

7/8 FOOD  
STAY AT HOME WORK  
2021 - TERM 3 WEEK 7



GOOGLE CLASSROOM CODE: y3vantw

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# INSTRUCTIONS

## Assessment task 1 – Dairy research task

- Work on the assessment task that was posted to your house last week (there is also a copy on the website and on our Google Classroom in case you don't already have it).
- You have to do this assessment whether you are attending school or not. The marks will be on your report.
- Please contact me if you need any help at all!

In this booklet I have also included some recipes that you can make at home. Treat your family and keep practicing your skills!

# Chocolate Fudge Slice

## Ingredients

1 C plain flour	1 C coconut
1 T cocoa	185g butter
½ C sugar	½ t vanilla

## Method

1. Preheat your oven to 200°C.
2. Sift flour and cocoa into a bowl.
3. Add sugar and coconut and mix.
4. Melt the butter in the microwave.
5. Add melted butter and vanilla to flour mix and mix well.
6. Press the mixture into a greased lamington tin.
7. Bake in the oven for 20 minutes.
8. Let slice cool in tin, then turn out and cut into slices.



## Berry whip

**Serves 2**

**Preparation time: 40 minutes**

### *Ingredients*

1 egg white  
2 tablespoons caster sugar  
125 grams low-fat ricotta cheese  
½ cup frozen raspberries, chopped  
1 tablespoon lemon juice  
½ teaspoon lemon rind, grated  
Extra raspberries, as garnish

### *Method*

- 1 Beat egg white until peaks form.
- 2 Add caster sugar and beat until peaks are firm.
- 3 Blend ricotta cheese until smooth. Add raspberries, lemon juice and rind.
- 4 Fold egg white into the ricotta cheese and raspberry mixture.
- 5 Garnish.
- 6 Chill in the fridge until ready to serve.

