

HOME LEARNING

Year 10 – Food Technology – Home Learning 9

Full English breakfast

Equipment you will need: grill pan, frying pan, baking tray, saucepan, fish slice, wooden spoons, chopping board, knife

Ingredients:

Sausages

Bacon

Eggs

Mushrooms

Baked beans

Hash browns

Method:

1. Read packet instructions and think about how you will cook your ingredients. Will you cook the sausages in the oven, grill or fry them? Will you fry or grill the bacon? What is the healthier choice?
2. Think about timings, what will take the longest to cook? Probably the sausages and the hash browns?
3. If you are using the oven, will you need to preheat it?
4. How will you cook your eggs? Fry, scramble or poach them?
5. If you are having mushrooms, will they need chopping? Will you fry them or cook them in a saucepan?
6. What will cook the quickest? Baked beans?

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This was supposed to be a group activity. You don't have to have all the ingredients, you can choose what you have, but I do want you to think about all the steps in the method. If we are using a grill, do we time it or just keep an eye on it by checking regularly?

Good luck and happy cooking!