



Project Title: Design, make and evaluate a flapjack for someone to eat either before or after exercising to fuel/refuel their bodies.

Lesson 1: What are simple and complex carbohydrates?

We began the unit by reminding ourselves of the 5 food groups.

We were given images of different types of food and were asked to sort them into the correct group.

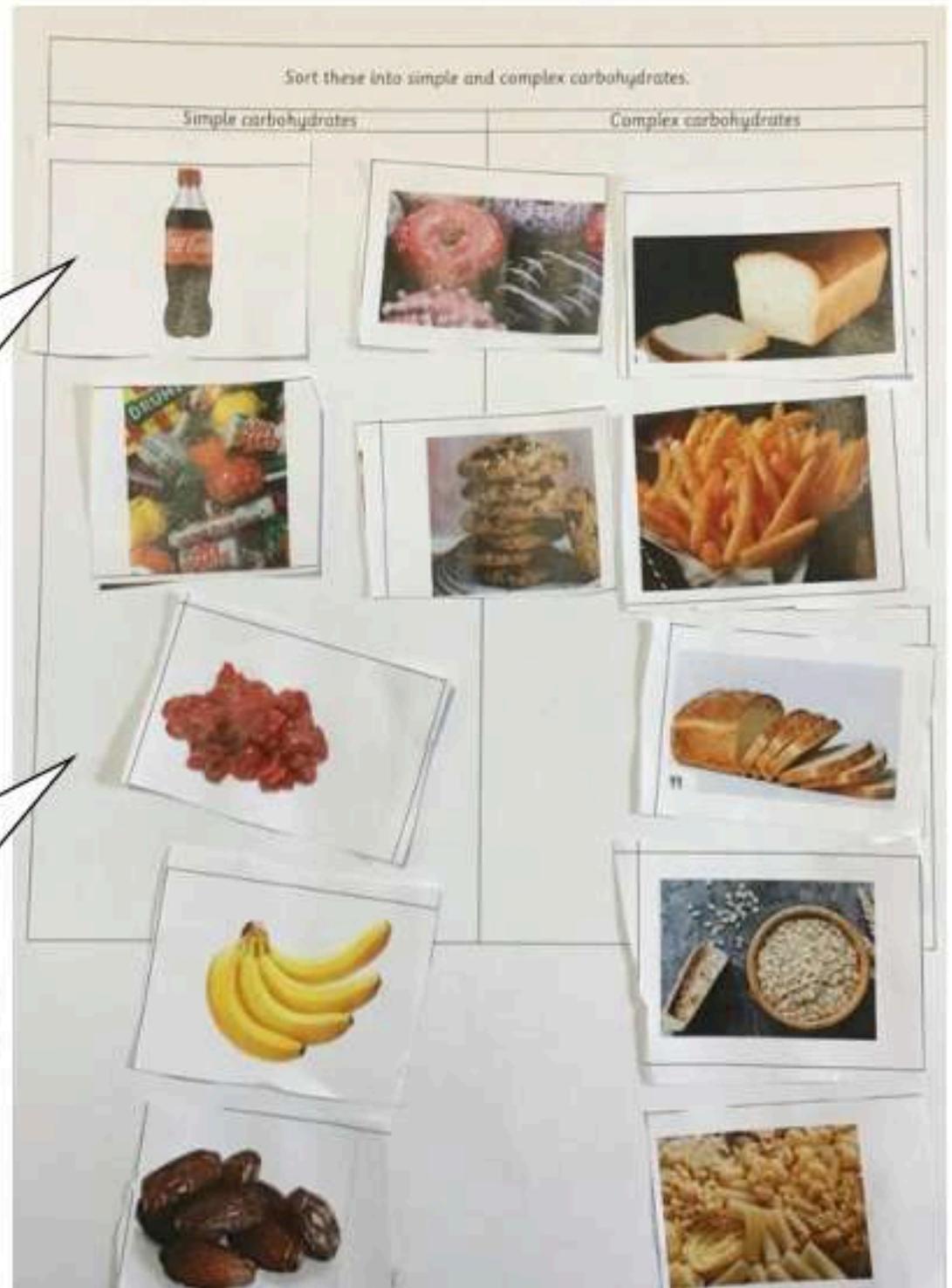


We then further discussed how there are different types of carbohydrates.

