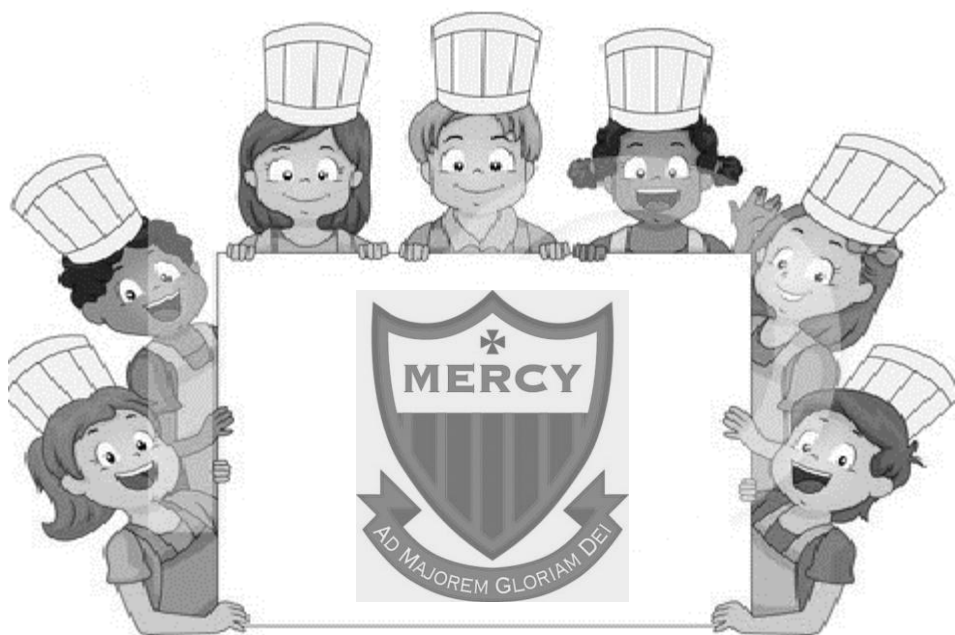


# Introduction to Home Economics

Name:

Class:

Teacher:



## Hygiene & Safety in the Kitchen



*List 10 safety & hygiene hazards (dangers) in the picture:*

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

*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:


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


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


# Equipment

Identify the cookery equipment below:



(i)	(v)	(ix)
(ii)	(vi)	(x)
(iii)	(vii)	(xi)
(iv)	(viii)	(xii)

# 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)

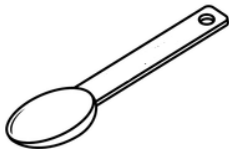
Remember, 1kg = 1,000g

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:

**Avoca Scones Recipe**

1 ←

**Ingredients:**  
450g Self Raising Flour  
a pinch of baking powder  
a generous pinch of salt  
50g of caster sugar  
110g of unsalted butter  
1 egg lightly beaten  
50mls of double cream  
200mls of milk  
1 egg

**Equipment:**  
Mixing bowl  
Sieve  
Measuring jug  
Cutlery  
Plates  
Baking tray  
Wire tray  
Rolling pin  
Flour dredger  
Scone cutter

→ 3

2 ←

**Method:**  
1. Preheat oven to Gas 4 or 180°C  
2. Sieve flour, baking powder & salt into a bowl  
3. Rub in the butter with your fingertips, until the mix resembles breadcrumbs  
4. Mix the egg & cream in a measuring jug and add to the flour  
5. Add enough milk to moisten (but not too sticky)  
6. Mix well until you have a soft dough  
7. Turn out onto a floured table  
8. Roll lightly until to 1.5 inch thickness  
9. Cut out with scone cutter  
10. Transfer to a greased baking sheet and glaze  
11. Bake in an oven for 15-20 mins

→ 4

→ 5

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?*



# Evaluation

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](mailto: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: \_\_\_\_\_