
based on criteria; determine
the value of

Tuna and Corn Pies

Ingredients:

2 sheets frozen shortcrust pastry, thawed
210g tinned tuna
60g creamed corn
1 egg, beaten
2 tsp. chives, chopped
1 ½ Tbl sour cream
¼ cup grated cheese

Method:

1. Preheat oven to 200°C
2. Cut 4 x 10cm circles from each pastry sheet
3. Ease pastry circles into a greased 12 cup medium muffin pan gently pressing folds together
4. In a bowl combine tuna, creamed corn, egg, chives and sour cream
5. Season with salt and pepper
6. Spoon mixture into pastry cases and sprinkle with cheese
7. Bake in oven for 20-25 minutes.