**Simple** – These are also called simple sugars. They're found in refined sugars, like the white sugar you see in a sugar bowl. If you have a lollipop, you're eating simple carbs. But you'll also find simple sugars in more nutritious foods, such as fruit and milk. It's healthier to get your simple sugars from foods like these.

**Complex** - These are also called starches. Starches include grain products, such as bread, crackers, pasta, and rice. As with simple sugars, some complex carbohydrate foods are better choices than others. Refined grains, such as white flour and white rice, have been processed, which removes nutrients and fibre. But unrefined grains still contain these vitamins and minerals. They're also rich in fibre, which helps your digestive system work well. Fibre helps you feel full, so you're less likely to overeat.

We worked in pairs to sort images of different carbohydrates into simple and complex.



The doughnuts have a complex carbohydrate bottom, but the icing has simple carbohydrates in it.

Simple carbohydrates are better from bananas than from sweets because the sugar in fruit is natural.

We ended the lesson by being told the purpose of our unit and how we are going to need to use a mixture of simple and complex carbohydrates within our recipe.

Lesson 2: How do different ingredients taste? Which ones do we like or not like?

**food**  
detectives

# Today we're going to be food detectives!

Are you ready to try some different ingredients?



Today we are going to try some different ingredients that we may be using in this DT unit.

In groups you are going to be trying some different things and discussing altogether what you like or do not like about them.

We tried...

Dates
Chia seeds
Raisins
White chocolate chips
Honey
Dried cranberries
Vanilla
Dried apricots
Coconut
Cinnamon
Milk chocolate chips
Cocoa powder



Some of us really liked some of the foods, some of us really did not!





The only thing that everyone in both classes could agree on is that the chocolate was the tastiest thing we tried!

### Lesson 3: How do we make flapjacks and what ingredients do we need?

Using the iPads we are going to research some different recipes for healthy flapjacks.

You are going to search for:

- Healthy flapjack recipe
- Flapjack recipes

We need to look at the methods, the ingredients and any extra information that you find.

#### Investigative Research

What is the title of the page you have found?	
What ingredients have been included in what you have found?	What method can you find?
Any other information?	



### Investigative Research

What is the title of the page you have found?	
Easy flapjacks	
What ingredients have been included in what you have found?	What method can you find?
175g/6oz butter 175g/6oz golden syrup 175g/6oz light muscovado sugar 350g/12oz Rolled oats 1/2 unboxed lemon finely grated only (optional) Pinch of ground ginger (optional)	1. Preheat the oven to 150C/130C Fan/gas 2 and line a 20cm 8in square baking tin with baking paper. 2. Melt the butter in a medium pan over a low heat. Dip a brush in the butter and brush the baking tin with a little of it. 3. Add the golden syrup to the butter and gently stir. Once the sugar is dissolved and the butter is remove the

### Investigative Research

What is the title of the page you have found?	
Rocky Road Flapjack	
What ingredients have been included in what you have found?	What method can you find?
175g butter 175g sugar 175g golden syrup 350g oats 75g marshmallows 75g glace cherries Few squares of chocolate	Melt the butter, sugar and syrup into a pan. Just do this slowly you don't want to burn the sugar.
Any other information?	
It takes 20 minutes to cook 125k of fat	

**Investigative Research**

What is the title of the page you have found?	
English flapjack recipes	
What ingredients have been included in what you have found?	What method can you find?
3 cups of rolled oats half a cup of butter of margarine half a cup of packed brown sugar 4 double spoons of golden syrup 1/4 cup raisins	Pre heat the oven to 350 degrees combine the brown sugar stilling in till melted still oats and raisin until coated should be about 1 inch thick bake 30 mins in oven out door to cool
Any other information?	
250 calories 11g sat 37g 3g Protein carbs	

**Investigative Research**

What is the title of the page you have found?	
yummy golden syrup flapjacks	
What ingredients have been included in what you have found?	What method can you find?
250g oats 125g butter 125g sugar 25g golden syrup	Heat the oven to 200c/180c fan get put the oats butter sugar and golden syrup in a food processor and pulse until mixed be careful not to over mix or lose the oats lose the oats here
Any other information?	
other ingredients you could put in walnuts, chocolate flapjacks will keep in a	

