

Functions of ingredients

Flour	Gives form and structure . When proteins mixed with water form gluten .
Alternative Coeliac	Gluten free, rice, almond, gram flour
Fats	Improves flavour and colour Traps air when creamed with sugar (aeration)
Alternative Low fat diet	Soya, olive oil spreads
Sugars	Sweetness Colour – caramelisation Creamed with fat aids aeration (traps air)
Alternative Diabetic	Artificial sweeteners, honey, fruit.
Eggs	Structure, colour, flavour Binds ingredients together
Alternative Vegan	Mashed banana, oil, artificial egg replacer
Milk	Binds ingredients Gives moisture
Alternative Lactose free Vegan	Soya, coconut, almond milk

Year 8 Bake Off Challenge



Eatwell Guide

Carbohydrate – slow release energy

Fruit & Vegetables – vitamins, minerals and fibre

Protein – muscle growth & repair

Dairy – calcium for bones and teeth

Oils and spreads – helps absorption of vitamins

Drink 6-8 glasses of water

Eat less sugar and fats

[How to knead](#)
[Great British Bake Off](#)
[Inspiration](#)
[Food safety](#)

DT Plans should include.....

Materials/Ingredients

Measurements

Hygiene & Safety

Equipment

Tips & Advice

Notes & changes added during and after making.

Explanation- why/how

Estimated timings

Alternative methods of making

Key spellings
 snack
 caramelisation
 kneading
 gluten
 hygiene
 structure

Key facts - Bread

Wheat flour – when mixed with water the proteins in the flour combine with water to make gluten.

Gluten – protein - makes the dough stretchy and elastic – this traps a lot of the carbon dioxide gas produced by the yeast.

Yeast - single celled living organism that requires certain conditions for growth.

Carbon dioxide –produced by the yeast – aerates the dough and makes it rise.

Kneading - to work the dough, usually by hand, for the purpose of developing the glutes in the flour to form the structure.



Always use the oven gloves.

Remember to handle the knife safely

Always wash your hands.

Work quietly and calmly with focus.

Alternative diets

Vegetarian	No meat or fish products.
Substitute	Quorn, tofu, or nuts. Eggs for protein
Pescatarian	Fish and seafood products but no meat.
Substitute	As vegetarians.
Vegan	No animal or fish products or anything linked. No dairy products or eggs.
Substitute	Soya and nut products – oils and milks. Protein source – nuts and beans.
Lactose intolerant	No milk or dairy products.
Substitute	Soya, coconut almond
Coeliac	No gluten - bread, cake and biscuits
Substitute	Potatoes, rice flour and noodles, gluten free flours corn, soy and potato.
Low fat diet	No Fat – health reasons
Food allergens	Cereals, eggs, fish & seafood, peanuts, sesame, milk nuts.

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Key spellings hygiene, bacteria, knead, coeliac, allergens, vegetarian.



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[Recipes, tips, video clips](#)
[Great British Bake Off](#)
[Inspiration](#)

Key facts - Pastry

Short crust pastry– used for tarts and quiches. Makes a crisp, short, golden pastry.

Cold –when making pastry the fat content has to be cold. Wrap pastry in cling film and chill to “rest “

Breadcrumbs – Use your fingertips to make the even breadcrumbs with no large lumps of butter remaining. Try to work quickly so that it does not become greasy.

Handling – pastry does not like to be handled or kneaded – it’s the opposite of bread- you do not want the gluten to form.

Rolling pastry– using the rolling pin gently roll between greaseproof paper until it fits the size of the dish. Do not re roll – it will become hard

Types of pastry

Flaky	Layers of pastry, folded and rolled - pies
Choux	Very light, twice-cooked pastry – eclairs, profiteroles
Filo	Paper-thin translucent sheets of pastry. Use several layers together to strengthen the delicate sheets.
Puff	A very light pastry made in layers that expand when cooked, leaving large air pockets inside.
Hot water	A heavy, strong, hard pastry using hot water – pork pies.