

7/8 FOOD

STAY AT HOME WORK

2021 - TERM 3 WEEK 9



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GOOGLE CLASSROOM CODE: y3vantw

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INSTRUCTIONS

Equipment activity

- ☐ Complete the equipment activity by writing what each piece of equipment is used for and find/draw a picture of what the equipment looks like. You can complete the task on Google Classroom OR on paper in this booklet.

As you've probably heard, your assessments have been placed on hold. If you want to continue working on our task you are welcome to, but there is no longer a requirement to complete this task from home.

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

Please contact me if you need any help at all.

Equipment

Listed in the table are some of the basic equipment you will use in your Food Technology practical lessons. For each piece of equipment, find or draw a picture and write what each is used for.

Equipment	Picture	Use
Chef's knife		
Paring knife		
Spatula		
Wooden spoon		
Peeler		
Pastry brush		
Mixing bowl		
Chopping board		
Tongs		
Measuring spoons		

Measuring jug		
Rolling pin		
Whisk		
Saucepan		
Sifter		
Masher		
Egg lifter		
Electric mixer		

Fried rice

INGREDIENTS



1 tablespoon
canola oil



1 tablespoon peanut oil



1 egg, lightly beaten



Salt and pepper,
to season



1 small white onion,
cut into wedges



125 g ham, diced



2 cups cooked rice



¼ cup frozen peas



¼ cup frozen corn kernels



¼ red capsicum,
seeded and finely sliced



¼ cup bean shoots/
bean sprouts



1 tablespoon soy sauce



2 spring onions, sliced

METHOD

- 1 Heat half of the oils (combined) in a wok or large frying pan.
- 2 Season the egg with salt and pepper, pour into wok and cook until set.
- 3 When the egg has set, use a wooden spoon to break up the egg so that it looks like scrambled eggs, then remove from the wok.
- 4 Heat the remaining peanut and canola oil in the wok, add the white onion and stir-fry over a high heat until transparent.
- 5 Add the ham, rice, peas, corn, capsicum and bean shoots. Stir-fry for 3 minutes until rice is heated through.
- 6 Add the eggs, soy sauce and spring onions. Mix and heat through.
- 7 Serve.

SERVES: 2

Preparation

15
mins

Cooking

30
mins

Serving & Presentation

5
mins

Total time:
50 MINUTES

Vegetable slice

INGREDIENTS



4 slices ham, diced



1 onion, grated



2 zucchini, grated



1 carrot, grated



3 eggs, beaten



1 tablespoon self-raising flour



½ cup tasty cheese, grated



1 teaspoon parsley, chopped



1 teaspoon basil, chopped

MAKES: 12

Preparation

15
mins

Cooking

20
mins

Serving & Presentation

5
mins

Total time:
40 MINUTES

METHOD

- 1 Preheat oven to 180°C.
- 2 Prepare all of the ingredients.
- 3 Combine all of the ingredients in a bowl.
- 4 Pour mixture into a slice pan and spread evenly using a palette knife.
- 5 Bake for 20 minutes or until your slice is set.
- 6 Allow to rest in the pan before slicing, then serve.

tips & Techniques

If you just wash your vegetables and then prepare them leaving the skin on, you increase the nutritional benefit of this dish – this is because a number of the nutrients are found just below the skin.

Tap your slice gently on the bench before placing in the oven. This ensures all of your vegetables are covered by the egg mixture.

Make sure you let your slice cool slightly before trying to cut it, otherwise it will break and may not retain its shape.