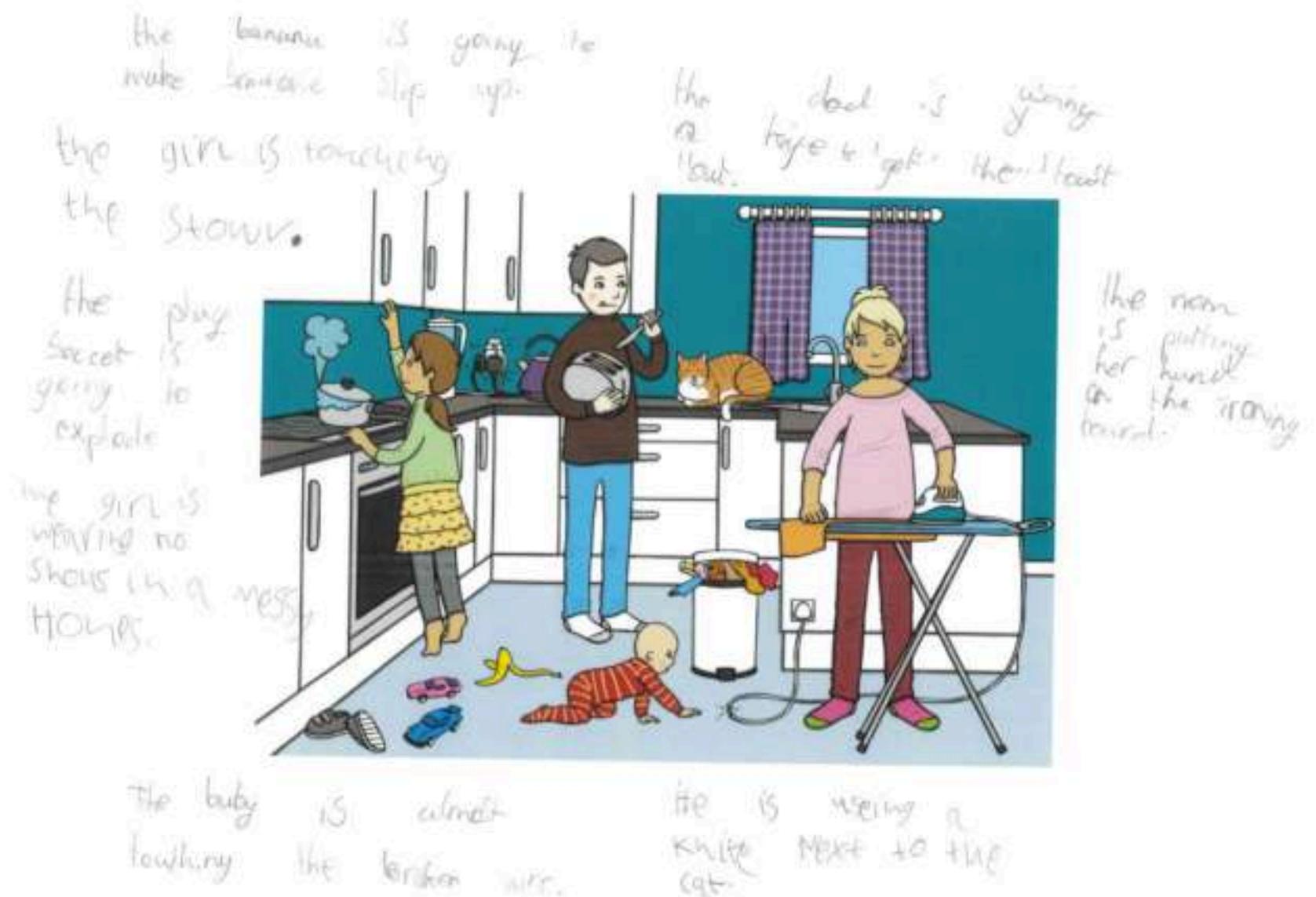
airtight container, for up to one week

