

THEALE GREEN SCHOOL TRANSITION FOOD TECHNOLOGY ACTIVITY

A massive welcome to TGS. I look forward to teaching you Food Technology soon!

Food Technology is part of the Technology Department, we work on a rotation and everyone by the end of Year 7 would have joined me in kitchen to learn how to cook some very yummy treats! In Year 7 you will learn how to use a knife safely, how to keep safe in the kitchen, how to store food safely and most importantly made flapjacks, scones, pizza, pasta and more..... We will discuss and explore health eating and what makes a balanced diet.

Do not worry I will talk you through and demonstrate each recipe before you try it yourselves. You will develop a range of skills including teamwork, working independently, organisation and problem solving.



FOOD TECHNOLOGY CHALLENGE

In Year 7 we will explore knife skills and use these to cut up lots of toppings for our delicious pizzas.

Draw and design your own pizza. Add colour and labels so we know what toppings you would have. Your labels could also let us know whether you prepare thick or thin base, stuffed crust or crustless and the size of your pizza.

If you want to take this challenge to the next level..... You could have a go at making your own pizza for lunch or a snack. A quick snack pizza is a **Pizza Muffin**. To make a pizza muffin follow the below instructions.

Ingredients One English bread muffin, a small piece of cheese, tomato puree or pizza topper and your favourite toppings.

Instructions

1. Cut the bread muffin in half horizontally.
2. Spread the two halves of the muffin with the tomato puree or topper.
3. Grate cheese and place on the tomato puree.
4. Cut all toppings into small pieces and place on top of the cheese.
5. Grill until the cheese has melted and the muffin is warm. You may need to ask an adult to help you with this. Do not forget to use oven gloves when taking them out of the oven.
6. Wash up and clean the kitchen area you work in (very important so not to upset any parents!!)



We would love to see your designs and final pizzas, feel free to email us pictures and videos to transition@thealegreen.w-berks.sch.uk . If you are happy for them to be shared on social media, please let us know. We would really like to show the rest of the year group what you are all achieving. We will also reward house points for all work shared with us – start collecting them now!

Good luck!