Introduction to
Home Economics

Name:
Class:
Teacher:
List 10 safety & hygiene hazards (dangers) in the picture:

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Work in pairs to put together some safety & hygiene rules for practical Home Economics classes. Try to get 6 rules for each.

Guidelines a **Food Handler** should follow to avoid food poisoning:

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Hygiene Rules to follow **in the kitchen** to avoid food poisoning:

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**Safety Guidelines** to prevent accidents in the kitchen:

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**Equipment**

*Identify the cookery equipment below:*

1. Microplane Grater
2. Box Grater
3. Juicer
4. Potato Masher
5. Instant Read Thermometer
6. Prep Bowls
7. Colander
8. Wooden Cutting Board
9. Balloon Whisk
10. Tongs
11. Slotted Spoon
12. Metal Spoon
13. Ice Cream Scoop

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**Weighing & Measuring**

In order to for dishes to turn out right, we must weigh & measure our ingredients correctly.

Dry, solid foods are weighed using a **weighing scales** in grams (g) or kilograms (kg)

Remember, 1kg = 1,000g

Liquids are measured in a **measuring jug** in millilitres (ml) or litres (l)

Remember, 1 litre = 1,000ml

**Spoons** are also used to measure dry or liquid ingredients:

Fill in the amounts for **level spoons** below:

1 teaspoon (1 tsp) = ____ g or ____ ml
1 dessertspoon (1 dsp) = ____ g or ____ ml
1 tablespoon (1 tbsp) = ____ g or ____ ml

**Tasks:**

1. **Weigh out 100g of sugar**
2. **Weigh out 350g of sugar**
3. **Measure out 250ml of water**
4. **Measure out 420ml of water**

**Do you know?**

1. **If a recipe asks for 4 tablespoons of flour, what weight in grams do you need?**
   
   ________

2. **If a recipe asks for 3 teaspoons of icing sugar, how much do you need?**

   ________

3. **If a recipe asks for 4 dessertspoons of milk, what how much do you need?**

   ________
Recipes

Recipes are generally made up of a number of important main parts:

1. **Ingredients list** – a list of foods needed to make the dish
2. **Method** – a list of steps showing how to make the dish
3. **Equipment List** – a list of tools needed to make the dish
4. **Temperature** – temperature you need to set your oven to
5. **Time** – length of time it needs to bake

Every dish cooked as part of your Home Economics lessons must be written up before cookery class.

After every cookery class your homework is to evaluate your food. To do this you must taste your food and write about it under a number of headings:

- Appearance
- Taste
- Texture
- Were you finished on time?
- Were you happy with the dish overall? Why?
- Was the dish fully cooked? How do you know?
- If you were making the dish again, what changes would you make?
A sample recipe sheet is included:

**Name of Recipe:** __________________________________________

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<th>Equipment</th>
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**Method:**

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Evaluate the dish under the following headings:

**Appearance**

**Taste**

**Texture**

What method of baking/cooking did you use for this dish?

List 4 skills you used while making this dish:

Was the dish fully cooked?

How do you know?

Safety Factor:

Hygiene Factor:

If you were making the dish again, what changes would you make?
Sensory Analysis – Word Bank

Below you must fill in words which could be used to describe the sensory evaluation of a dish:

**Appearance:**
(Words which describe how a dish looks)

**Taste:**
(Words which describe the flavor of a dish)

**Texture:**
(Words which describe the feel of a food in the mouth)
Cooking & Baking Terminology

Bake: ____________________________

_________________________________________________________________________________________

Blind bake: ____________________________

_________________________________________________________________________________________

Batter: ____________________________

_________________________________________________________________________________________

Beat: ____________________________

_________________________________________________________________________________________

Bind: ____________________________

_________________________________________________________________________________________

Cream: ____________________________

_________________________________________________________________________________________

Dough: ____________________________

_________________________________________________________________________________________

Dredge: ____________________________

_________________________________________________________________________________________

Glaze: ____________________________

_________________________________________________________________________________________

Preheat: ____________________________

_________________________________________________________________________________________

Raising agent: ____________________________

_________________________________________________________________________________________

Rubbing in method: ____________________________

_________________________________________________________________________________________

Whisk: ____________________________

_________________________________________________________________________________________
**Practical Cookery Classes Contract**

**Set up**
I must:
- Stack my stools **NEATLY** under the desk
- Set up my unit **QUICKLY** with equipment and ingredients
- Get a tea towel, cloth & sponge
- Put on an **apron**
- Tie back my hair
- Remove jewellery
- Remember **NO nail varnish** allowed!

**Baking/Cooking:**
I must...
- **Listen to instructions** carefully
- Put up my hand if I need help or want to ask a question
- Keep my **work area clean and tidy**
- Start my **wash up** if I am finished everything else

I must NOT...
- Go to other people’s units without permission

**Wash up**
I must...
- Stack up my dirty dishes on the **LEFT** side of my basin
- Put a **pea size** amount of washing up liquid in my basin and fill it with **HOT water**
- Never wash under a running tap
- Use gloves if the water is too hot (**do not add too much cold water**)
- Wash the **CLEANEST things FIRST** & dirtiest things last
- Turn washed items **UPSIDE DOWN** on the tray
- **Clean my unit top & lay out my clean equipment for inspection**
- Put away my equipment **correctly** after the teacher has seen it
- **Clean & dry my sink & worktop either side**
- Place my tea towel, cloth & sponge into the basin

**General Points to note:**
- My ingredients MUST be weighed BEFORE class
- My ingredients are MY responsibility not my parent/guardians
- If I am unsure of ingredients, etc I should email my teacher at **csheelan@sacredheart.ie**
- If I am unable to bring in ingredients for any reason I should have a note from my parent/guardian

I understand that these guidelines are there for my safety and the safety of others. They must be followed carefully. Regular failure to follow them may mean I am not allowed to cook.

**Student Signature:** ________________________________

**Parent/Guardian Signature:** ________________________________

**Teacher Signature:** ________________________________