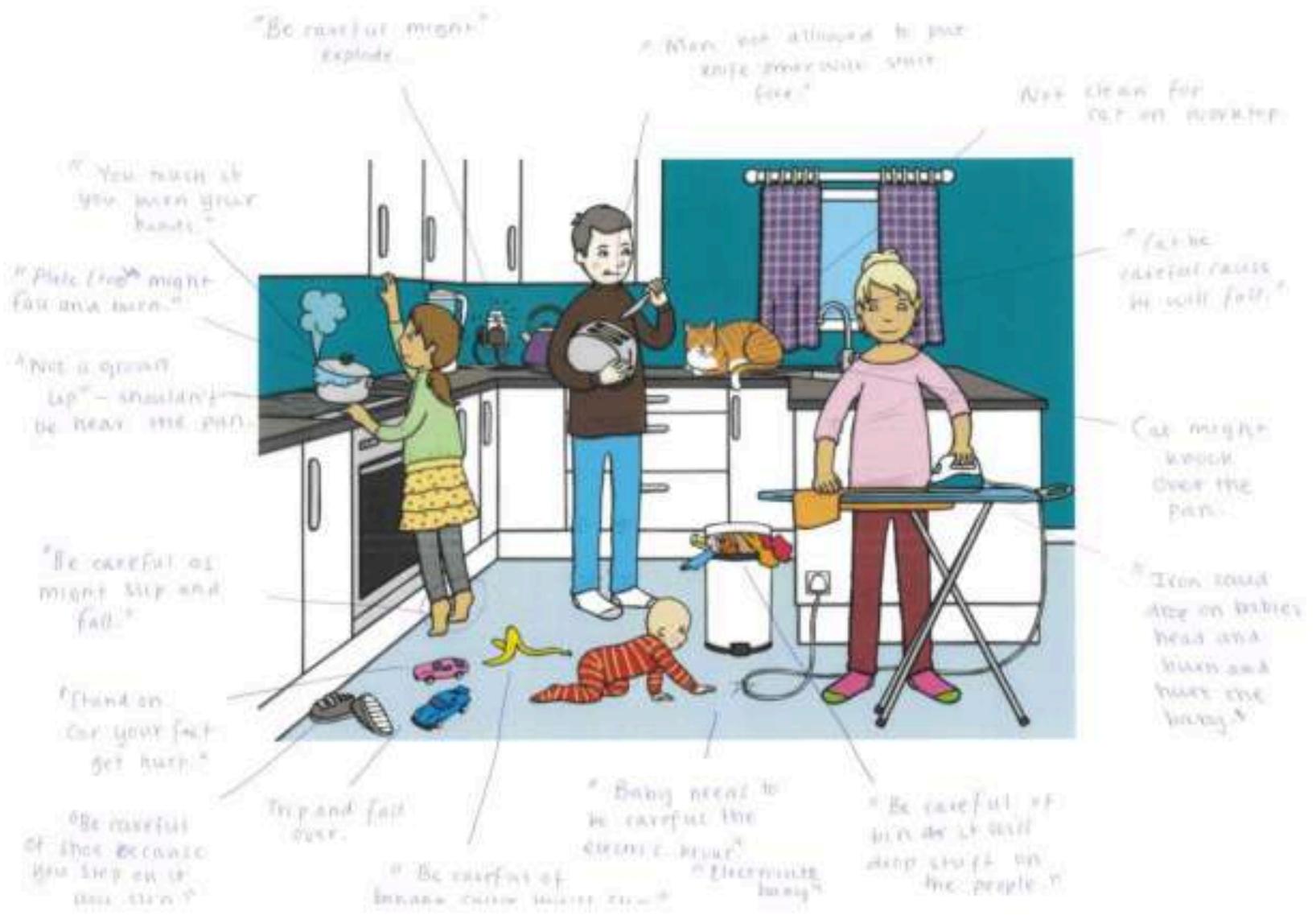
## Lesson 4: How do we stay safe when working with food?

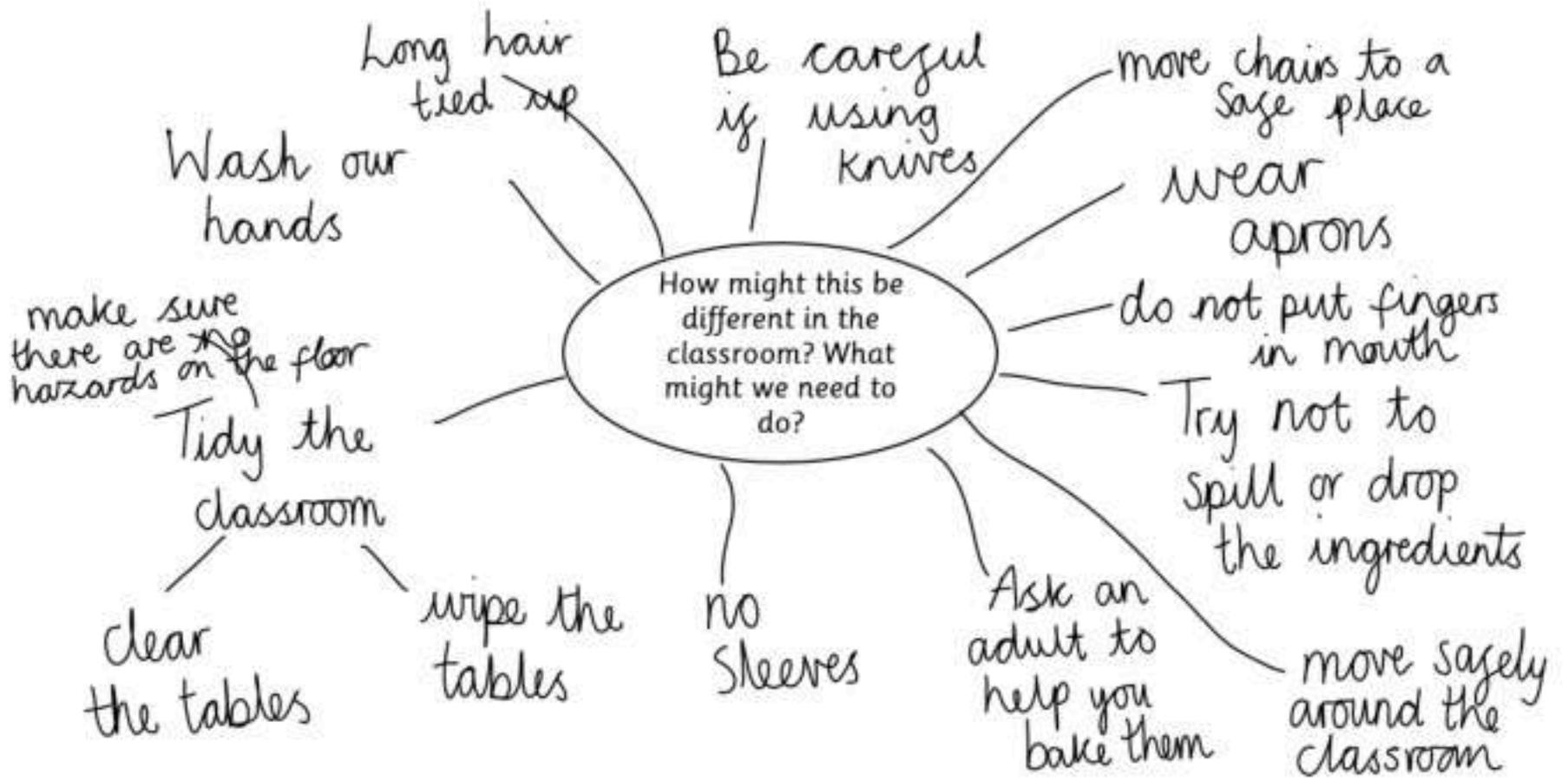
To begin we had a baseline discussion about what we could remember.



We then went on to looking at an image of a kitchen. We worked in pairs to identify the hazards that we could spot and how we could solve the issues.







After sharing our ideas, we created health and safety posters.



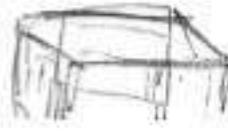
# Healthy Food

naggie

tie up your hair  
~~or~~ 

wash your hands  
 wear aprons  


don't have  
anything  
on the  
floor  


keep tables clear  


don't let  
the  
hot  
stove  
burn  


## Be safe when baking flatjacks

wash your hands  
before you bake  
the flatjacks  
and use soap.



turning hands



clean hands



cloth



- check for allergies.
- wipe the tables.
- wear aprons.
- tie up the hair.



long hair tie up.





Wash hands

keep class room tidy



Keeps and softly in the classroom



no sleeves



ask adult help you bake



no hazards



tie your hair up

Be careful

Be careful with Knives.



Wash your hands.



Tie long hair up.



Ask an adult to help bake.



No running. ♀

Wear an apron.



Wipe the tables.



Don't put your hands in your mouth. !

No sleeves



Be careful and don't slip. ♀

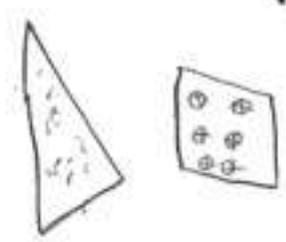
## Lesson 5: What do we want to include in our flapjacks?

We were then put into groups and asked to design our flapjacks. We were asked to include the base ingredients but were given a choice of honey or golden syrup and were then allowed to choose an additional 3 ingredients if we wanted. One of these had to have a fruit component to them.

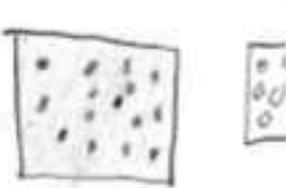
Design and make activity.	
Names: <u>Dominic, Yannis, Caru, Tadein</u>	
Basic ingredients	Oats butter golden syrup vanilla
Ingredients we want to include	1. cranberries 2. white chocolate chips 3. dates
Drawing of our final product.	 <p>200g oats 100g butter 100g golden syrup 1/2 tsp vanilla 50g white choc 25g cranberries 25g dates</p>

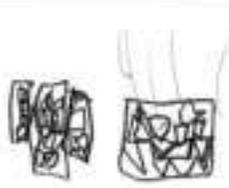
  

Design and make activity.	
Names: <u>Brody, Felix, Robbie, Mervyn</u>	
Basic ingredients	Oats butter golden syrup vanilla
Ingredients we want to include	1. raisins 2. cinnamon 3. milk chocolate chips
Drawing of our final product.	 <p>200g oats 100g butter 100g golden syrup 1/2 tsp cinnamon 50g milk choc chips 50g raisins</p>

Design and make activity.	
Names: <u>Erika, Jerry, Olivia, Sid</u>	
Basic ingredients	Oats Butter golden syrup vanilla
Ingredients we want to include	white chocolate chips mashed banana cocoa powder
Drawing of our final product.	 <p>200g oats 100g butter 100g golden syrup 1/2 tsp vanilla 2 tbsp cocoa powder 1/2 mashed banana 40g white choc chips</p>

Design and make activity.	
Names: Rosie Tally - R	
Basic ingredients	Oats Honey Butter
Ingredients we want to include	raisins chia seeds Milk chocolate chips
Drawing of our final product.	<p>200g oats 100g honey 100g butter 10g chia seeds 50g milk choc 40g raisins</p> 

Design and make activity.	
Names: Hunter Zayna Paisley	
Basic ingredients	1. oats 2. butter 3. honey
Ingredients we want to include	1. milk chocolate chips 2. cinnamon 3. raisins
Drawing of our final product.	<p>200g oats 100g butter 100g honey <math>\frac{1}{2}</math> tsp cinnamon 50g milk choc chips 50g raisins</p> 

Design and make activity.	
Names: Fadden and Alex	
Basic ingredients	1. oats 2. dairy free butter 3. Golden syrup
Ingredients we want to include	1. Dairy free white chocolate 2. Raisins 3. Apricots and dates
Drawing of our final product.	<p>200g oats 100g dairy free butter 100g golden syrup 50g dairy free white choc 25g raisins 25g apricots</p> 

Design and make activity.	
Names: E.T. M.B. M.M.N.M. L.I.	
Basic ingredients	1. oat 2. butter 3. golden syrup
Ingredients we want to include	1. White chocolate chips 2. Apricots 3. Vanilla
Drawing of our final product.	<p>200g oats 100g butter 100g golden syrup <math>\frac{1}{2}</math> tsp. vanilla 50g apricots 50g white choc</p> 

Lesson 6: How successful are our flapjacks?







We had SO much fun in the kitchen making the flapjacks, weighing and mixing all of the ingredients before Miss Evans put them in the oven. The whole school smelt buttery and delicious for the day. We couldn't wait for the next morning until we could try them.





These flapjacks are delicious! They are yummy but they are healthy too.

They were so easy and quick to make. I'm going to ask my parents to make these at home!

This has been such a fun thing to do. The ingredients were easy to weigh, and they would be perfect for an athlete!